

# Video #1 Transcript:

## “The Silent Saboteur of Your Health”

<http://cf.algaecal.com/launch-page-1>

Nobody has perfect health. We all have one or two key health issues that really get in the way, right?

What is that one thing - that one health issue, that you have right now, that if you could make it go away, your life would improve? Just think about it for a second (it won't take more than a second because it's probably on your mind every single day).

What is it that YOU suffer from?

Maybe it's your digestion?

Or your joints hurt? or your back?

How about blood sugar regulation?

Or maybe it's your skin, eyes, or teeth?

It could be Headaches - could be sleep issues?

or maybe you're just tired all the time?

Osteoporosis?

Thyroid issues?

Are you losing the battle of the bulge?

Or maybe your memory is slipping?

Is your heart a concern?

Does cancer run in your family like mine, and you want to do everything you can keep your immune system strong?

(Now this is going to sound crazy, but stick with me here.) but *what if EACH OF THESE SYMPTOMS all had a common cause? They all have ONE thing causing them?*

The cardiovascular research community has been looking at the causes of heart disease.

The gastroenterologists have been researching CAUSES.

The arthritis research teams have been trying to understand the causes of the various forms of arthritis.

The osteoporosis researchers are doing the same - and strangely enough, in the last decade they have **ALL** discovered a similar villain - a similar underlying cause for EACH disease.

That's why today I'm so excited to tell you about this breakthrough - because it has far reaching effects! And we will address not just the *cause* of modern diseases, but then a practical *solution* to mitigate that cause.

What you're about to hear is truly a game-changer! And it is probably the *missing link* to your health problem.

Before I go any further, I should introduce myself.

My name is Dean Neuls and I'm the founder and CEO of AlgaeCal Incorporated. Many of you will know us for creating *AlgaeCal*, the world's first and only plant based calcium supplement raw material. It is also the planet's only calcium source that is clinically supported to increase bone density in adults. In fact, AlgaeCal is so revolutionary that Dr. Oz featured it on his TV show saying "he adores AlgaeCal"; PBS television has done a segment on AlgaeCal and just called us to produce a second segment which we will shoot in 2016.

Over my 18 years of leadership in natural health innovations, I can tell you that true health breakthroughs do happen, but they don't come along often. And that's why I'm excited to be here speaking with you today. Because I believe the next health breakthrough is HERE RIGHT NOW!

Sound interesting?

OK, I'm about to reveal that underlying common cause of so many modern diseases. Then I'm going to recommend 3 nutrients that combat the root cause - that can give you a new energy filled life. And we will cover all of this in 4 short videos which we will produce for you over the next 10 days or so.

And this life changing information is going to cost you....absolutely zero. Is that a deal you can live with?

Ok let's start with the common driver behind these diseases and conditions. What is this root cause I'm talking about?

**It's silent or chronic inflammation.** Chronic inflammation is an insidious instigator of trouble - that you may not even feel or sense is a problem, yet it is ruining more lives than anything I can think of.

You see, chronic inflammation is one of the leading causes of disease.

We used to think that it was a RESULT of disease (You know... you have a disease and it causes inflammation to occur), but recently science has shown inflammation to be the CAUSE of the disease. We used to think that arthritis *causes* inflammation, that irritable bowel *causes* inflammation, that heart disease, osteoporosis and obesity *causes* inflammation, but recently medical science sees it ***the other way around!!!!*** That's a head scratcher isn't it?

That's why inflammation goes hand in hand with aging.

It's a vicious cycle. Inflammation speeds up aging. And aging drives inflammation.

So breaking the inflammation/aging cycle is key.

You can't stop getting older, but you *can* lower inflammation - so your new CENTRAL health goal should be reducing chronic inflammation.

**Would you like to know the most common source of inflammation?**

Inflammation starts in ***your gut*** with an autoimmune reaction that spreads throughout your system. Let me explain:

Your gut lining is a *huge* surface area that's needed for absorption of nutrients. (How big is huge? If we could open up a human intestinal tract and spread it flat, it would cover two tennis courts!)

And you may have heard that 70% of your immune system is in your gut. On top of that your gut contains more than 10,000 different species of bacteria! So you can imagine this is a highly complex system, right? Astonishingly, the number of bacterial cells in your body outnumbers your *own cells* by 10 times! We think we're hosting bacteria, but in a sense it's the other way around! We're badly outnumbered.

So do you see how your immune system might be disturbed via any number of mechanisms that affects the surface area of the gut ... or the bacteria that inhabit it? And how an immune reaction might cause inflammation?

