



Public Service Announcement: October, 2021

Safe, Effective, Research Study Referenced Information on Nutrition-based Medicine and Natural Healthcare for Immune System Support and Other Healthcare Concerns.

Dear Neighbors,

I've prepared a very detailed **nutrition-based medicine and natural healthcare research summary on immune system support**, with over 2,500 supporting research studies referenced (non-drug, non-vaccine methods of immune system support). The information is available online on at www.johnlutz.com.

Previously, from 1994-2003, I worked as a nutrition-based medicine and natural healthcare book buyer and researcher for the largest, most advanced health foods stores in the U.S. and likely the world, at the time (a chain of health food stores in Los Angeles, which was purchased by, and became part of Whole Foods Market in 1993). **Some top health books:** <https://johnlutz.com/books/#health>.

A few of the authors reviewed ALL of the major medical journals for the last 100 years (a 45 year ongoing project), and they've compiled a database of **over 100,000 studies in support of the use of nutrition-based medicine and natural healthcare** as primary healthcare interventions for healthcare concerns. I've been studying this research and related research for the last 30+ years.

Natural healthcare research consulting service: For individuals and healthcare practitioners who are seeking information on innovative solutions for healthcare topics of concern, I'm available for natural healthcare research consulting. All information shared is for educational purposes only. I do not "diagnose or prescribe," which is the concise definition of "practice medicine." I share research study referenced information from some of the most well-respected authors, researchers, doctors and clinics in the U.S. and the world in the fields of nutrition-based medicine and natural healthcare -- the use of naturally occurring substances and other safe, effective natural healthcare interventions to promote optimal health and healing, helping others make optimally-informed decisions related to their health.

Pricing and contact information: "Pay what you can" basis (imagine that, in the

field of healthcare!). Requested rate for those who are able to afford the rate: \$100/hr. for the first 1-2 hours (most initial consultations are 1-2 hrs), \$75/hr. for follow-ups, and \$50/hr. for conducting extensive research on specific healthcare conditions and topics of concern. These fees help provide for the supporting work time and expenses involved in offering natural healthcare consulting services, including additional necessary supporting work time and expenses in the following areas: ongoing health research, business operations/mgt., marketing, accounting, tech systems mgt., record keeping, and other business related time requirements and costs.

For confidential communications on healthcare topics, in person meetings (at your home - yes, house calls too!) are best. Most phone, text and e-mail systems are not very secure, but they can be used to request a meeting time (there's no need to discuss health topics when doing so; simply request a meeting time and day, commonly 1 to 2 hours are needed for advanced natural healthcare research and information to be shared and discussed, and additional detailed information can be provided within 1-3 week's time, if necessary and requested). Or, alternatively (if desired), phone calls or video calls can be used with a somewhat increased level of security by downloading signal.org or a similar service onto your phone before calling.

Currently available appointment times: Tuesdays, 7 AM to 8:30 PM (last appt. time: 6:30 PM). Other times are often available upon request.

Wholesale pricing for natural healthcare products and services: Contact me if you are interested in purchasing organic food, nutritional supplements, natural bodycare products, health books, highly advanced home health tests, and related items at wholesale or close to wholesale pricing.

Sharing and advancing nutrition-based medicine and natural healthcare research: Also, contact me if you'd (1) like to help with related research projects, or (2) you would like to receive e-news updates on natural healthcare research, products and services.

Wishing everyone the best of health!

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