

# CONCEPT OF HEALTH

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# HEALTH



- Different for everyone
- Affected by many factors
- Important at every age

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# HEALTH

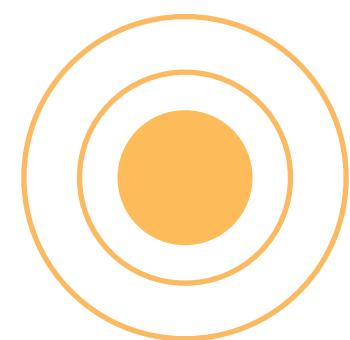
Is something that shapes our entire lives and  
when we improve it, it enhances our quality of life.

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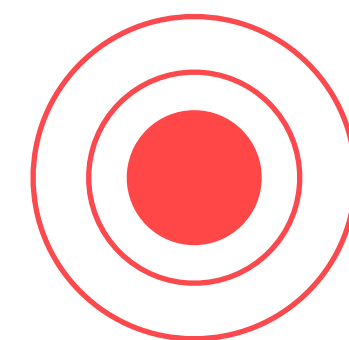


# ORGANISM \* ORGANISM

**THE BODY IS A COMPLEX  
SYSTEM THAT NEEDS  
TO BE MAINTAINED**



Our task is to create conditions under which the body can perform its functions properly.



The prevention of disease is better for your health than treatment.

# HEALTH FACTORS

Concept of Health:





# CONCEPT OF HEALTH

Health care is the key to a rich, active, and long life.

Coral Club, the first company to offer a healthy lifestyle and its own Concept of Health.

Our Concept of Health is based on several things. Importantly, maintaining a correct water regimen and balanced diet, nutritional enrichment and living in a clean, safe environment.

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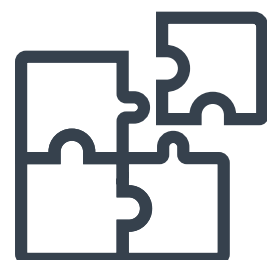
# CONCEPT OF HEALTH \*

## CONCEPT OF HEALTH

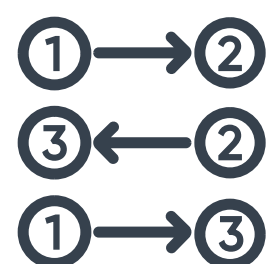
is a cross-functional, holistic and step-by-step system of health improvement.



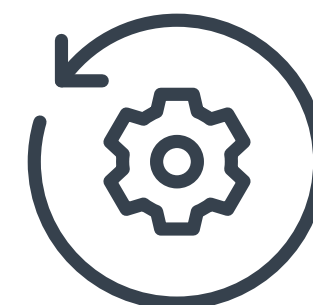
**cross-functional** — suitable for everyone regardless of the initial state of health



**holistic** — consists of sets and overall programs



**step-by-step** — a series of easy to follow stages



**system** — an ordered system provides solutions for all organs and functions of the body



**health improvement** — a long term increase to your health, rather than just the treatment of symptoms

# 5 COMPONENTS OF THE CONCEPT OF HEALTH

**1** Health is an important resource and a major factor affecting our quality of life

**2** The body is a complex system that needs to be maintained. We create conditions under which the body can function properly

**3** Health starts with a cell

**4** Cells need hydration, purification, nutrition and protection

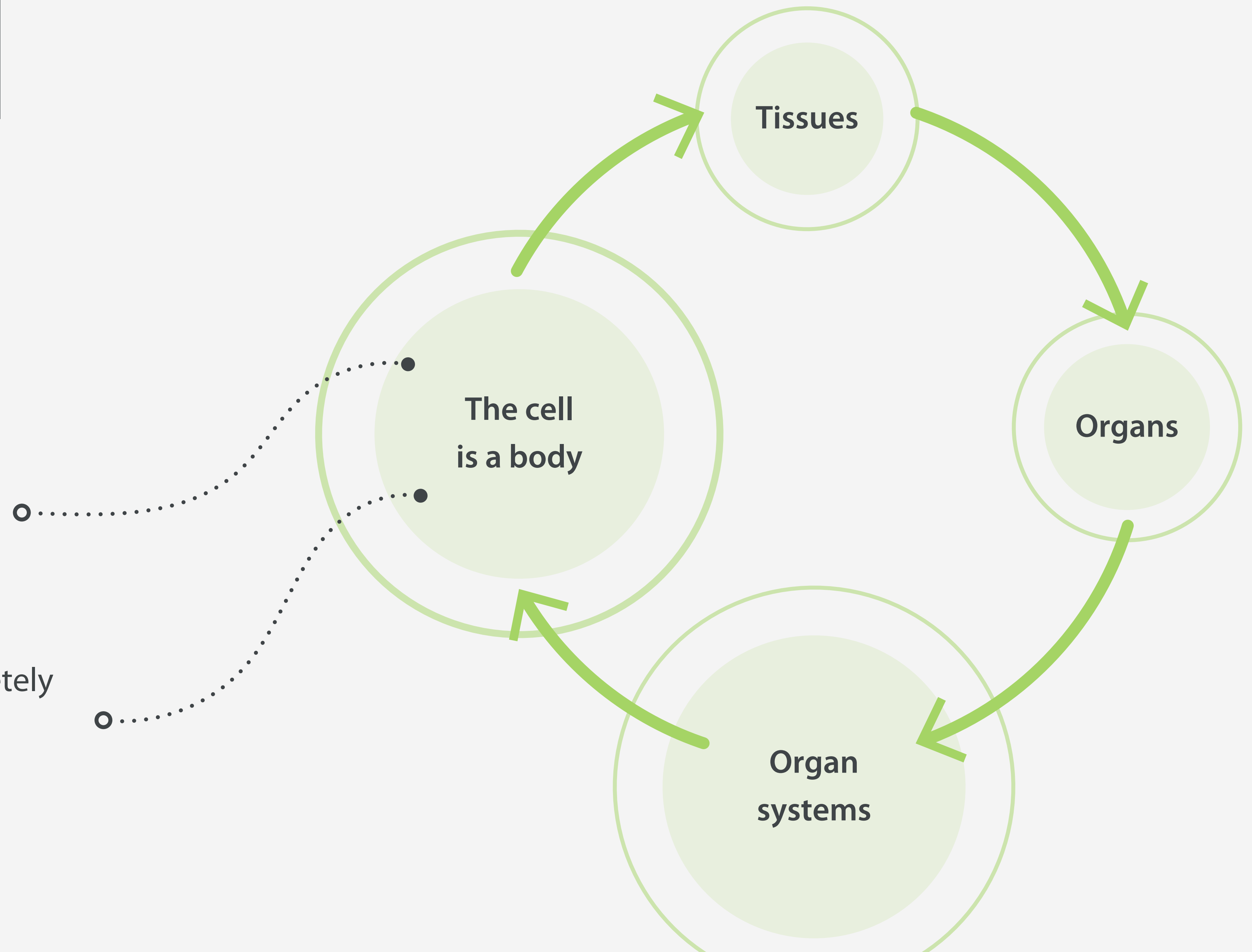
**5** Everything for the cells' health can be provided with water, food and a healthy psychological state

# HEALTH STARTS WITH A CELL

Cells are constantly  
regenerating




The body is completely  
renewed by every  
7-12 years





# CELLS CAN BE UNNOTICEABLY DAMAGED

The consequences of an improper lifestyle cannot be immediately noticed. The true causes of the disease are often covered by symptoms that can be easily attributed to stress or fatigue.

