

# POWER10 FIT

---



**THE MIRACLE  
THAT IS**



**YOU**

---

**A brief overview of your body's 11 amazing systems  
that function non-stop, 24/7 automatically.**

**From athletic performance to weight-loss, your body  
must maintain a "balance" to function optimally.**

I'm absolutely serious when I say this:

## "YOU ARE AMAZING"

Have you ever given deep thought into how freakin' amazing your body is?

Let's start with the eleven (11) miraculous organ systems within you. Each one of them is more complex than a supercomputer...

### And each one is fully automated:

- ◆ The circulatory system
- ◆ The lymphatic system
- ◆ The respiratory system
- ◆ The integumentary system (skin)
- ◆ The endocrine system
- ◆ The gastrointestinal (digestive) system
- ◆ The urinary (excretory) system
- ◆ The musculoskeletal system
- ◆ The nervous system
- ◆ The reproductive system
- ◆ The immune system



These are truly amazing systems, some of which we still don't fully understand.

Each system runs non-stop 24/7 ...even while you're sleeping.

## EVEN MORE AMAZING...

What's even more incredible is that they all work in sync with each other.

If one system is compromised your other systems will compensate in order to keep your body functioning.

### 01

Without any effort on your part, your lacerations and wounds heal all by themselves.

### 02

Fractured bones, torn ligaments and tendons are like the "comeback kids." Ready for action!

### 03

Drank too much last night? No problem. Your body perceives alcohol as poison and pushes it out of your system as fast as it can (and attempts to clear your foggy brain).

### 04

The immune and reproductive systems should really be considered the 8th and 9th wonders of the world!

All of this is happening AUTOMATICALLY with no conscious effort on your part!

What a GIFT!



## WARREN BUFFET'S PERFECT PERSPECTIVE!

Warren Buffet is far from a health and fitness guru, but his perspective is right on.

**He asks his students this:**

//

What if I am willing to give you ANY automobile you want... no matter how hard it is to get, no matter how much it costs? The only "catch" is this:

**It is the ONLY vehicle you will own for the rest of your life!**

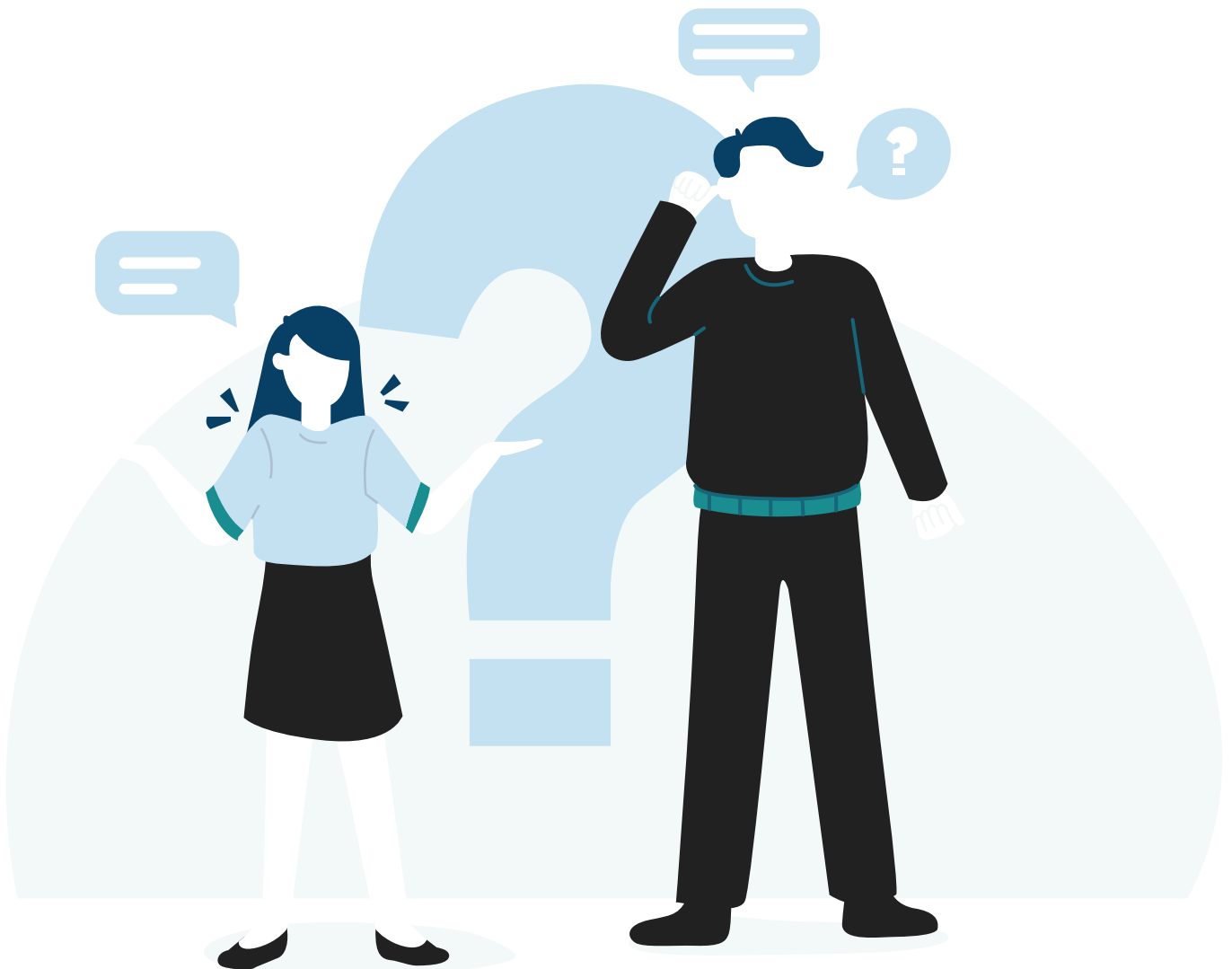
**That's YOUR BODY!**

The most amazing machine on the planet. But, it's the **ONLY** one you get for a lifetime! Just sit with that piece of solid "clarity" for a moment.

## WHAT WERE WE THINKING..?

Despite the craziness of our youth: drugs, alcohol, smoking, vaping, etc., as well as dangerous pranks, dares, sports injuries and other shenanigans, we somehow survived with our bodies intact!

And, most people were physically active during their youthful days... or at least more so than "the middle ages" (34-50).



## Uh-Oh...! Danger!

Then, on some random day in their mid-30's or so, millions of men and women wake up feeling horrible (often on New Year's Day).