Let me explain further. Your gut is semi-permeable. That means it lets certain things through the gut wall into the bloodstream like nutrients, but blocks bad things like germs or big pieces of protein that can't be used by the cells in various parts of your body. Are you with me?

But the permeability of your gut varies with cortisol (the stress hormone) your body produces. In other words, high cortisol, from stress, causes leaky gut.

Stress comes from lacking sleep, taking on too many responsibilities, arguing with people you care about, eating poor foods causes stress, drinking excessively, exposure to pesticides and other pollution, pressure at work, and taking medications all stresses your body causing elevated cortisol which leads to leaky gut. Pair all that up with foods that have significantly less nutrition than they did decades ago and it's hard not to end up with intestines that look like a fishing net.

I don't suppose you suffer from any of those stressors, right?

When we're chronically stressed the permeability of gut allows partially digested foods, toxins, viruses, yeast and bacteria to pass through to our bloodstream.

Next, your body sees these foreign invaders floating around your blood, and responds with inflammation. It attacks with a powerful immune cascade that is characterized by heat, swelling, redness - inflammation.

Now, if this happens once in a while our bodies are capable of recovering. But when your body chronically believes it is at war day after day and week after week something has to break! Your immune system is attacking "invaders" that are actually just food particles - and it ends up attacking your joints, laying siege on your organs, and chipping away at brain cells. Recently it has been learned that Alzheimer's disease is not something you

suddenly get in your 80's, but it starts in your 20's and 30's - it is an autoimmune disease where your body attacks itself.

It's like being in a sprint...for years. You just can't do it.

Chronic inflammation eventually leads to numerous diseases. Here are a few diseases science is certain about so far.

Inflammation leads to:

Allergy, Alzheimers, Anemia, Ankylosing Spondylitis, Asthma, Autism, Arthritis, Carpal Tunnel, Celiac, Chron's, Cardiovascular disease, Eczema, Fibromyalgia, Fibrosis, Gall Bladder Disease, GERD, Thyroid diseases, Heart Attack, Kidney failure, Lupus, MS, Neuropathy, Osteoporosis, Pancreatitis, Psoriasis, RA, Scleroderma, stroke, and surgical complications. Phhhew! Get the point?

Its much easier to prevent than to treat disease, so we had better pay attention to the inflammation that we ALL have as a result of modern living.

So how DO you reverse chronic inflammation?

You Treat the Causes.

It may mean significant lifestyle changes, but sleep, diet, meds, infections, stress, exercise all need improvement. Obviously each of these topics could be an entire video series so we won't deep dive into any of them. A naturopath or holistic doctor who specializes in autoimmunity can run appropriate tests and guide you. But be sure to choose one who has a track record of success.

Please take charge of your own health before it turns into full blown disease.

My point is catch your inflammation now. It's much easier to deal with today than it will be after it has totally taken over your life and you start the downward spiral of taking medications, upsetting your endocrine system and losing sleep that further inflame your body. Maybe you're like me and absolutely try to stay as far away from doctors, labs, needles, pills, hospitals, pain and the foggy thinking, depression, hopelessness, as you can! Its just a giant waste of a perfectly good life. Are you with me on this?

Now, we're winding down this first video but I want to leave you with one really key bit of encouragement so listen up! This is important.

In addition to addressing the root causes, there are 3 key foods that can directly calm inflammation. We're going to discuss how they can reduce inflammation along with a ton of other benefits, over the next two videos.

Let's face it – it's really hard to manage all of the root causes - in other words living a perfect life (eating tons of organic veggies, getting 8 hours of sleep consistently, being stress free!). No wonder some people just throw in the towel and accept health problems as inevitable.

If you're tired of the struggle, let me encourage you. Consuming these 3 nutrients (together with addressing the root causes) can dramatically turn your health around. With the nutritional learnings I'm going to share in the next 2 videos, you don't have to spend a lot of time or make difficult lifestyle changes. And you don't have to risk a single penny either. So please watch for an email on Wednesday with the second video of this four video series.

Meanwhile, I'd love to hear from you. Let us know the most challenging health issue you deal with? Do you think there is an element of inflammation causing it?

What have you been doing that is working? Also please let me know if this first video has been helpful so far and ask any questions related to it.

We need to hear your questions. I'll be reviewing each one personally. So [please follow this link](#) and then click the "like" button beneath video 1. Then join the conversation below by leaving your questions in the comments section. I'll see you on Wednesday with the next video! Don't miss it because you will take some real life changing gems away from it, I promise!