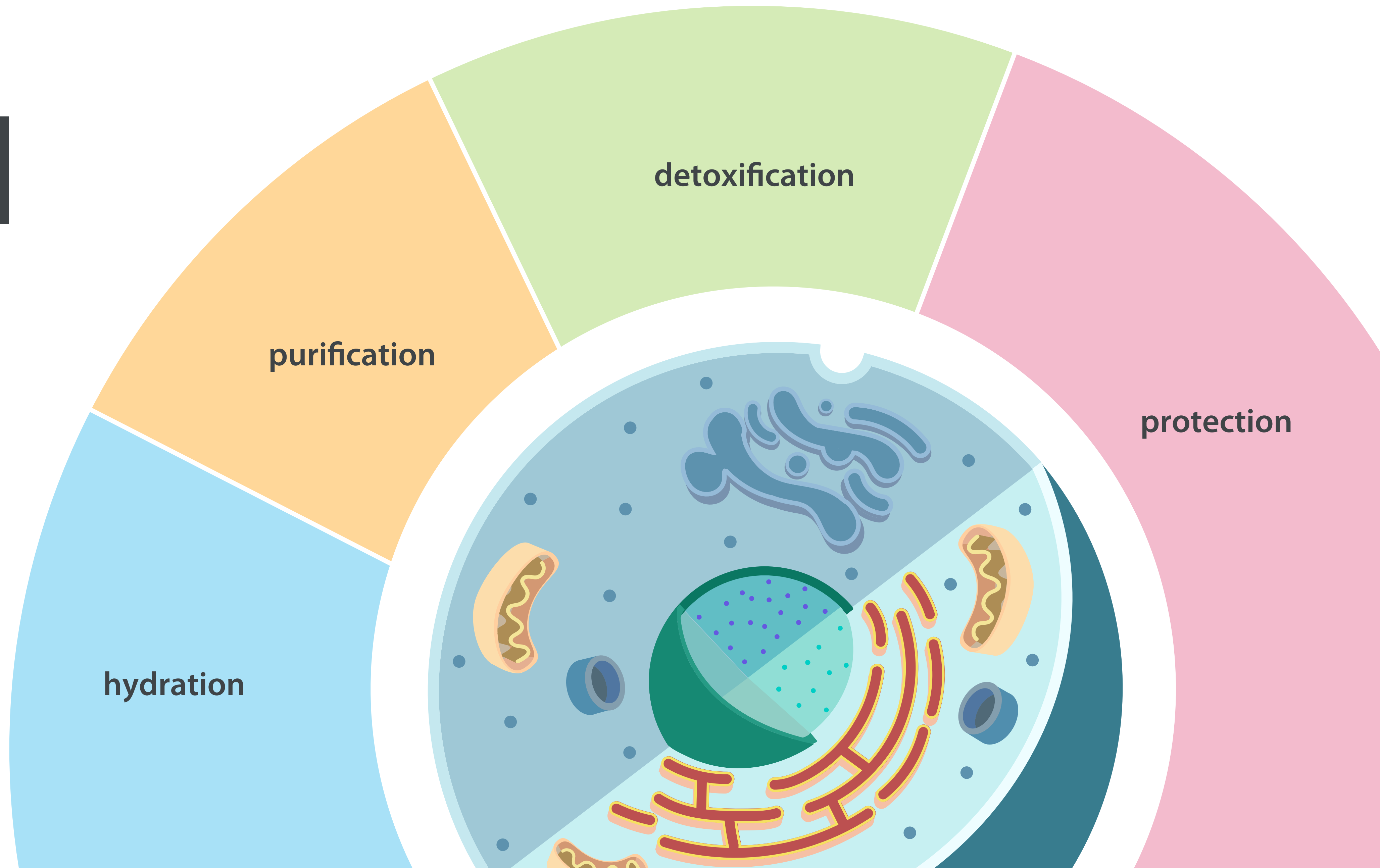


**When we have  
a disease,  
we finally see  
the symptoms**

We can have  
unhealthy cells but  
we do not see the  
damage

We can have  
unhealthy organs,  
but we may not notice  
their issues

# CELLS REQUIRE



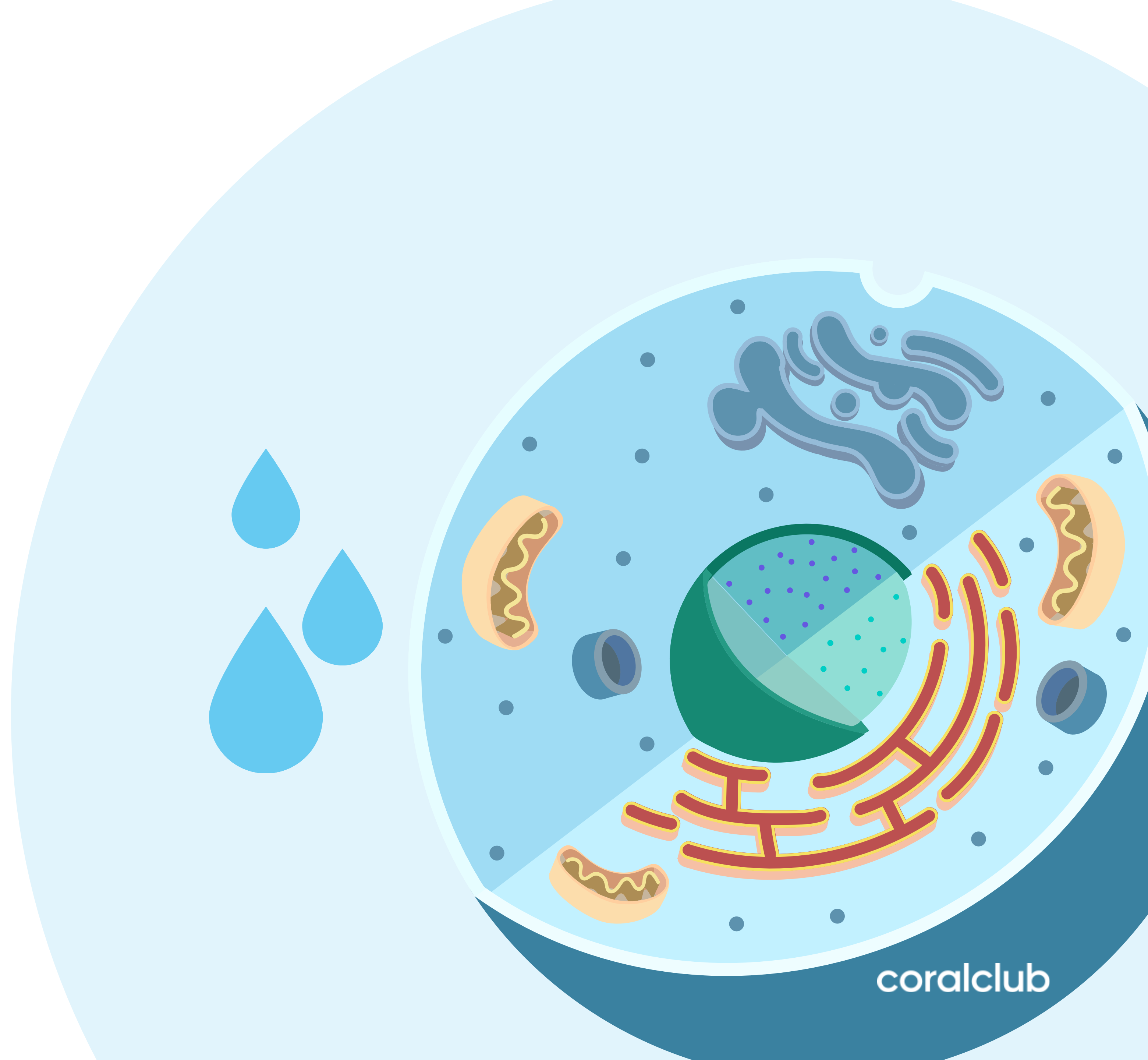
# HYDRATION

Goals:

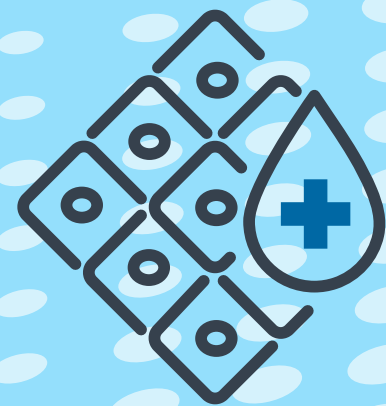
- To restore the electrolyte balance
- To make up for the lack of minerals
- To protect cells from free radicals

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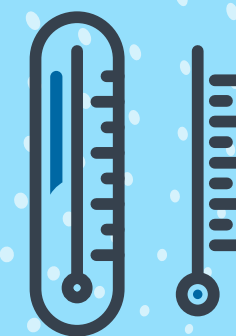
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# WATER IS THE SOURCE OF LIFE



It delivers nutrients to cells, supporting the entire body



It regulates and maintains a constant body temperature



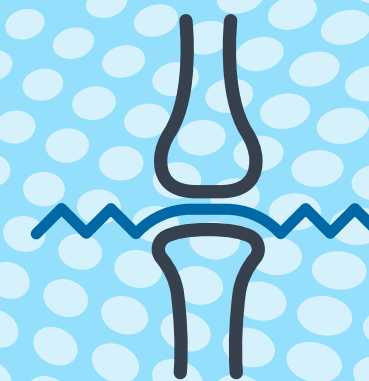
It removes toxins, helps remove waste products and toxins from the body



It regulates blood viscosity and reduces the risk of cardiovascular issues



It helps to control weight, promotes metabolism, including fat burning



It helps in the formation of joint fluid, which is a lubricant for the joints, helping maintain joint functionality



# HYDRAMAX: OPTIMAL HYDRATION SET

The first step towards health improvement  
is to prepare favorable conditions  
for all metabolic processes



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# HYDRAMAX

## Coral-Mine + PentoKan + H-500:

- Increases the physiological usefulness of water and its organoleptic properties
- Is a source of the vital mineral Potassium Electrolyte, in an active form, for each cells' health
- Offers antioxidant protection of cells to maintain their normal functioning

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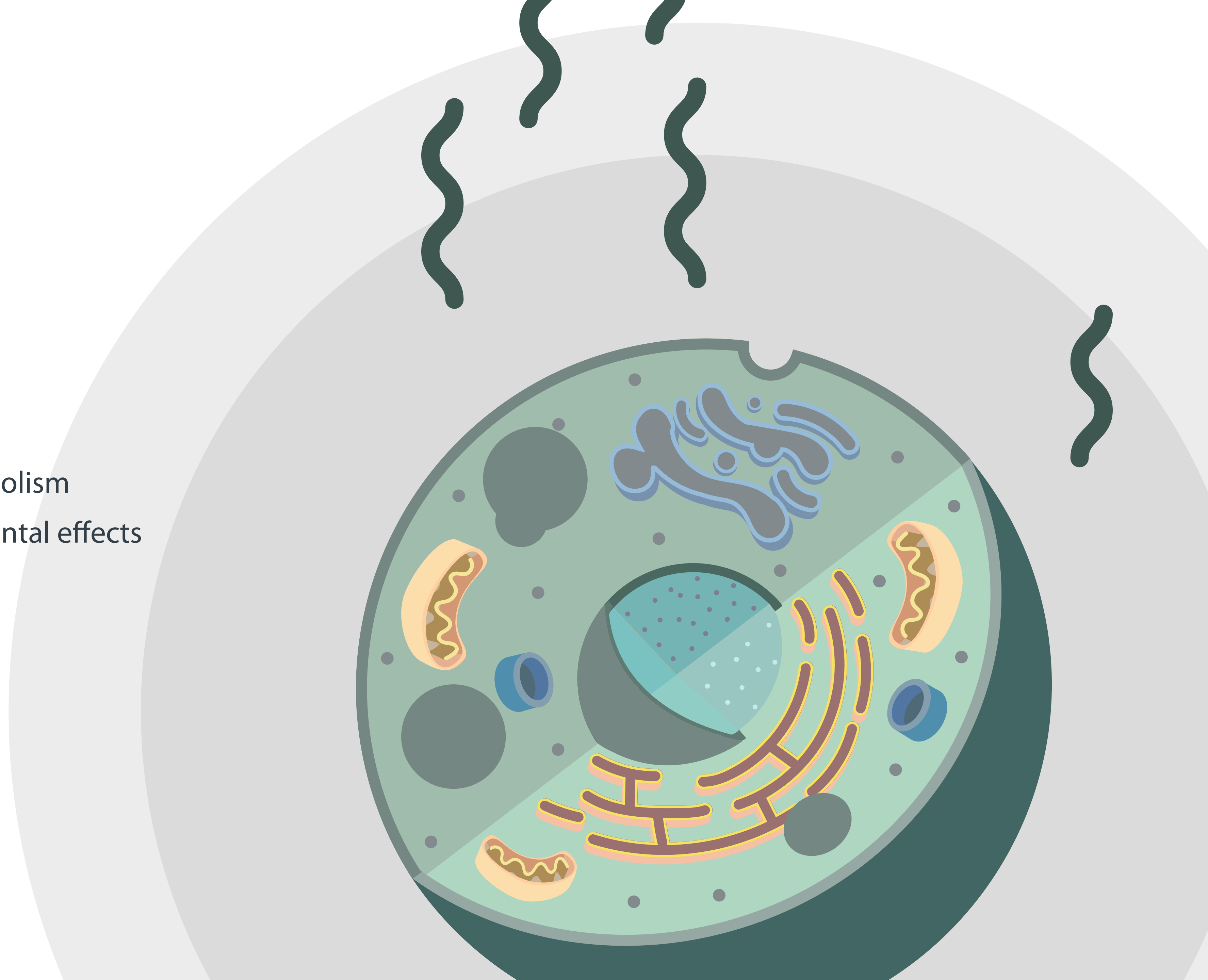
# PURIFICATION