The feeling is validated by the bathroom mirror because they look like horrible, too!

The brave ones actually step on a scale...

***"What the hell is happening to me..?"***

**Yes, after years of:**

- ⚠ Misuse and abuse
- ⚠ Sedentary lifestyle
- ⚠ Convenience eating
- ⚠ Dealing with daily stress
- ⚠ You name it..!

The body starts to feel and look different.

***WAY different!***

For most people it ALL comes into focus on a single random day.

It's an **AWAKENING!**

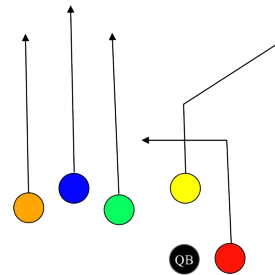
## THE "HOLY GRAIL..!"

Thus begins a "holy grail" search for a magic solution.

"Surely, there must be a quick fix -- just like replacing worn out brakes on a car or as easy as snaking a clogged drain."

Wouldn't it be great if we could just trade-in our bodies like an iPhone upgrade?

## THEN, "HAIL MARY"



If an unhealthy lifestyle continues past the ages of 50, 60 and 70 - well, the **chickens come home to roost** and the body's ability to compensate begins to decline.

It's no longer about just looking good.

Beyond accumulated body-fat and muscle atrophy the body is now dealing with issues of balance, flexibility, energy, sleep and a multitude of health related functions.

So, once again, the search for a simple **quick fix** solution becomes top-of-mind.



## WHY AM I TELLING YOU ALL THIS..?

Well, of course, it's because we all know that every year millions upon millions of people will decide it's time to finally "Lose the Weight!" Especially around New Year's.

And, every year the bogus weight-loss giants - along with all the other weight-loss hucksters (big and small) - will prey upon the uneducated masses with promises, promises and more promises backed by phony research, testimonials and celebrity spokespeople.

And, millions of people will absolutely "fall for it" because they're desperate. It's "Hail Mary" time and they are 100% focused on WEIGHT-LOSS! Period.

This annual craziness has been going on for 100's of years!



## IF ONLY THEY KNEW..!

Unfortunately, the single focus on weight-loss affects all of the amazing organ systems involved in bodily functions. Sometimes with horrible consequences, including death.

Remember, these systems all work synergistically and have specific operational requirements. As soon as a person starts to "screw around" with just one of them, they are **ALL** affected.

- ◇ The circulatory system
- ◇ The lymphatic system
- ◇ The respiratory system
- ◇ The integumentary system (skin)
- ◇ The endocrine system
- ◇ The gastrointestinal (digestive) system
- ◇ The urinary (excretory) system
- ◇ The musculoskeletal system
- ◇ The nervous system
- ◇ The reproductive system
- ◇ The immune system

This is exactly why most certified and licensed health professionals advocate for holistic "BALANCE" and POSITIVE LIFESTYLE BEHAVIOR to achieve long-term weight management and overall physical, mental and emotional health.

## IT IS WHAT IT IS..!

So, O.K. here's the bottom line and the point of all this...

Regardless of all the issues in the world today, one's own **HEALTH** should absolutely be the **#1 PRIORITY**

Health is indiscriminate.

It doesn't distinguish between sex, race, ethnicity, religion, social class, political affiliations or beliefs about climate change.

Health is totally **reactive**. It is what it is... based on how it's treated.

One should worship his or her own personal miracle of **11 amazing organ systems**.

Unfortunately, most people abuse their bodies like "junkies" in a demolition derby!

The next few pages will briefly describe each of your 11 systems that, combined, make up the **miracle that is YOU!**



# YOUR 11 AMAZING SYSTEMS



Your 11 Miracle Systems

## The Circulatory System

The circulatory system transports oxygen and nutrients to all corners of the body. It also carries away carbon dioxide and other waste products.

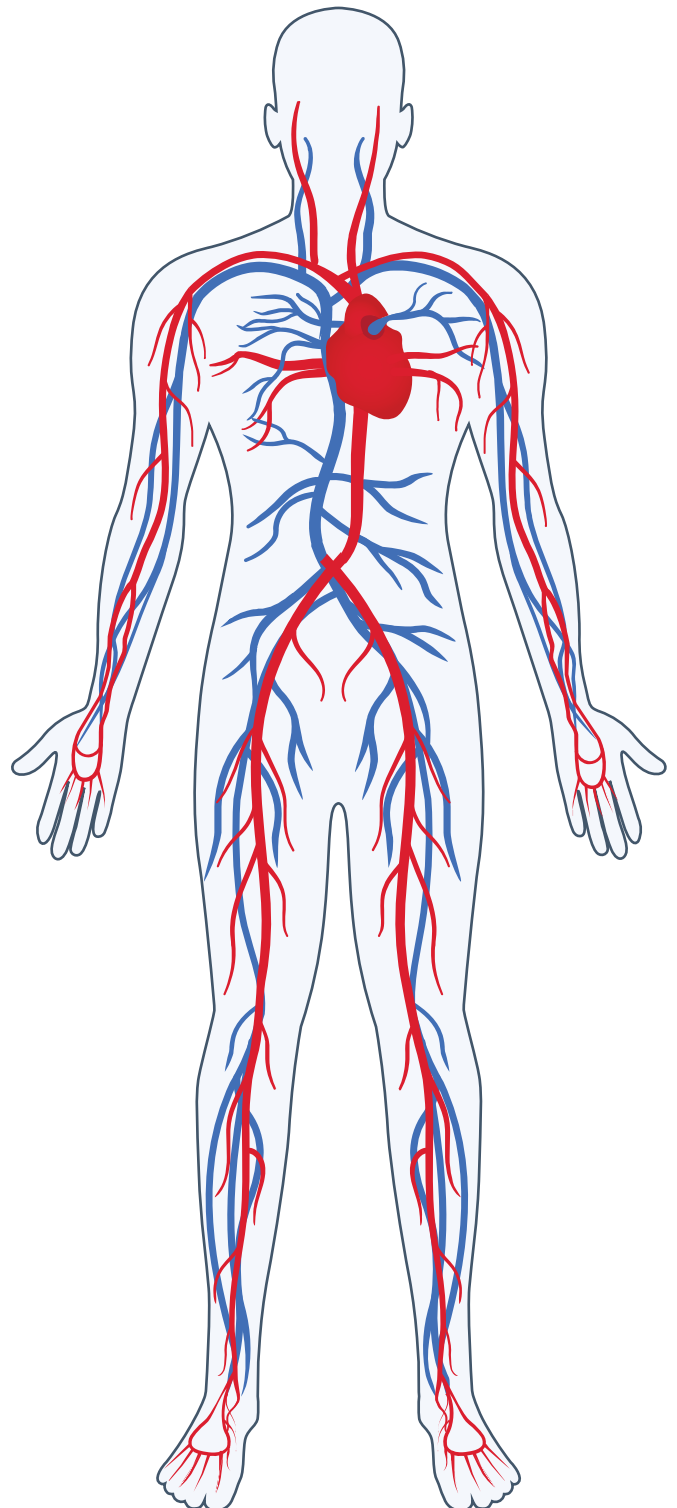
When people talk about this organ system, they're usually talking about the cardiovascular system at large,

**which includes the:**

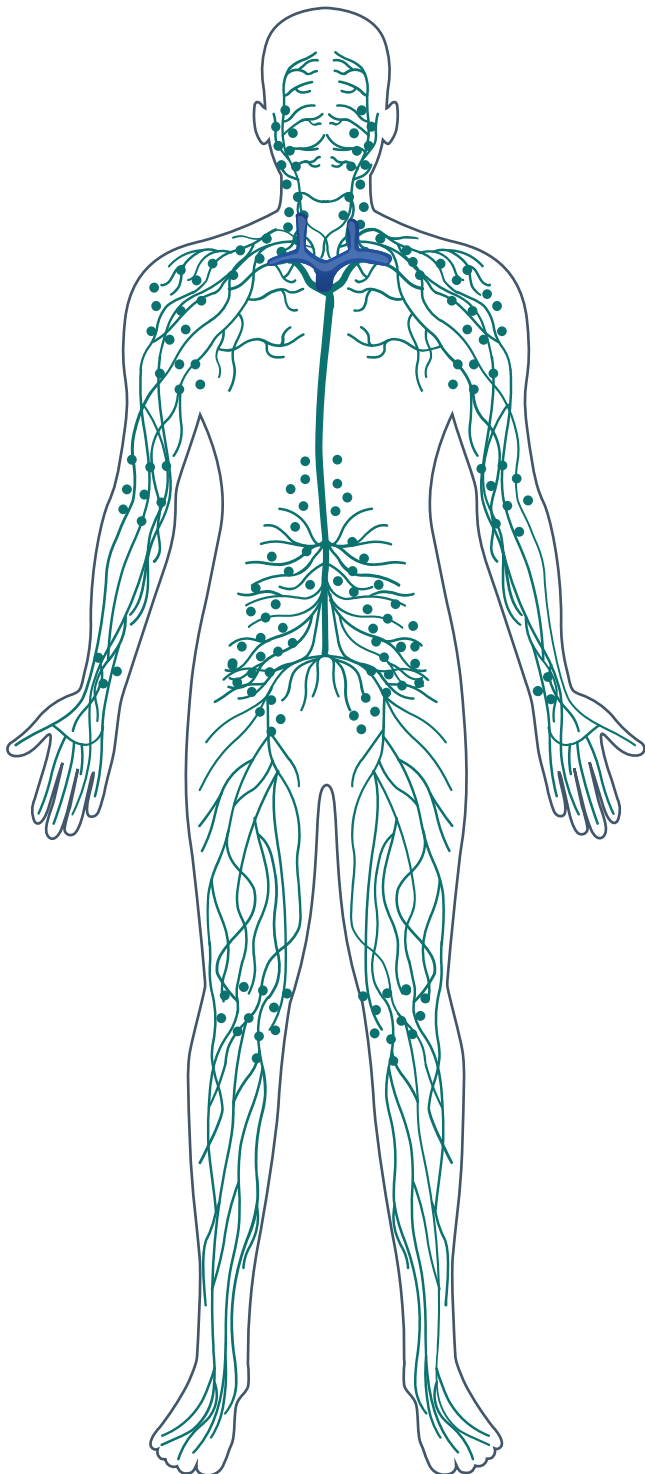
- ◇ Heart
- ◇ Blood vessels (arteries and veins)
- ◇ The blood itself

In order for blood to make it everywhere it needs to go, the circulatory system maintains the blood flow within a certain pressure range.

Blood pressure that's too high puts extra stress on other organs and tissues. Low blood pressure means the blood—and its nutrients—won't make it to where it needs to go.



## Lymphatic System



The lymphatic system is the drainage system of the body. It plays an important role in your immunity, blood pressure regulation, digestion, and other functions.

This organ system carries excess fluid, proteins, fats, bacteria, and other substances away from the cells and spaces between cells.

### It does this using:

- ◇ Lymph vessels
- ◇ Lymph nodes
- ◇ Lymph ducts
- ◇ Various glands

The lymphatic vessels move the fluid in to collecting ducts, which return the fluid to your bloodstream.

The lymphatic system also helps create and circulate vital cells that fight disease, which is why it is also a part of the immune system. This includes lymphocytes and monocytes (white blood cells) and antibodies (proteins that recognize bacteria and viruses).

## Respiratory System

The respiratory system is responsible for breathing, which is the controlled movement of air in and out of the body (ventilation). It also moves oxygen and carbon dioxide into and out of the bloodstream (respiration).