Goals:

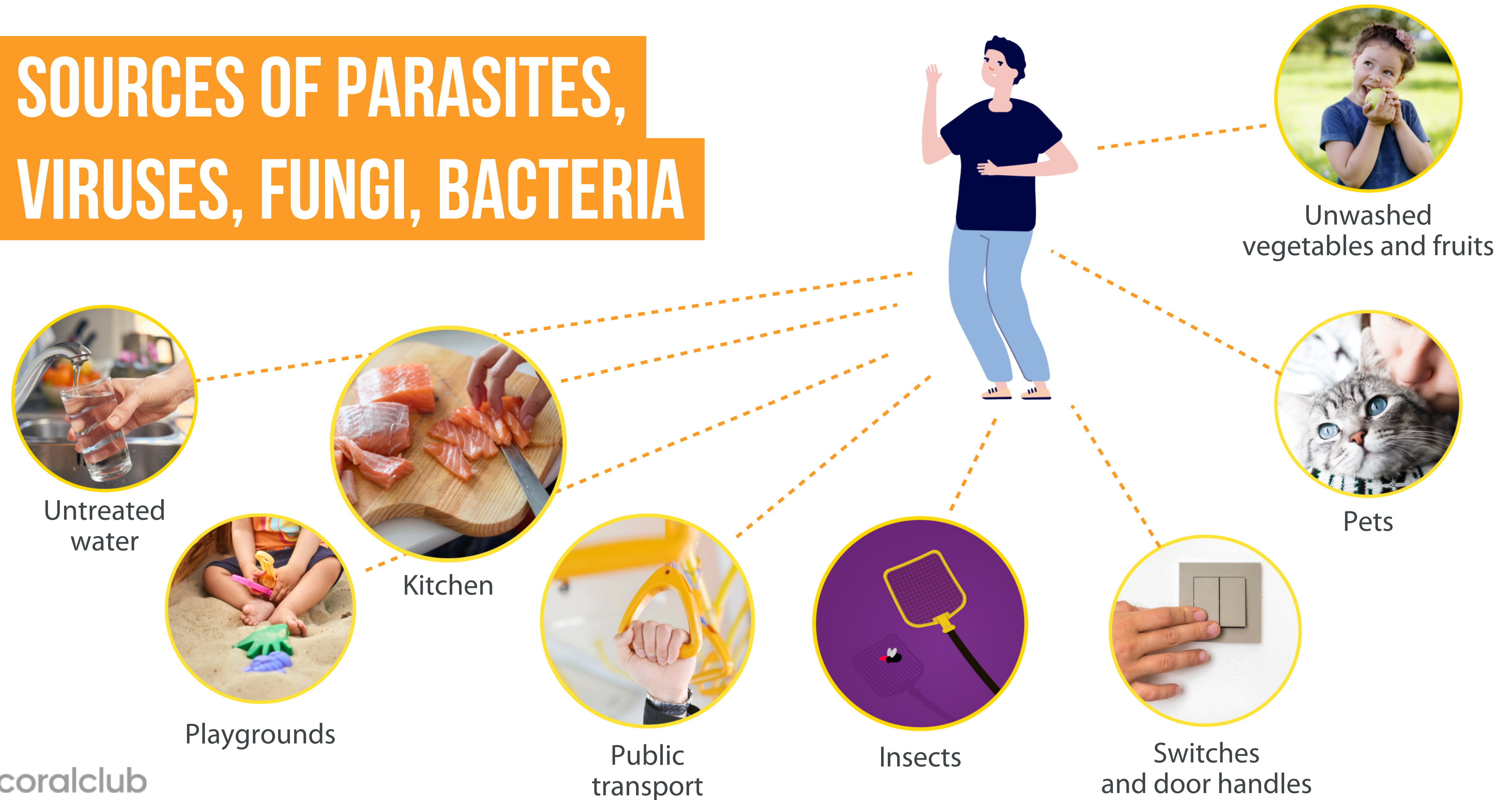
- To get rid of parasites
- To remove toxins
- To improve digestion and metabolism
- To neutralize harmful environmental effects

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# SOURCES OF PARASITES, VIRUSES, FUNGI, BACTERIA





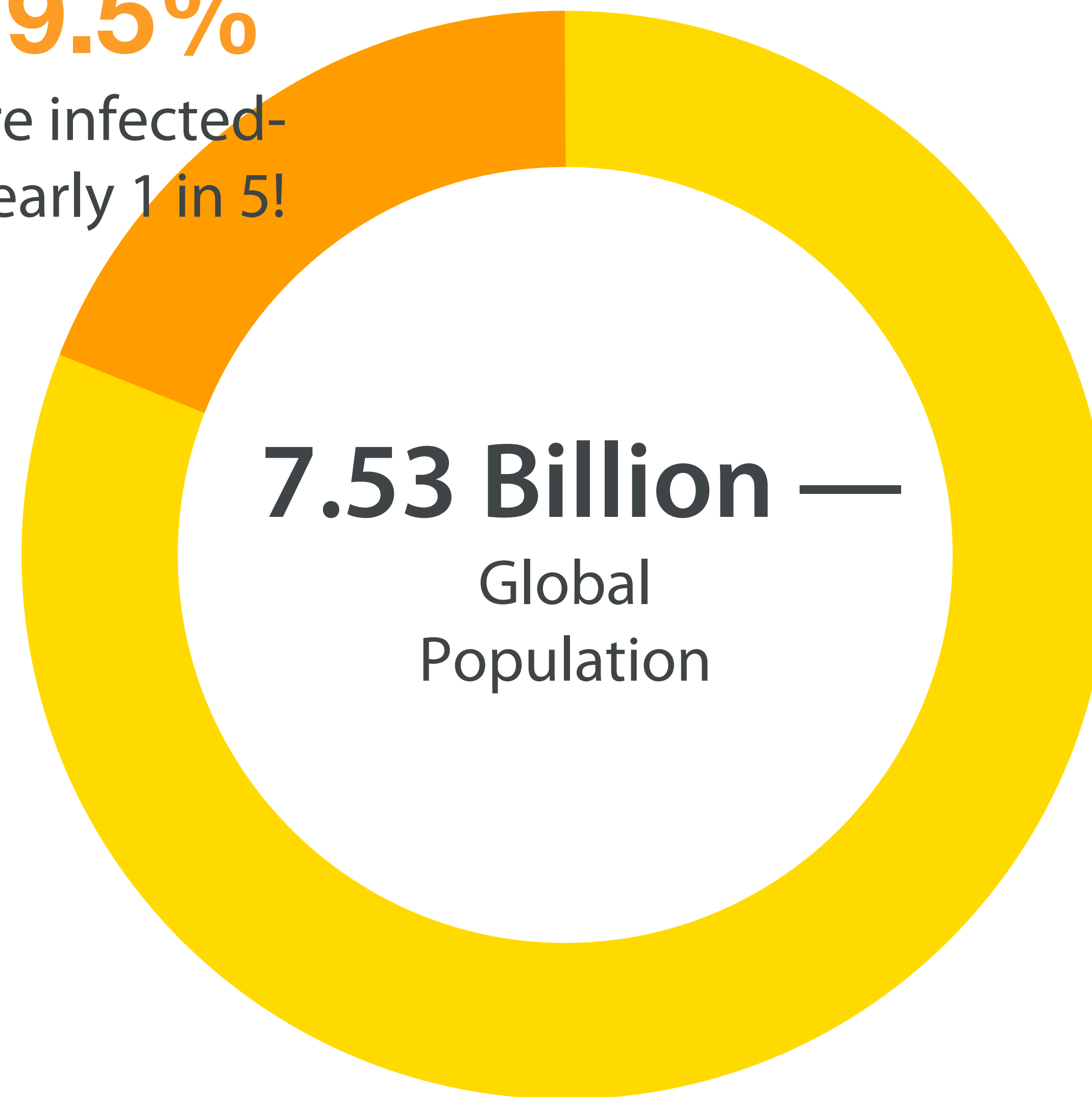
# WHO IS EFFECTED BY PARASITES

More than 1.5 billion people  
are worm-infested in the world

That means

**19.5%**

are infected—  
nearly 1 in 5!