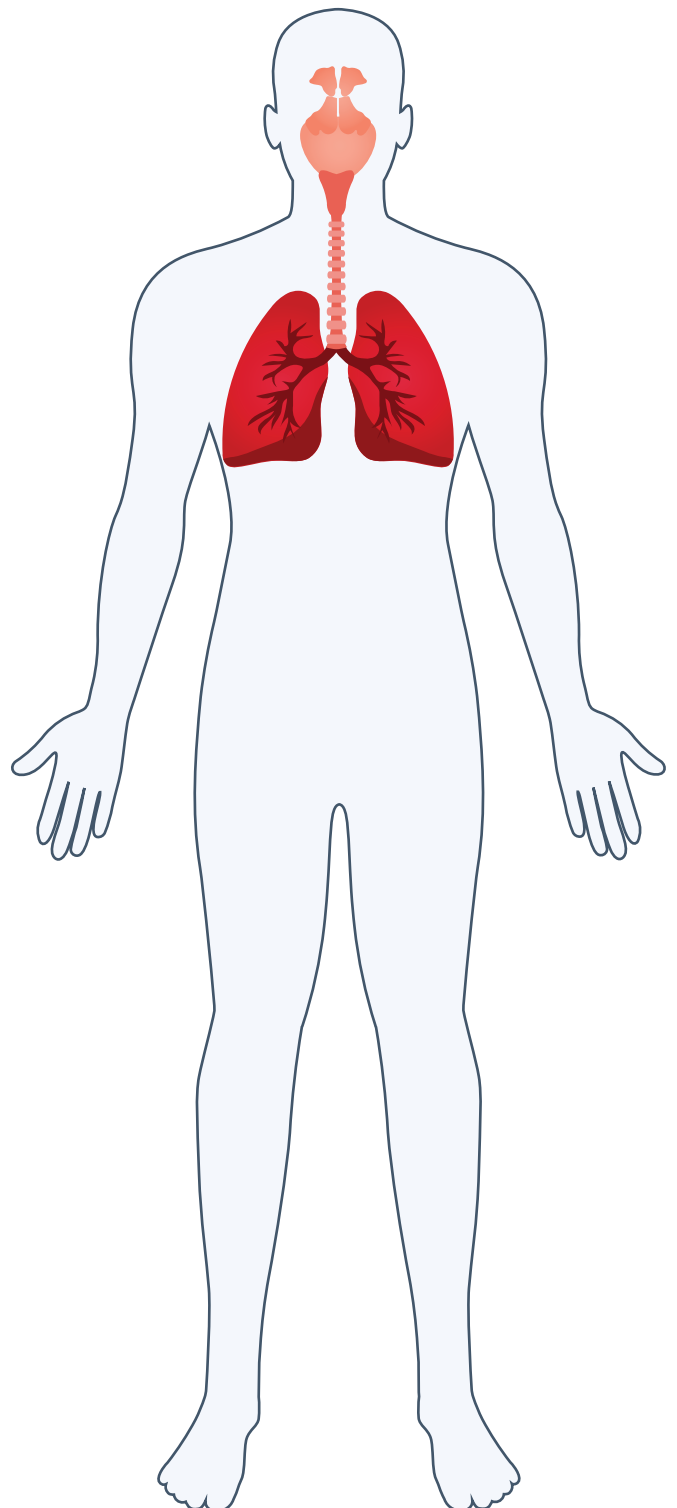
### This organ system contains the:

- ◇ Lungs
- ◇ Trachea (windpipe)
- ◇ Airways of the respiratory tree

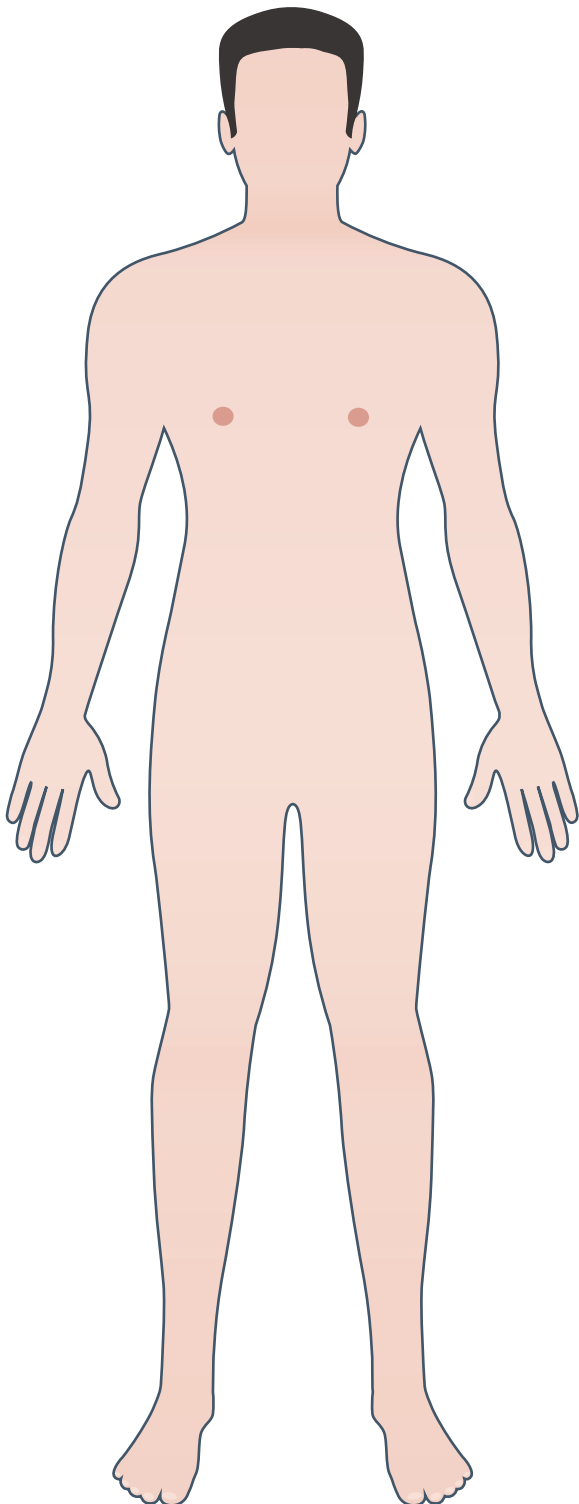
One of the least understood responsibilities of the respiratory system is to help regulate the body's pH balance, or the body's balance of acids and bases.

Carbon dioxide is made into carbonic acid, which affects the pH balance. The respiratory system regulates this pH level when it releases carbon dioxide from the body.

Breathing issues may indicate a condition that affects the body's acidity.



## Integumentary System (Skin)



The integumentary system (your skin) is unique because it is the largest and only single-organ system in the body. It protects the body from the external environment and helps regulate body temperature.