**7.53 Billion —**

Global  
Population

# PARASHIELD: A PARASITE PROTECTION SET

The second step on the way towards health improvement is to get rid of parasites and prepare yourself for detoxification



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# PARASHIELD

ParaFight + Coral Burdock Root + MSM + Super-Flora  
+ Coral-Mine

- Protection against parasites
- Body purification of their waste products
- Restoration of the affected gut flora
- Compromised immune system reinforcement

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## Parashield

### Dietary Supplements

PARAFIGHT 90 CAPSULES, CORAL BURDOCK ROOT 90 CAPSULES,  
MSM 60 CAPSULES, SUPER-FLORA 90 CAPSULES,  
CORAL-MINE 30 SACHETS

TOTAL: 330 CAPSULES AND 30 SACHETS. 30 DAY PROGRAM



# PARASHIELD PLUS

Premium version of Parashield

ParaFight + Coral Burdock Root + MSM +  
Super-Flora + Coral-Mine

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# PARASHIELD PLUS

- Enhanced protection against parasites
- Intensive body purification of waste products
- Restoration of the affected gut flora
- Building of the body defenses
- Doubled program duration

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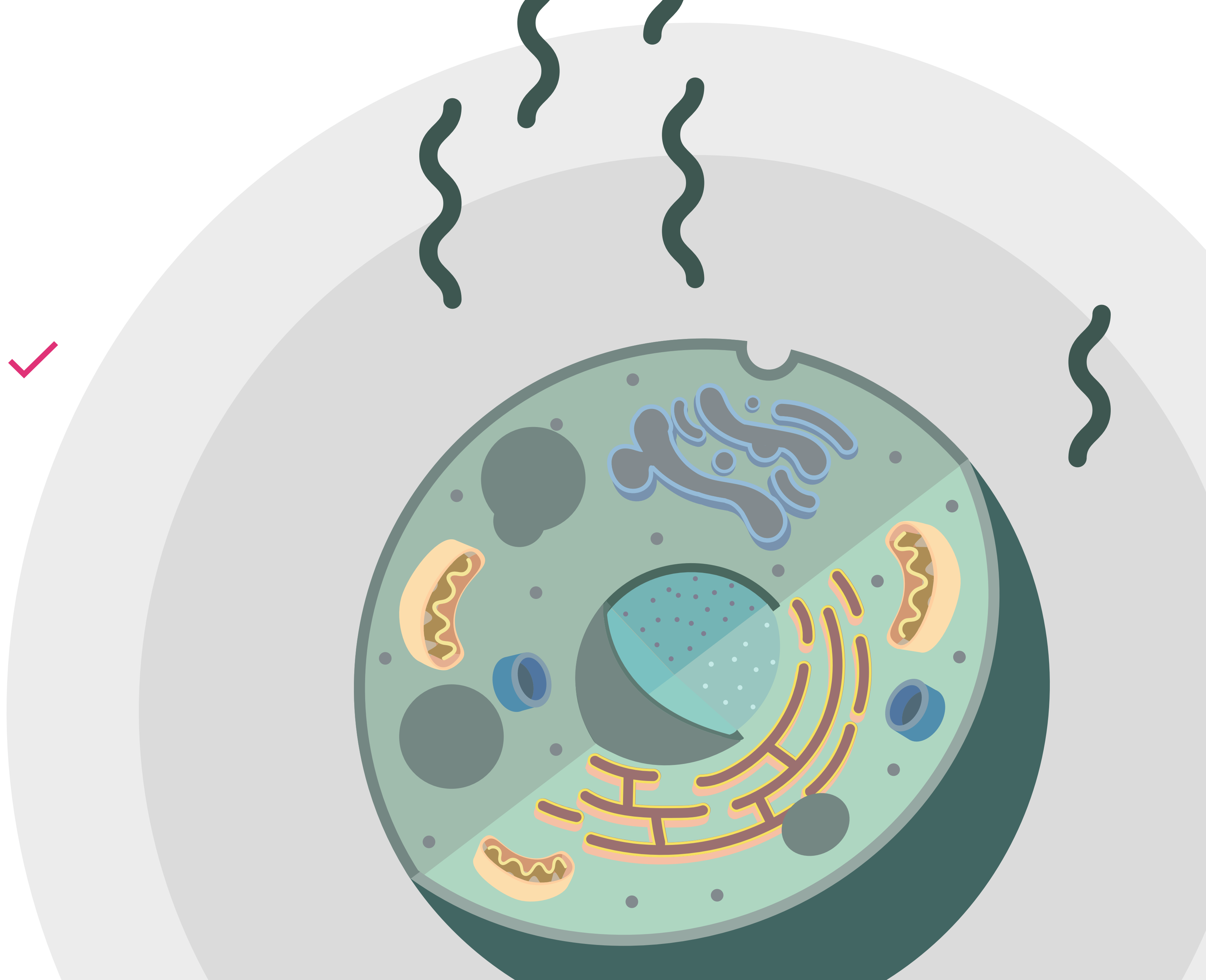




# PURIFICATION

Goals:

- To get rid of parasites
- **To remove toxins**
- To improve digestion and metabolism
- To neutralize harmful environmental effects



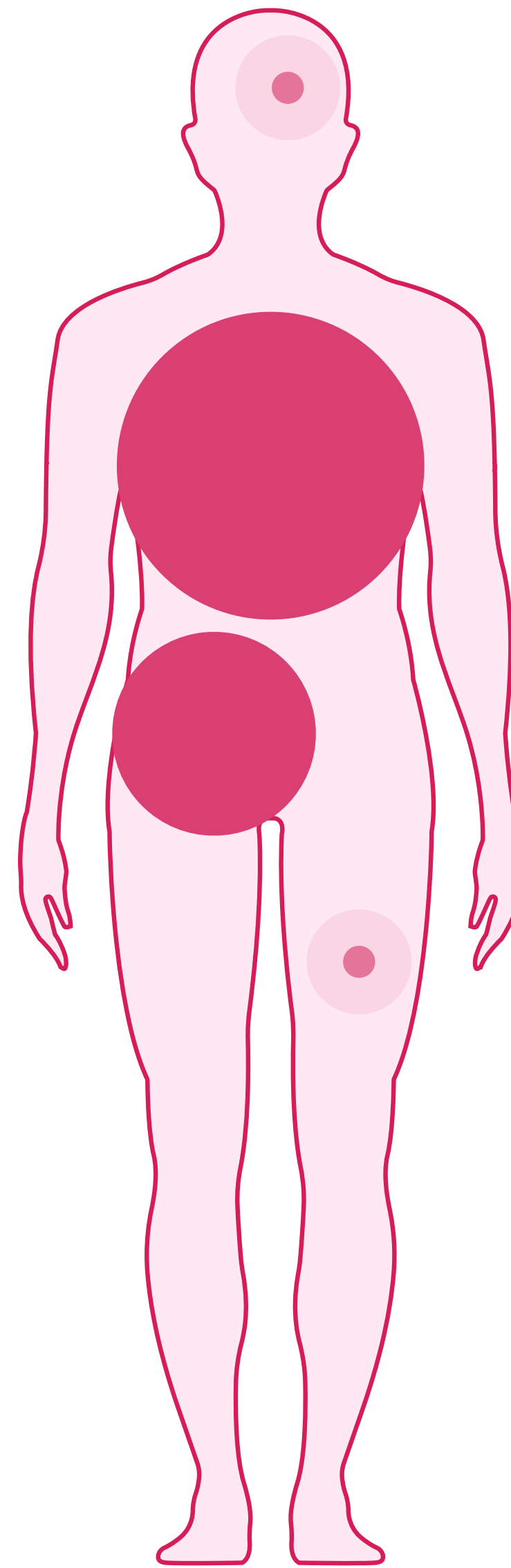
# PURIFICATION

Toxins enter the body from the outside  
and are formed inside

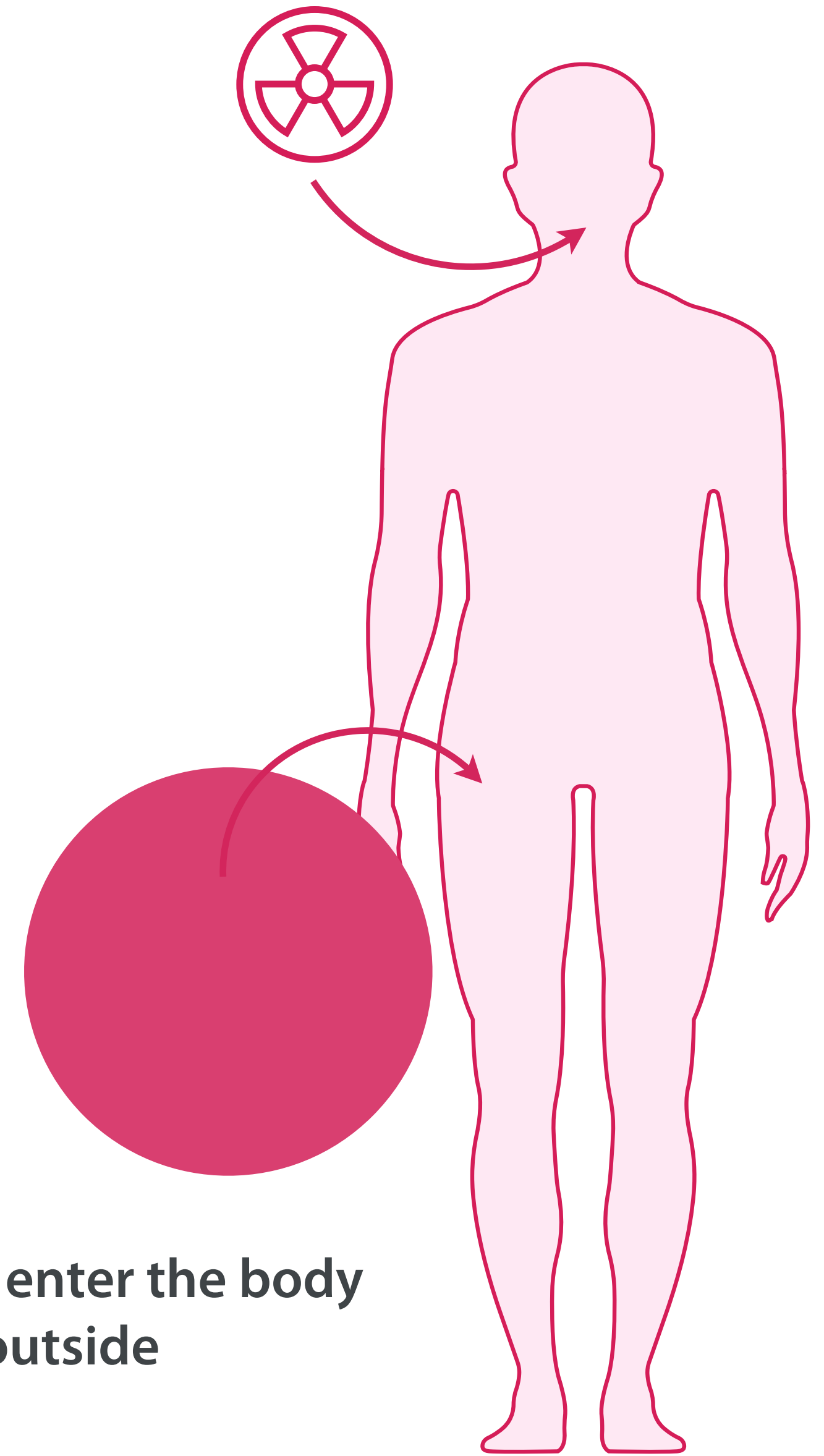
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Endotoxins are formed  
inside the body