**The integumentary system is the skin and all the structures in it, including the:**

- ◇ Sweat glands
- ◇ Hair follicles
- ◇ Nails
- ◇ Nerves

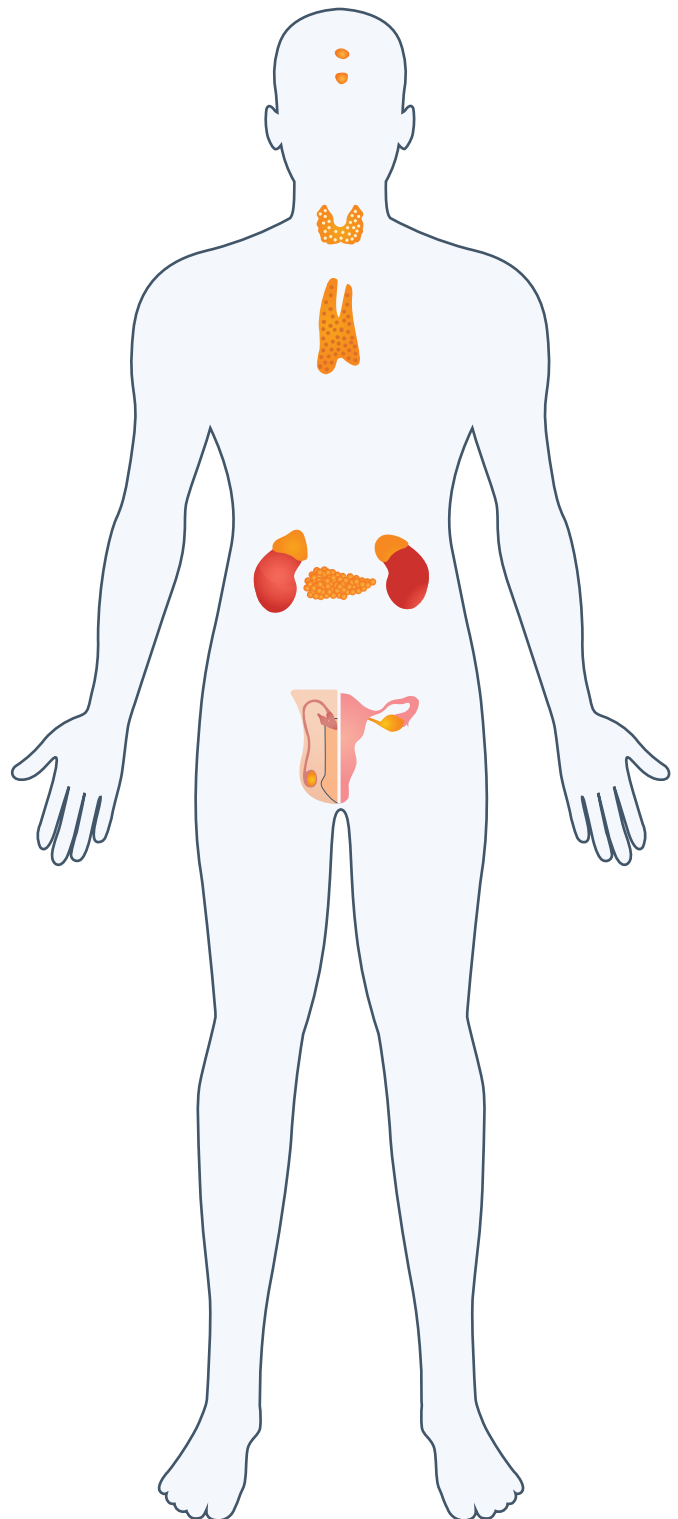
## Endocrine System

The endocrine system mostly regulates metabolism and uses the products of digestion.

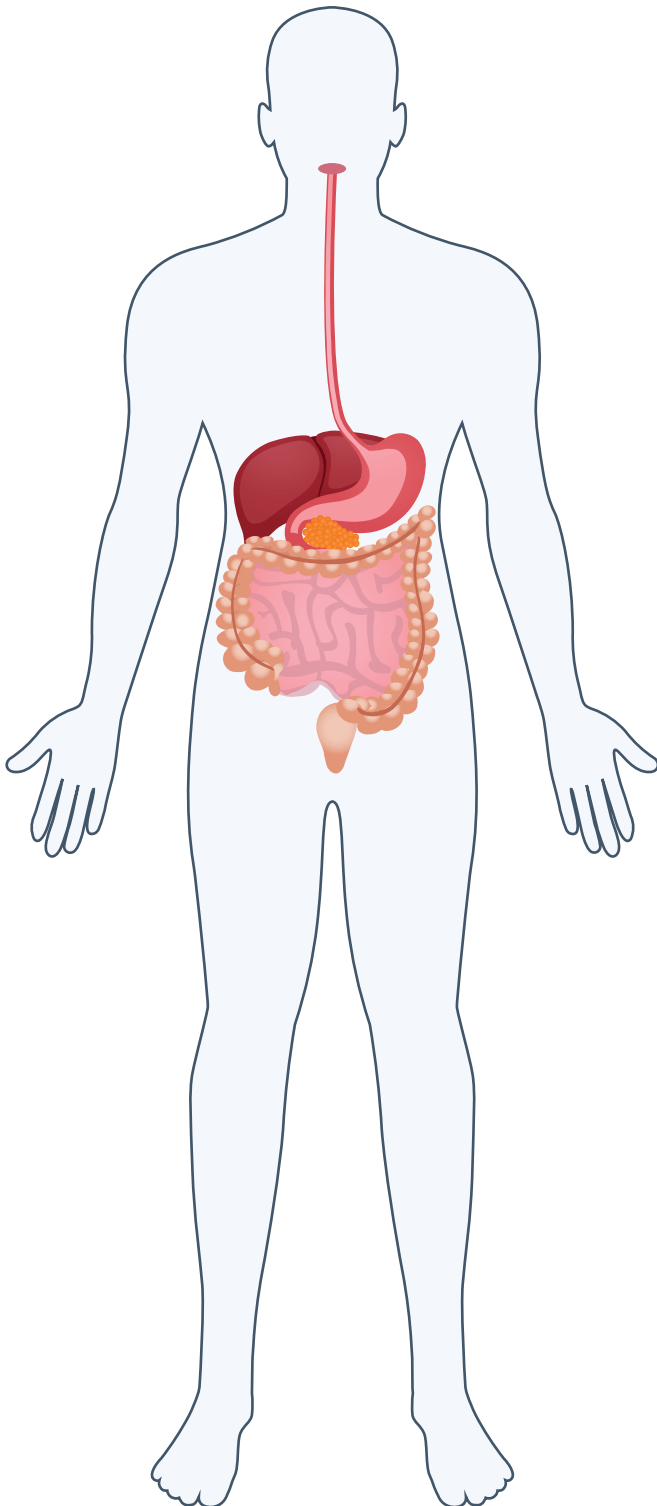
Along with the nervous system and immune system, it's generally considered one of the most complicated systems in the body.

**This organ system includes all the glands that secrete hormones into the bloodstream, including:**

- ◇ Adrenal
- ◇ Gonads (ovaries and testicles)
- ◇ Hypothalamus
- ◇ Pancreas
- ◇ Parathyroid
- ◇ Pineal
- ◇ Pituitary
- ◇ Thymus
- ◇ Thyroid



## Gastrointestinal (Digestive) System



The gastrointestinal (GI) system is sometimes referred to as the gut or the digestive system.