Exotoxins enter the body  
from the outside



# CORAL DETOX

To improve the digestion and removal  
of water-soluble and fat-soluble toxins

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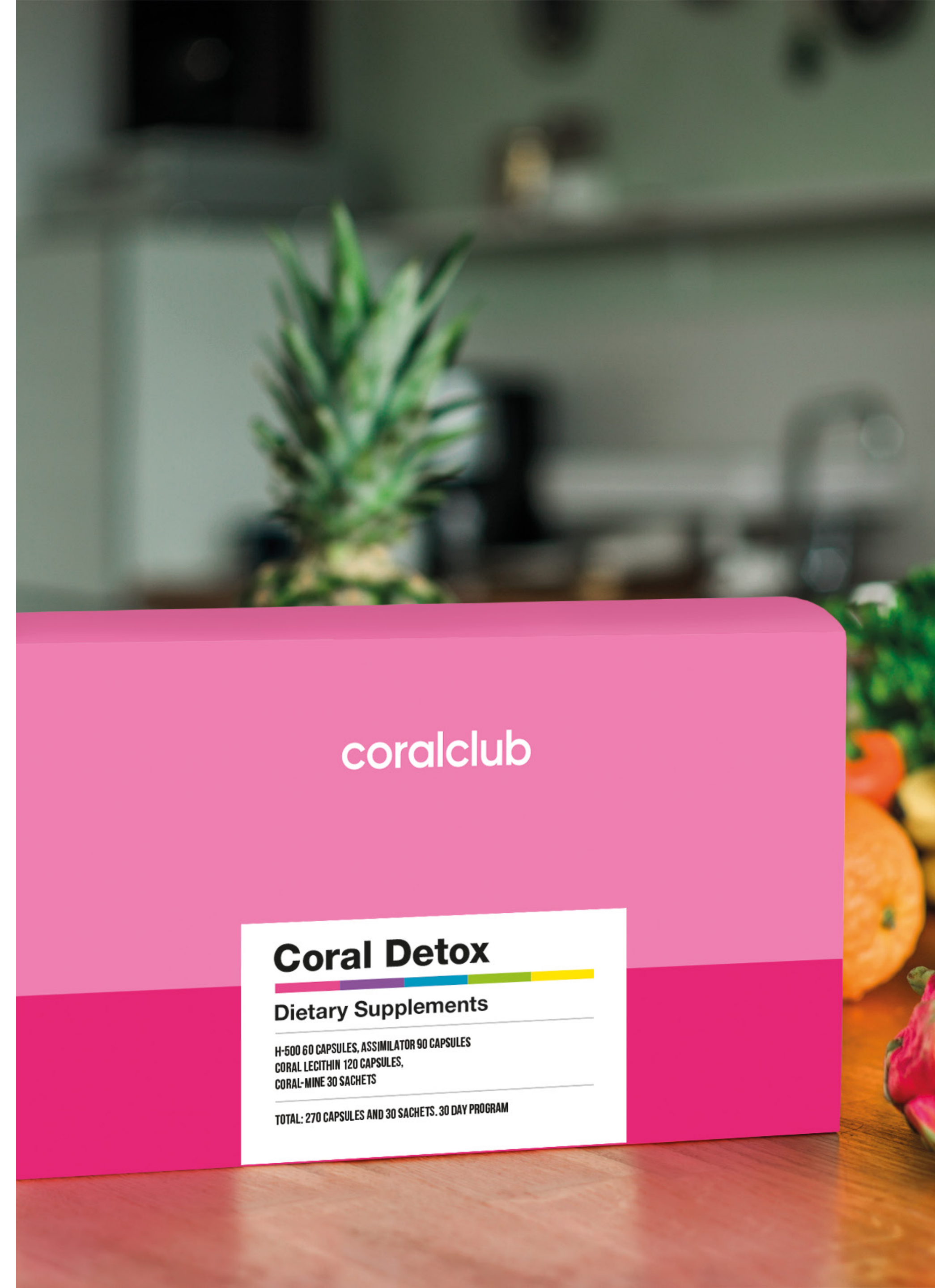
# CORAL DETOX

## Coral-Mine + H-500 + Assimilator + Coral Lecithin

2 products for the removal of water-soluble toxins  
and 2 products for the removal of fat-soluble toxins:

- Antioxidant to neutralize toxins formed inside and received from the outside
- A complex of digestive enzymes to improve the nutrient intake and reduce the accumulation of products of incomplete digestion in the intestinal tract
- Phospholipids to normalize fat metabolism and "repair" cell walls damaged by toxins
- Minerals to restore electrolyte balance

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### Coral Detox

#### Dietary Supplements

H-500 60 CAPSULES, ASSIMILATOR 90 CAPSULES  
CORAL LECITHIN 120 CAPSULES,  
CORAL-MINE 30 SACHETS

TOTAL: 270 CAPSULES AND 30 SACHETS. 30 DAY PROGRAM

# CORAL DETOX PLUS

Premium version of Coral Detox Plus  
for maximum effect

**Coral-Mine + H-500 + Assimilator + Coral Lecithin  
+ PentoKan + Coral Alfalfa**

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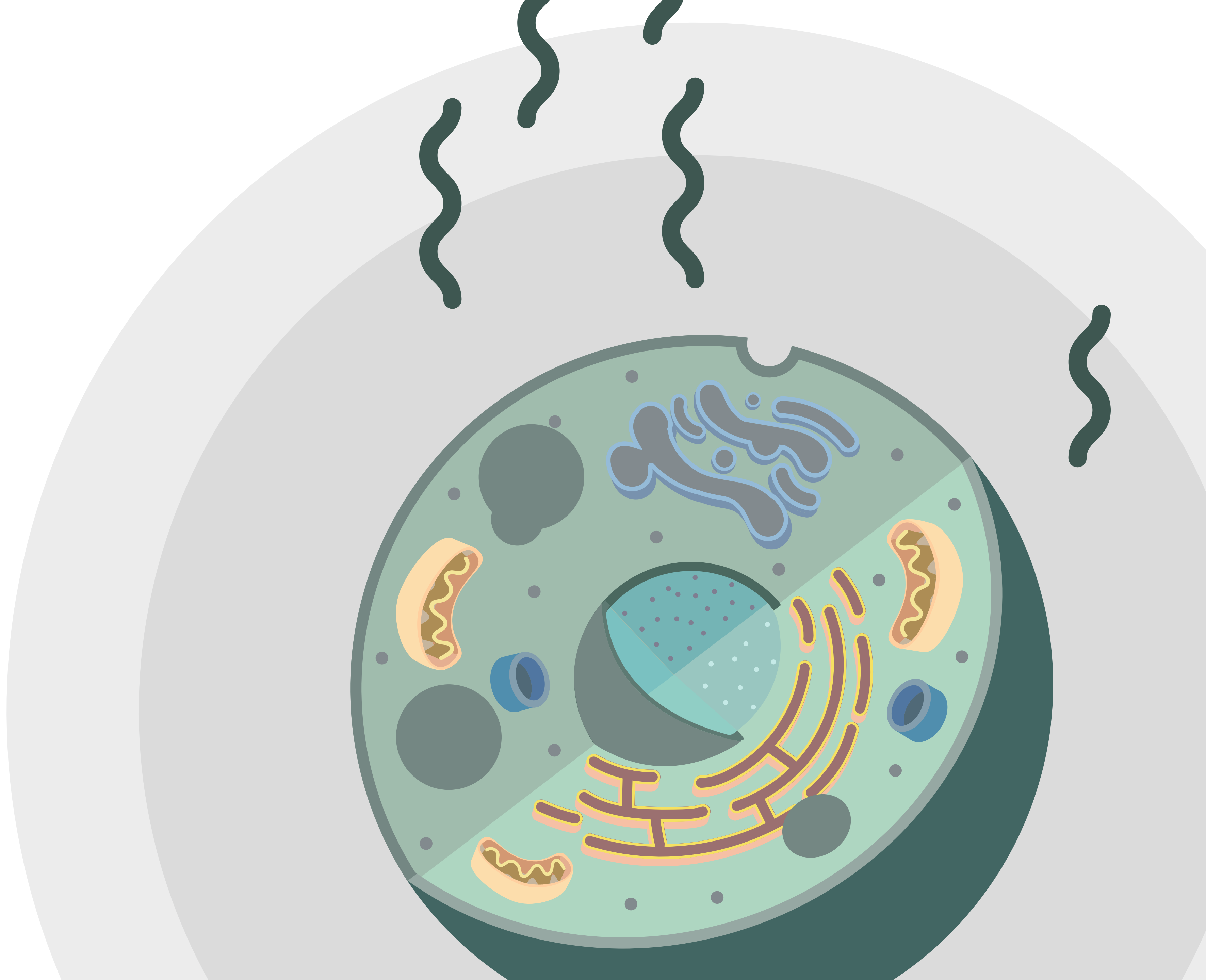
# PURIFICATION

Goals:

- To get rid of parasites ✓
- To remove toxins ✓
- To improve digestion and metabolism
- To neutralize harmful environmental effects