**It is responsible for breaking down foods into nutrients, which the body needs for energy, growth, and cell repair. This system includes all the organs that carry food from where it enters the body to where it exits, including the:**

- ◇ Mouth
- ◇ Esophagus
- ◇ Stomach
- ◇ Small intestine
- ◇ Large intestine
- ◇ Rectum
- ◇ Anus

The pancreas, gallbladder, and liver are also part of this organ system.

The GI tract and the endocrine system have a lot of interaction. The endocrine system produces the hormones that regulate digestion and the absorption of nutrients.

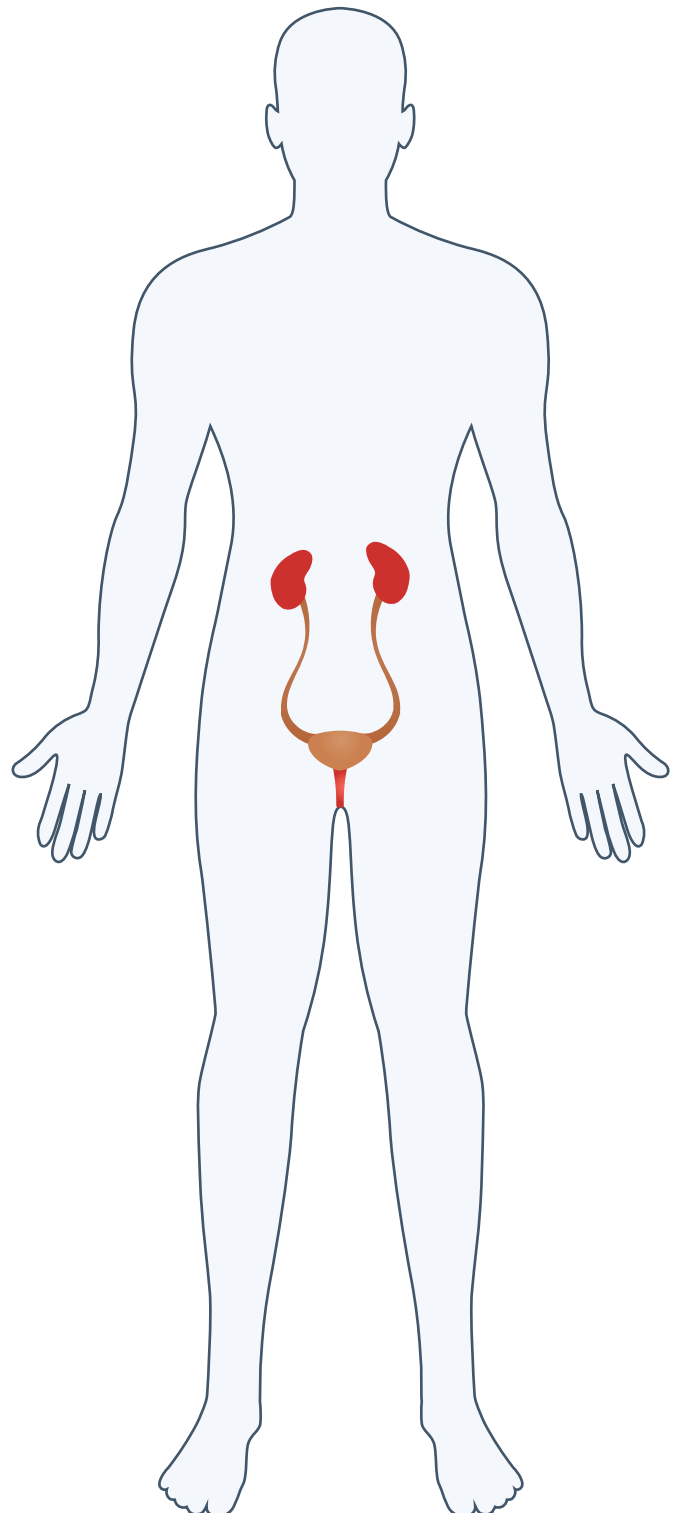
The GI system also owes a lot to the vagus nerve, the main contributor to the parasympathetic nervous system, which regulates bodily functions. The vagus nerve is involved in slowing metabolism, lowering heart rate and blood pressure and stimulating the mechanics of digestion.

## Urinary (Excretory) System

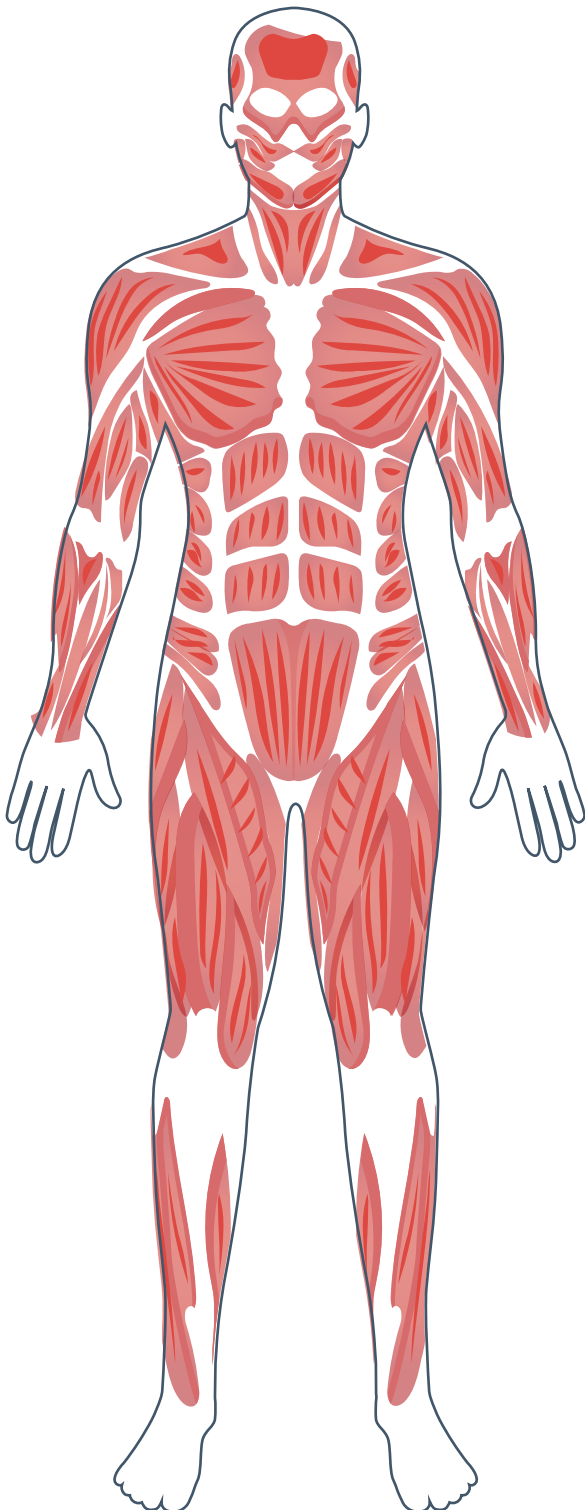
**The urinary system is made up of the:**

- ◇ Kidneys
- ◇ Ureters
- ◇ Bladder
- ◇ Urethra

These organs work together to filter blood and remove toxins and waste from body tissues. The removal of excess fluid through this organ system also helps regulate blood pressure.