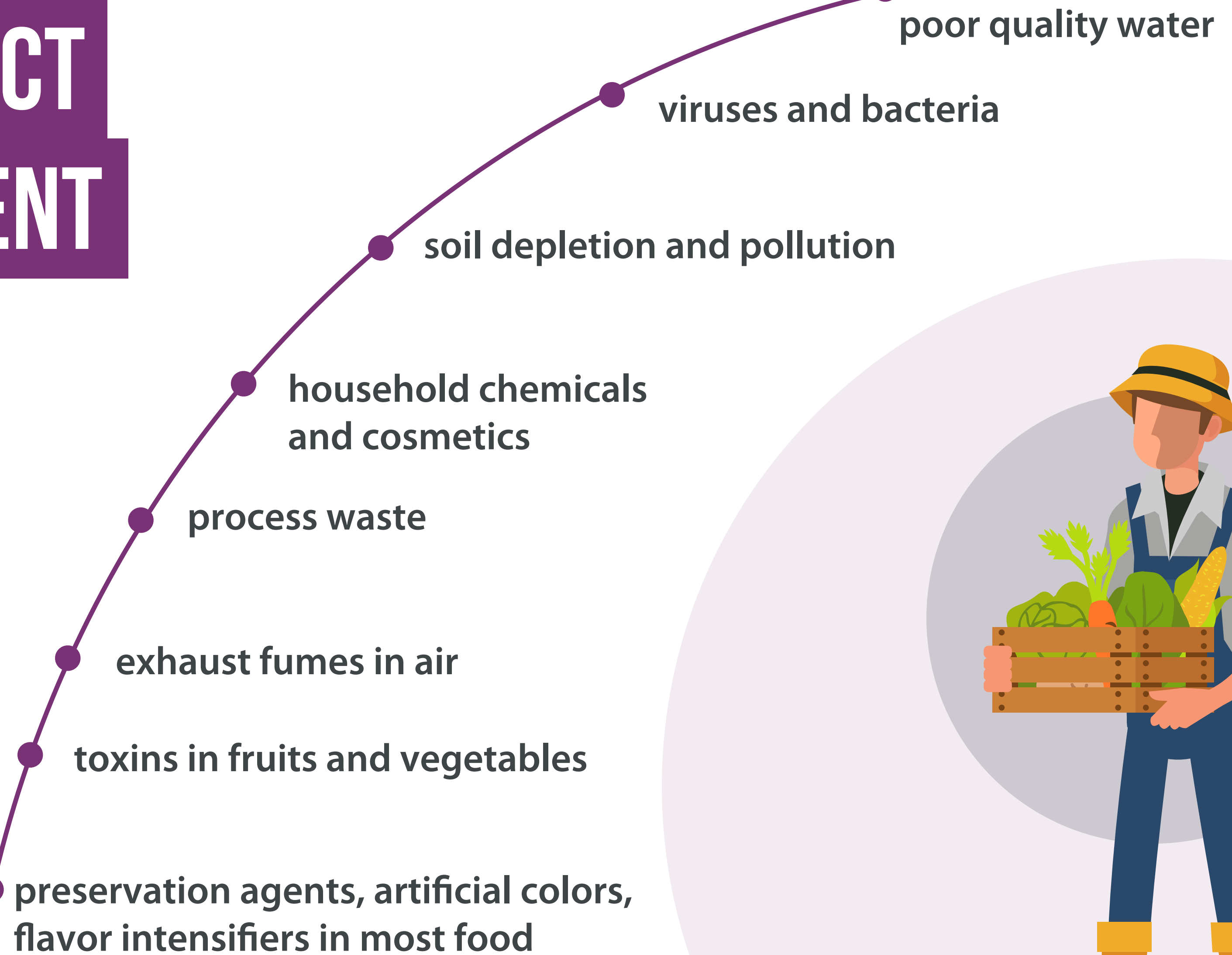
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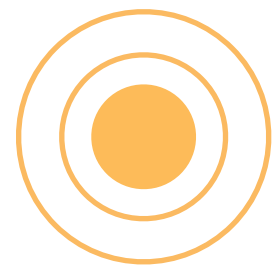


# THE ADVERSE EFFECT OF THE ENVIRONMENT

Regardless of lifestyle, toxins  
and heavy metals are present  
in the body.

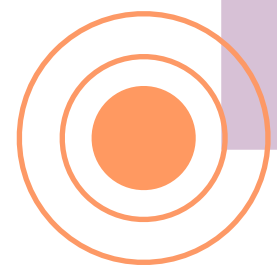


# HOW OUR BODY GIVES A SIGNAL



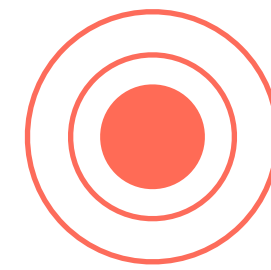
## LIVER

- skin problems
- undue tiredness
- irritability
- heartburn, nausea, vomiting
- allergies



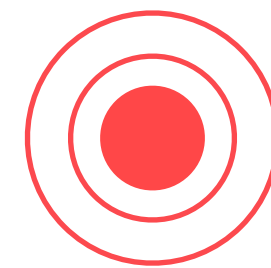
## GUT

- intestinal upset
- low immune function
- irritability
- skin problems



## METABOLISM

- overweight
- swelling
- uncaused fatigue
- dry skin
- problems with nails and hair
- headaches



## IMMUNE SYSTEM

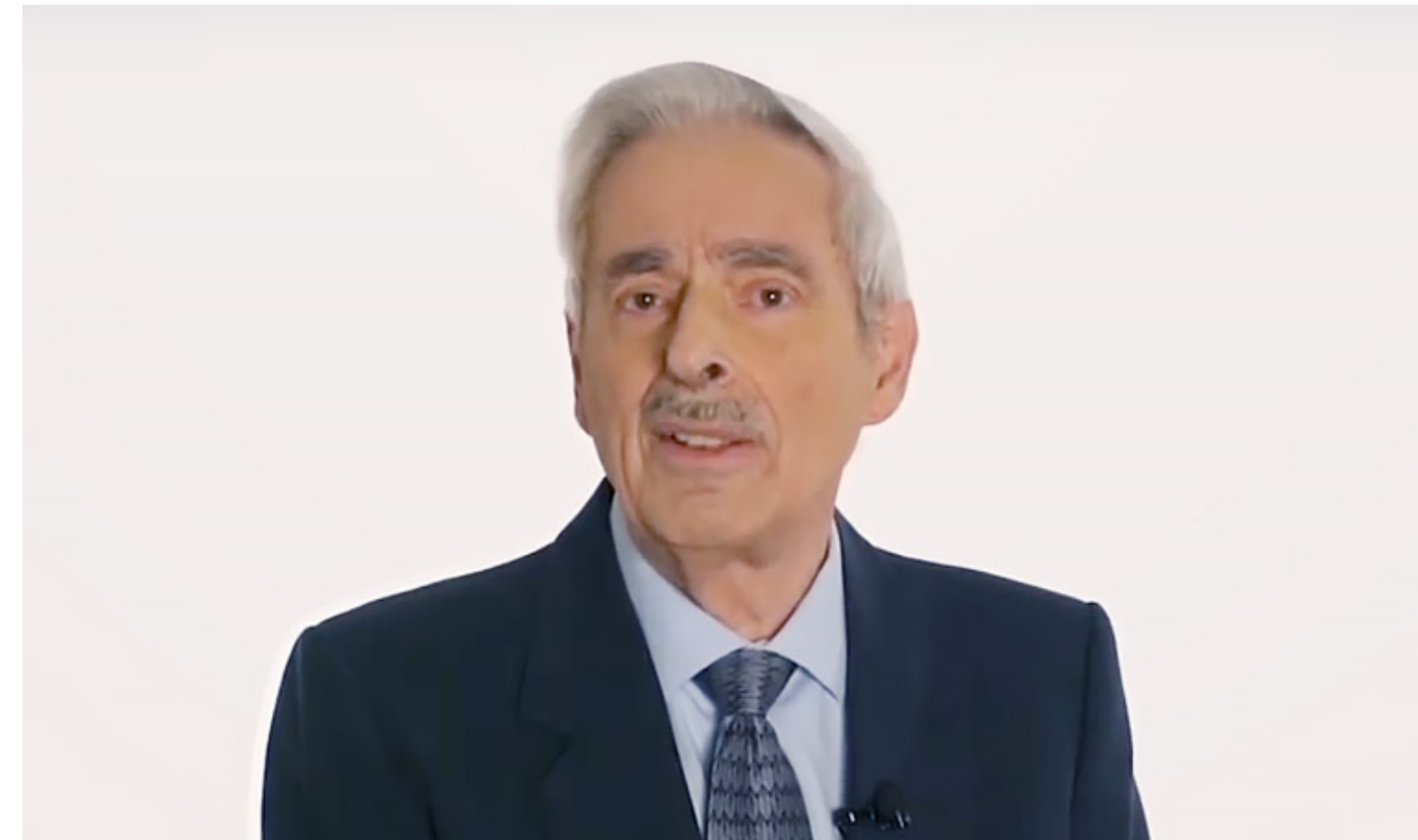
- acute exacerbation of a chronic disease
- increase susceptibility to infections

# GO DETOX

## Effective Detoxification and Restoration of Gut Flora

- Program by the famous nutritionist Albert Zehr, tested over many years
- Step-by-step program with comprehensive effects on the body
- Doesn't break the usual pace of life

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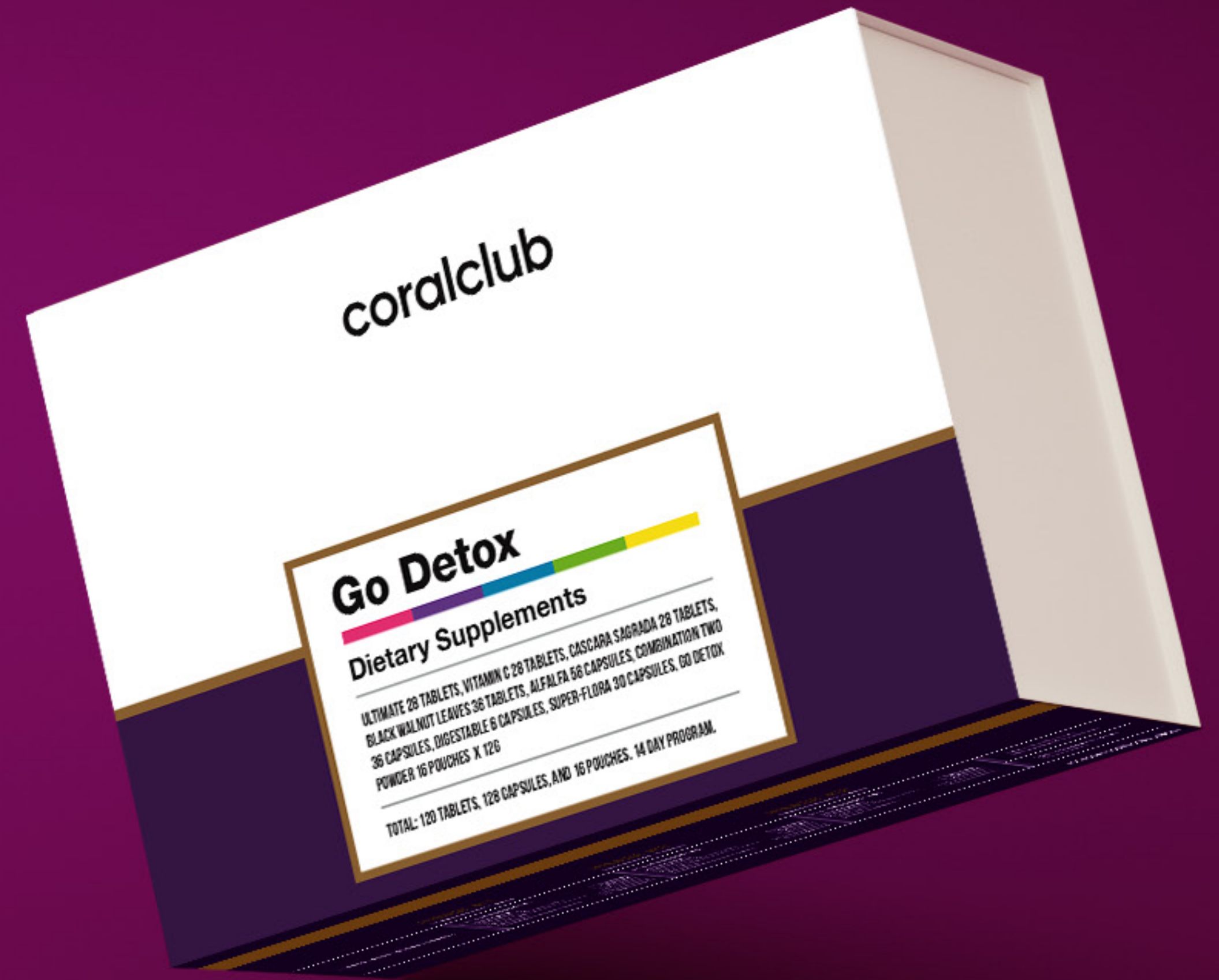
Dr. Albert Zehr