## Musculoskeletal System



The musculoskeletal system provides the framework and the engine for our movement, posture, and physical abilities.

### **This organ system includes the:**

- ◇ Skeleton
- ◇ Muscles
- ◇ Tendons
- ◇ Ligaments attached to the skeleton

### **The three types of muscles in the body are:**

- ◇ Skeletal (voluntary)
- ◇ Smooth (visceral or involuntary), which are inside walls of organs like the intestines
- ◇ Cardiac (heart muscle)

Only skeletal muscle is considered part of the musculoskeletal system.

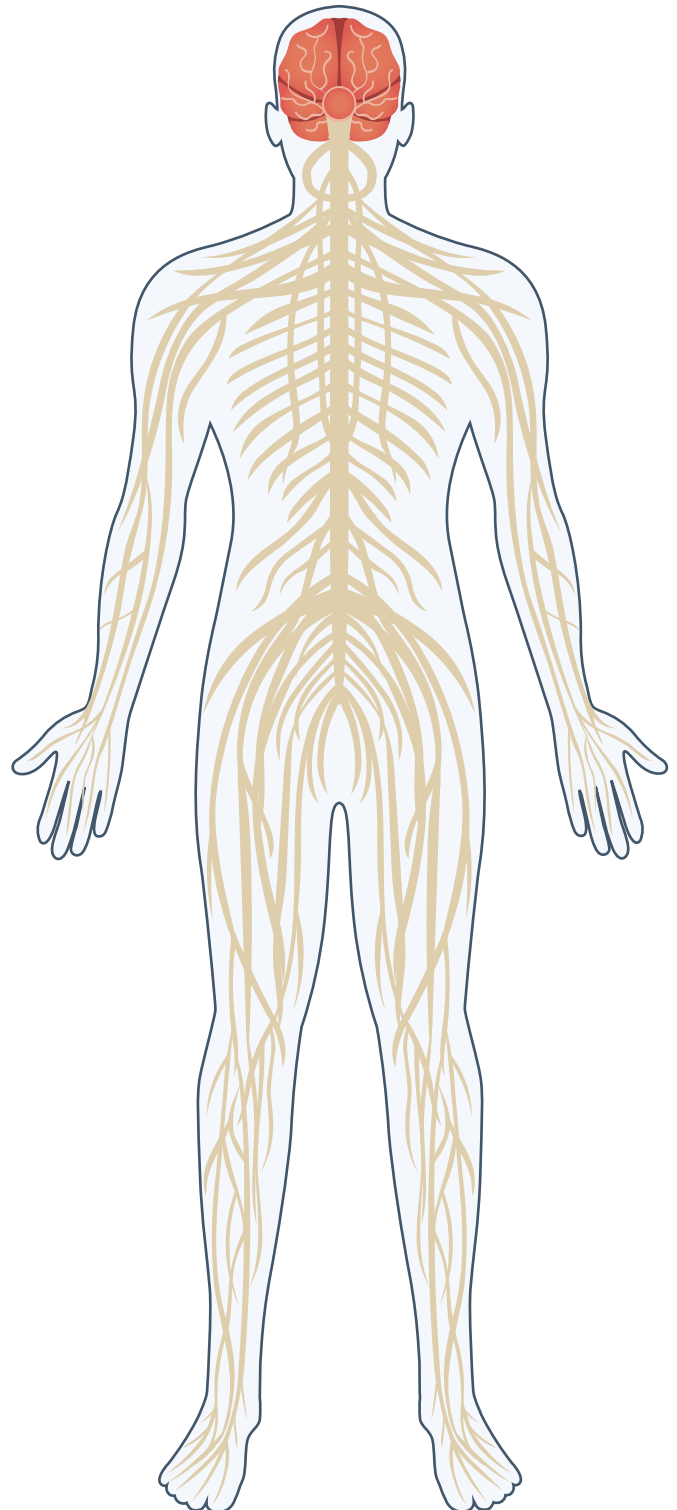
## Nervous System

The nervous system is a network that makes it possible for different parts of the body to communicate with one another. Think of it as your body's command station. All body processes, reactions, thoughts, and movements stem from this organ system.