# GO DETOX: ACTIVATION OF THE BODY'S NATURAL PURIFICATION SYSTEM

- An effective program that cleanses the body and restores a healthy internal environment
- Constructive detoxification and restoration of gut flora
- No strict dietary restrictions

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# GO DETOX

This program consists of:

- Vitamins and minerals to maintain the body's strength during the program completion;
- Phytocomponents for anti-parasitic action
- Fiber and phytocomponents for the intensive cleansing of the bowels and activation of its peristalsis (contractions which help with digestion)
- Enzymes and probiotics to improve digestion and restore gut flora

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# GO DETOX LIGHT: ACTIVATION OF THE BODY'S NATURAL PURIFICATION SYSTEM

- New development of the famous nutritionist Dr. Albert Zehr
- A step-by-step program with a comprehensive effect on the body
- No strict dietary restrictions

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# GO DETOX LIGHT

The program consists of:

- Phytocomplexes with detoxifying plants to activate the liver and kidneys
- Fiber for the intensive mechanical cleansing of the bowels
- Probiotics and an increased number of enzymes to improve the digestion and restore gut flora
- A complex of plant ingredients, to support the body with vitamins and minerals

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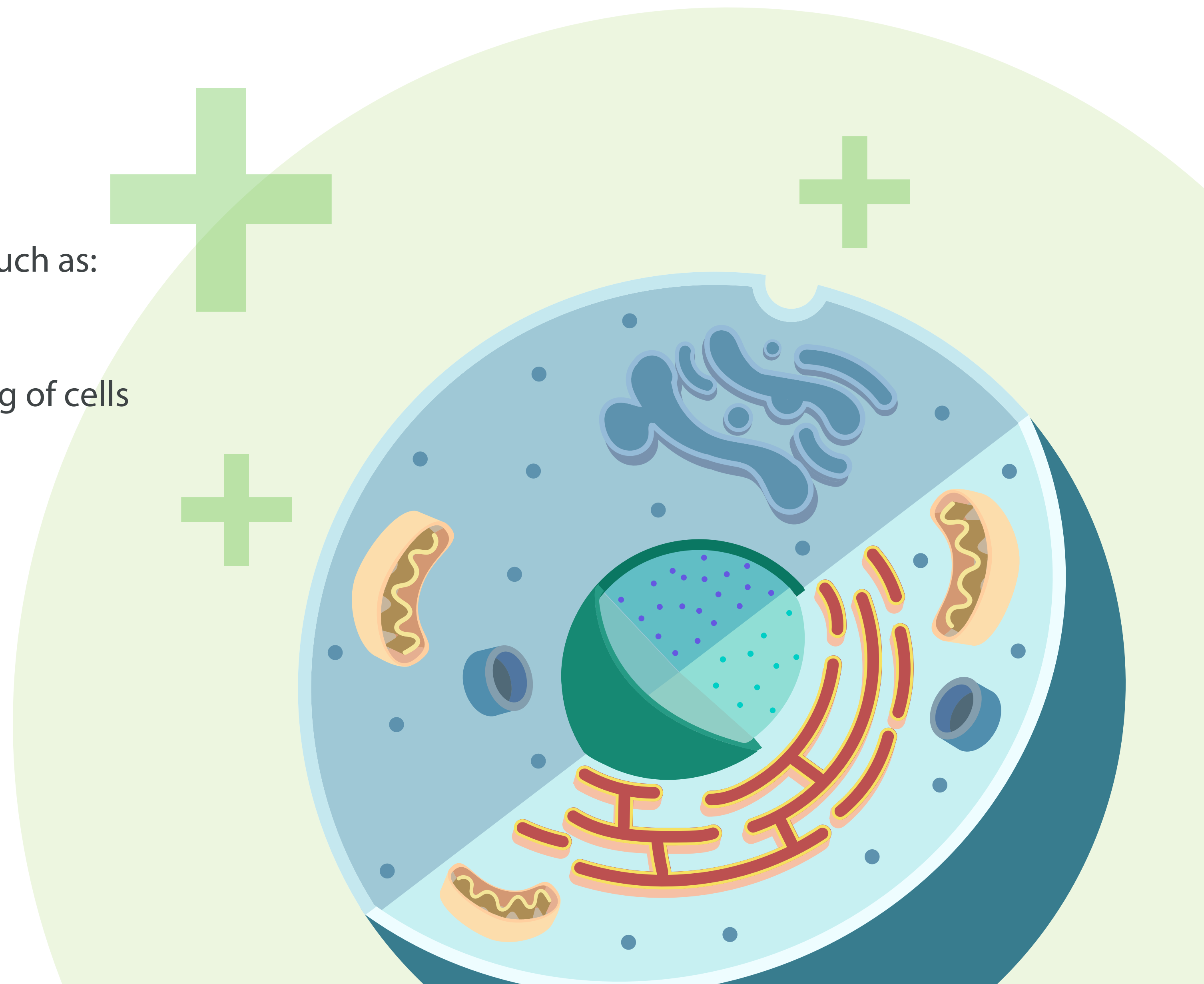




# NUTRITION

## Goals:

- To make up for the lack of valuable nutrients, such as: minerals, phospholipids, probiotics, fiber
- To create optimal conditions for the functioning of cells



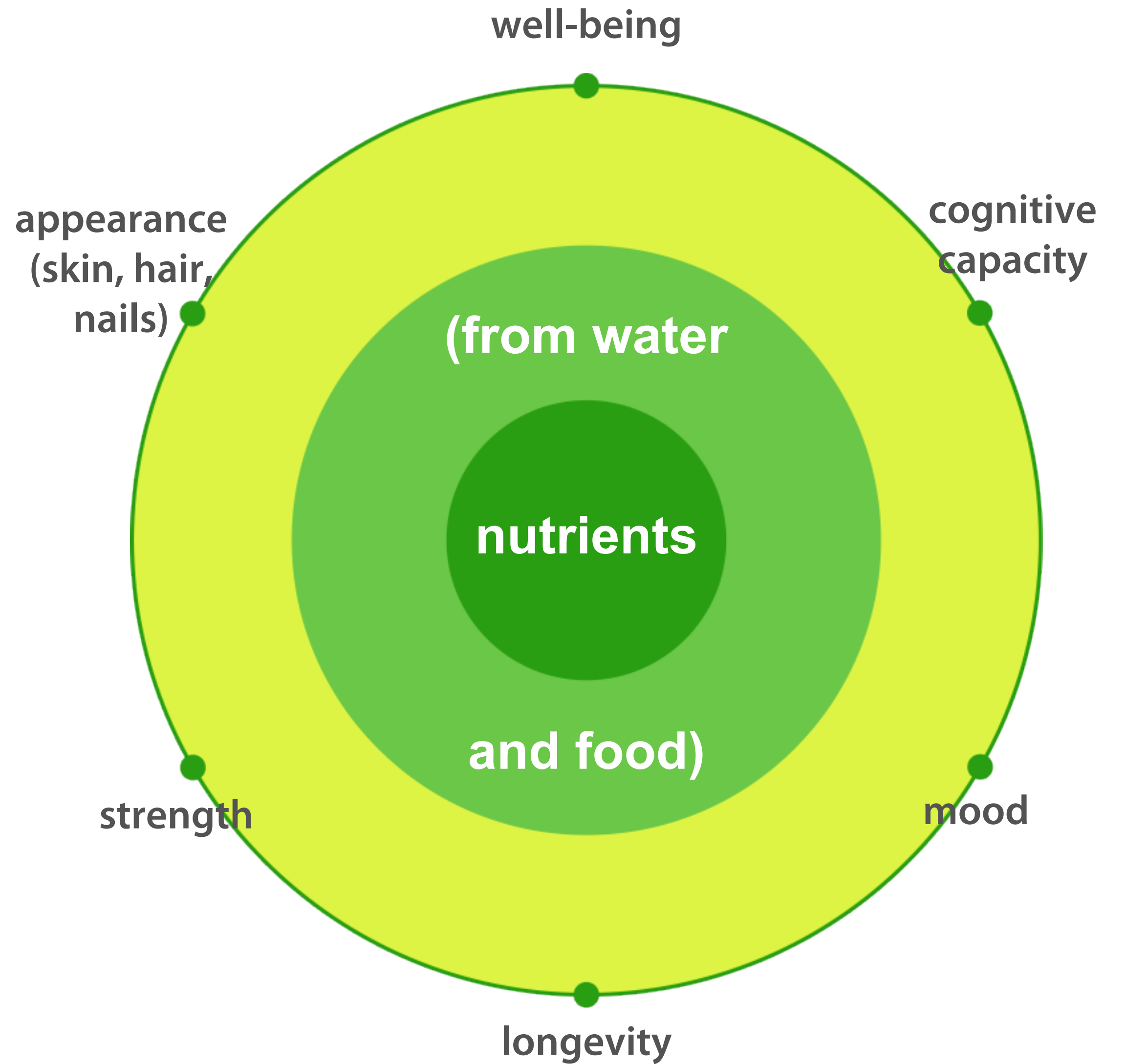
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# NUTRITION FOR LIFE