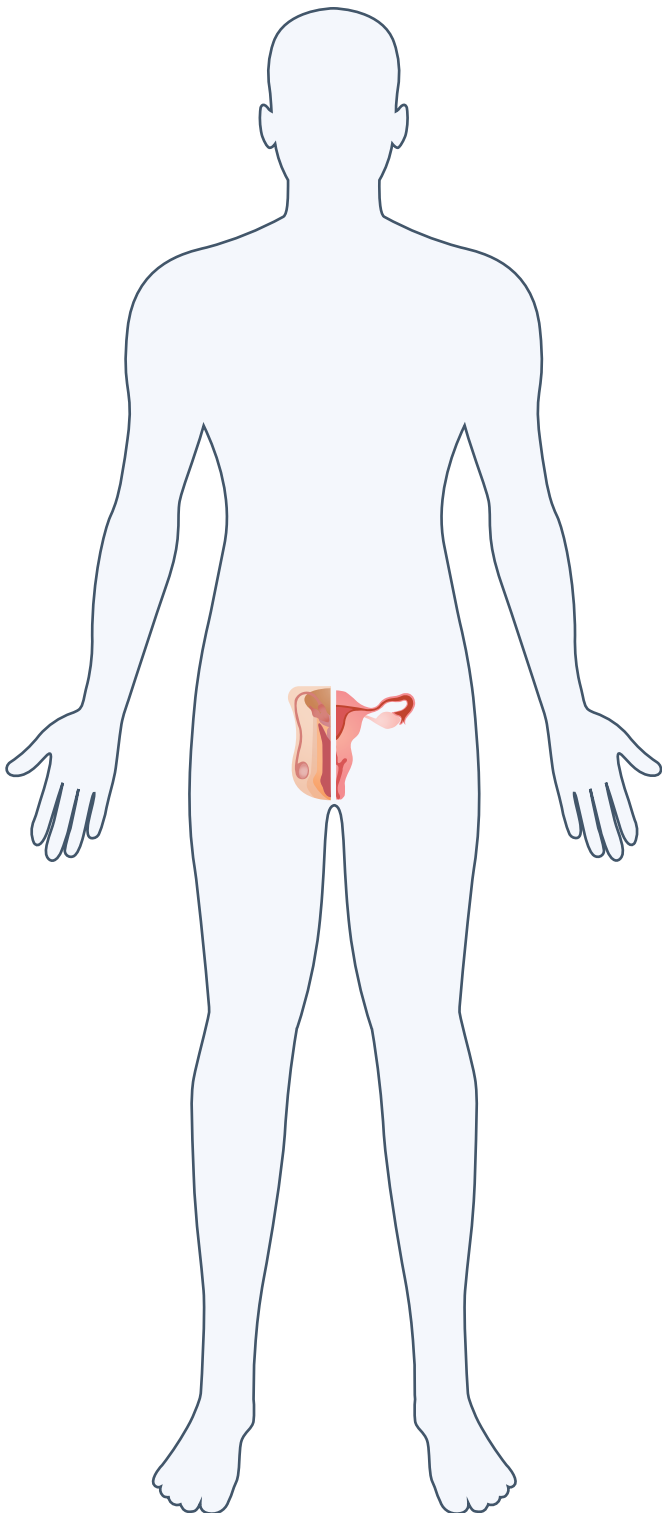
**The nervous system is incredibly detailed and includes the:**

- ◇ Brain
- ◇ Spinal cord
- ◇ All the nerves connected to both of these organs

It contains the only tissue that isn't fed directly through contact with blood.



## Reproductive System



This is the only organ system that is not complete in any one body and requires another person (or medical intervention) to complete its mission, which is to produce offspring.

### **The male reproductive system includes the:**

- ◇ Penis
- ◇ Testicles

### **The female reproductive system includes the:**

- ◇ Vagina
- ◇ Uterus
- ◇ Ovaries

Aside from their direct roles in reproduction, the ovaries and testicles also play important roles in the endocrine system, producing estrogen, testosterone, and progesterone.

## Immune System

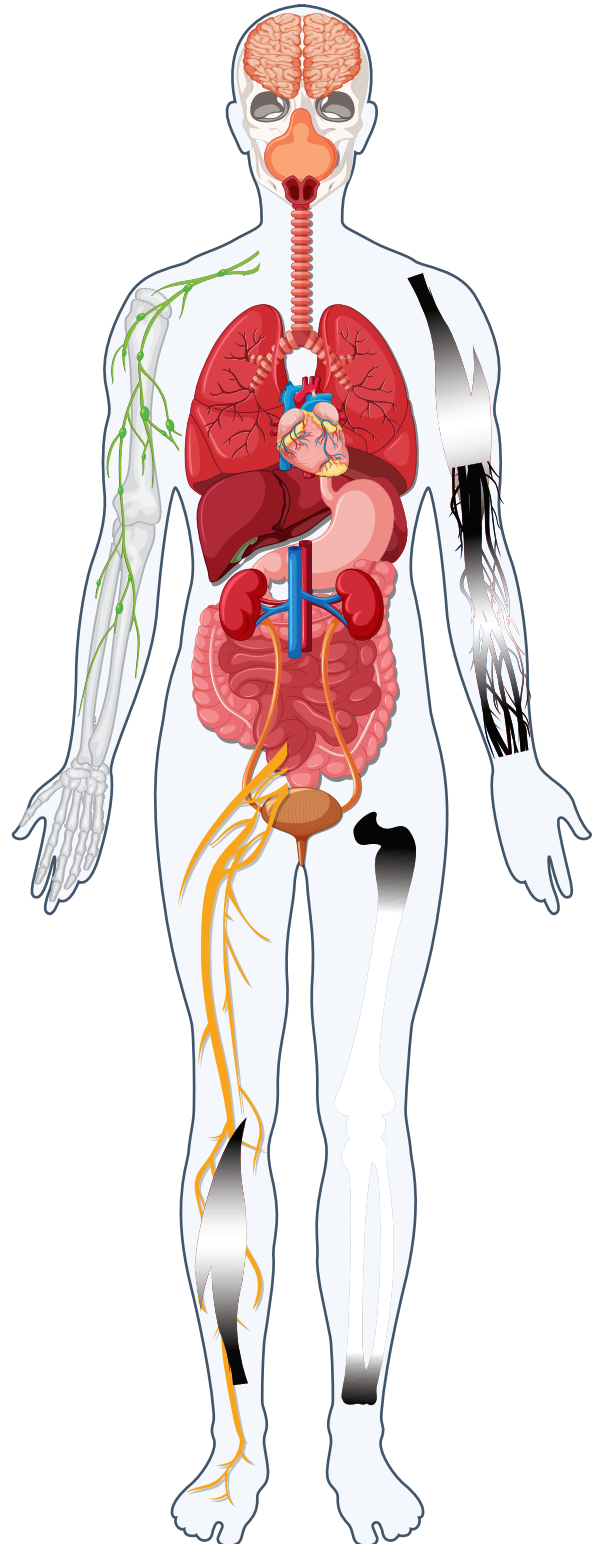
The immune system helps the body fight against infection and other diseases. It is listed last because, while it's important for survival, all of its organs are borrowed from other organ systems.

The immune system organs work like sailors on a navy ship: Each one has a primary duty and is cross-trained for other jobs.

### The primary organs of the immune system are

- ◇ Lymph nodes
- ◇ Bone marrow
- ◇ Thymus
- ◇ Spleen
- ◇ Adenoids
- ◇ Tonsils
- ◇ Skin

Because of the interplay between organs from various other systems, the immune system is one of the most complicated systems of all.



## Summary

Your body has 11 different organ systems. Each group of organs has a different set of complex functions such as movement, breathing, digestion, reproduction and thousands of others.

In some cases, one system works closely with another on a particular task. For example, the endocrine system interacts with the gastrointestinal system to control digestion and metabolism.

When your organ systems are working properly, they help your body stay in balance and maintain your health.

A singular focus on weight-loss through restricted calorie dieting or any extreme measure will most surely compromise this MIRACLE that is YOU!