For a productive life, a person needs  
a variety of nutrients

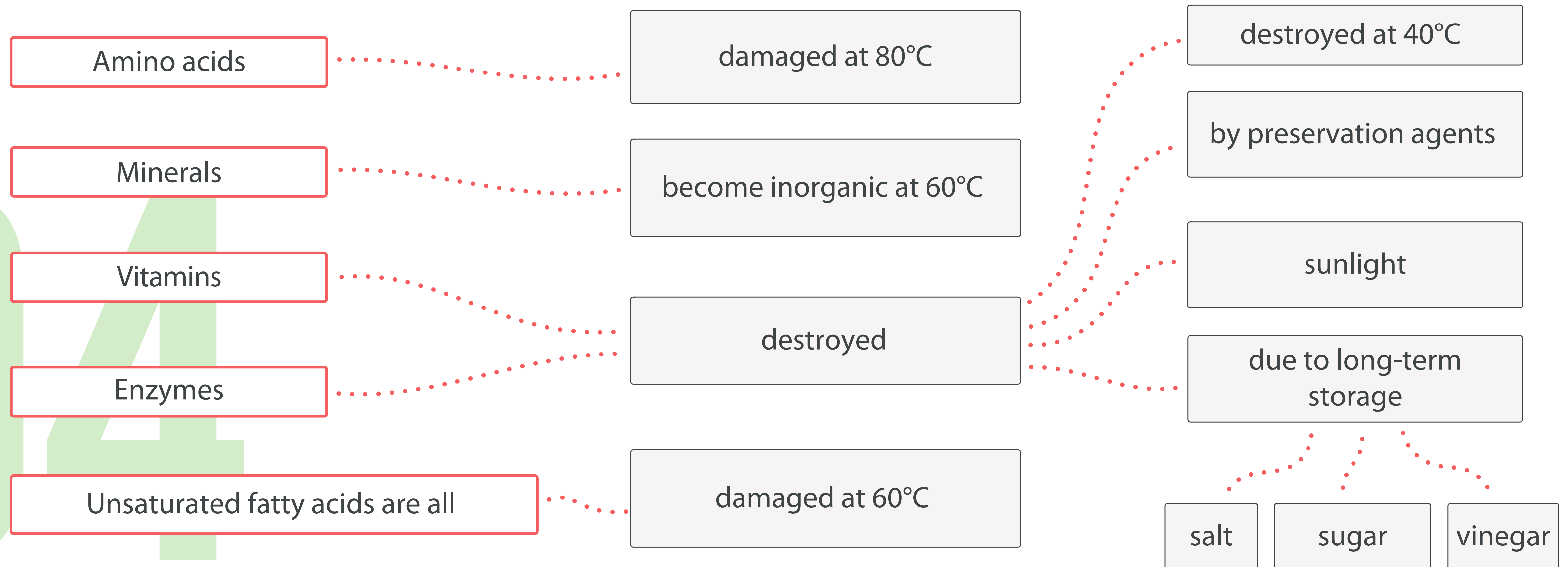
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# NUTRIENTS



# NUTRIPACK: NATURAL NUTRIENT ENRICHMENT SET

The fourth step on the way towards health improvement is supplementing the diet with valuable nutrients, which are not found enough in modern food

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# NUTRIPACK

**Coral-Mine + Coral Alfalfa + Premium Spirulina + Coral Lecithin  
+ Omega 3/60 + Super-Flora:**

Exceptionally natural composition, which serves as a source of:

- Digestible vegetable protein, balanced by the composition of essential amino acids;
- Fiber;
- Phospholipids and PUFAs;
- Probiotics;
- Other beneficial nutrients: chlorophyll, phycocyanin antioxidant, rare plant fluoride.

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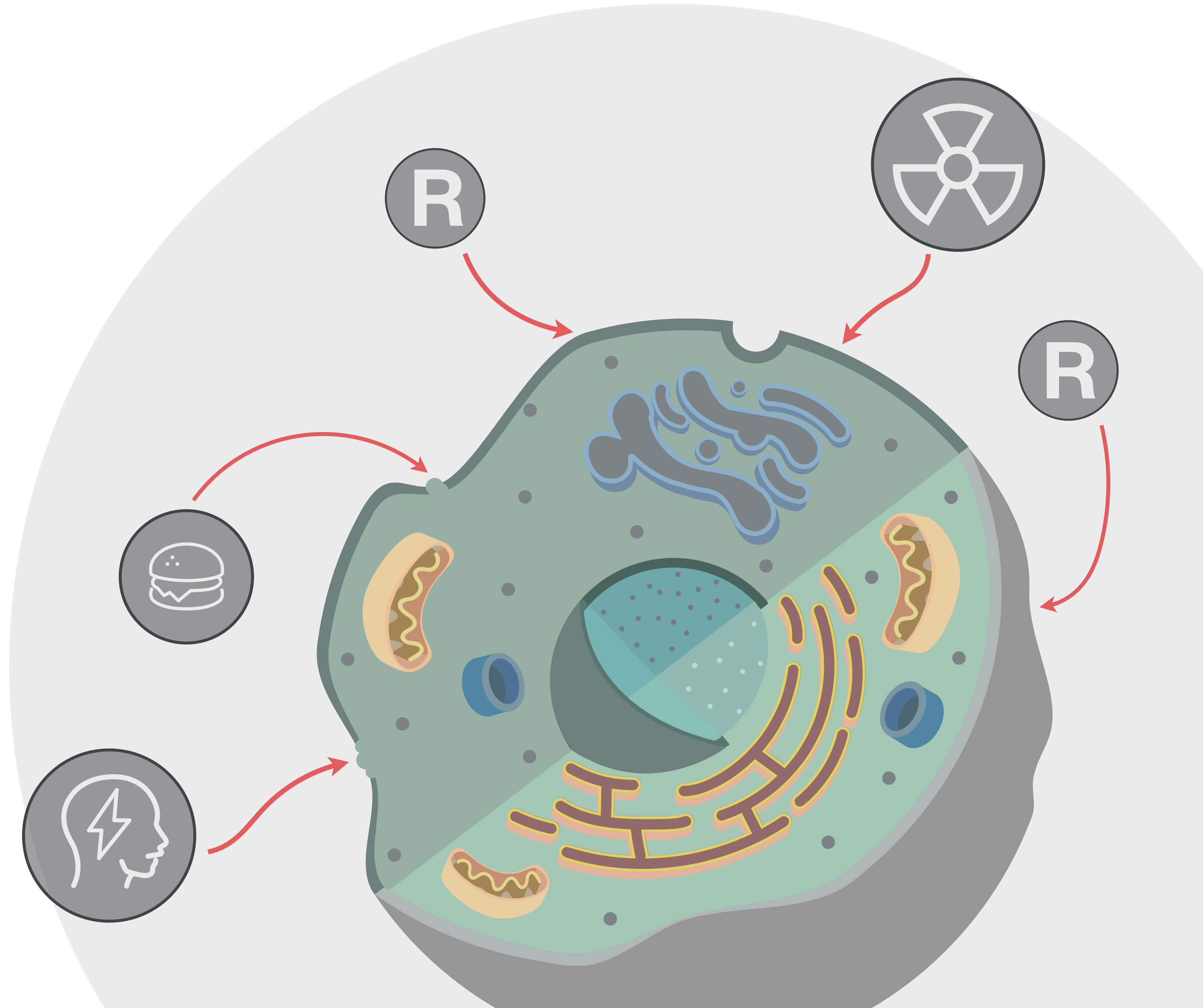
# PROTECTION

Goals:

To protect a cell from the effects  
of environmental factors: poor ecology,  
stress, poor nutrition

# 05

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# THE FOLLOWING UNDERMINES THE BODY



Unbalanced  
diet



Bad habits



Stress



Sleep  
deficiency



Age



Damage  
and injury



Chronic  
diseases



Allergies



# IMMUNITY PACK: STRENGTHENING THE BODY'S DEFENSES SET

The fifth, final step on the way towards health improvement is to protect cells, and immunity stimulation

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# IMMUNITY PACK

**Vitamin C + Vitamin D3 + Shark liver oil + Omega 3/60  
+ Pau D'Arco with selenium + Coral-Mine:**

- Creates favorable conditions for the timely activation of immune cells
- Strengthens the barrier functions of the skin and mucous membranes
- Accelerates the regenerative and repair processes in the body
- Protects against free radicals
- Extends active longevity

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# PRODUCT SOLUTIONS

## 5 STEPS

• 01 Hydration

• 02 Elimination of parasites

• 03 Purification

• 04 Nutrition for life

• 05 Body protection

# START \* HEALTHY START



## EASY WAY TO A HEALTHY START

### FOR A HEALTH ENTHUSIAST

When we feel like changing habits and switching over to a healthy diet, we are faced with an avalanche of information: internet searches, acquaintances' insights, advice from nutritionists, nutrition programs — all this often contradicts one another.

What, when and in what quantities to eat, what supplements to receive and what principles to adhere to? To understand all of this and not to step back from your healthy goal is not an easy task.



# ALTRAC \* HEALTH



## PERSONAL HEALTH TRACK

### FOR EVERYONE WHO HAS BEEN FOLLOWING A HEALTHY LIFESTYLE FOR A LONG TIME

The personal health track can be customized from complex solutions and Coral Club products. At the same time, the 5-step system is the foundation; a cross-functional base for maintaining health at any age.

Then, you can build a personalized solution for a specific request on this foundation: heart health, fighting against stress, managing weight.



# CONCEPT OF HEALTH \*



## FOLLOWING THE CONCEPT ASSUMES



Proactive  
approach/initiative



Complete  
lifestyle changes



Follow-up  
with a consultant  
over the long term



Individual approach



Consistency



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