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THE
dr. ardis
SHOW 

DR. ARDIS' FREE HEALTH GUIDE

The Hidden Barriers to Health
and How You Can Break Free!



**DISCLAIMER: THIS CONTENT IS
EDUCATIONAL ONLY, NOT MEDICAL
ADVICE. ALWAYS CONSULT A
QUALIFIED HEALTHCARE
PROFESSIONAL BEFORE CHANGING
ANY TREATMENT, SUPPLEMENT, OR
REGIMEN. USE AT YOUR OWN RISK.**

DR. ARDIS' HEALTH GUIDE AT A GLANCE

Browse what's inside & jump straight to what matters most to you.

- **SLIDE 4: WHY YOU'RE HERE**
- **SLIDE 5: WHAT YOU'LL LEARN**
- **SLIDES 6-12: DR. ARDIS' HEALTH TIPS**
- **SLIDES 13-14: HIDDEN HEALTH THREAT #1**
- **SLIDES 15-16: HIDDEN HEALTH THREAT #2**
- **SLIDES 17-19: HIDDEN HEALTH THREAT #3**
- **SLIDES 20-21: MEDICAL SYSTEM CORRUPTION**
- **SLIDE 22: MORE HEALTH RESOURCES**
- **SLIDE 23: A MESSAGE FROM DR. ARDIS**



WHY YOU'RE HERE

**Stop managing symptoms.
Start restoring your life.**

If you are struggling with unexplained fatigue, brain fog, or chronic inflammation, you are battling more than just "age."

**You are facing three hidden barriers: 1) toxins
2) pathogens, and 3) emotional burdens.**

Standard medical tests simply aren't designed to see or treat these threats holistically. Dr. Bryan Ardis has spent his life and career exposing these drivers of disease.

Here's the good news: this guide is your tactical roadmap to identify these obstacles, overcome them, and **allow your body to do what it was designed to do: heal itself.**

WHAT YOU'LL LEARN

In this guide, you'll uncover:



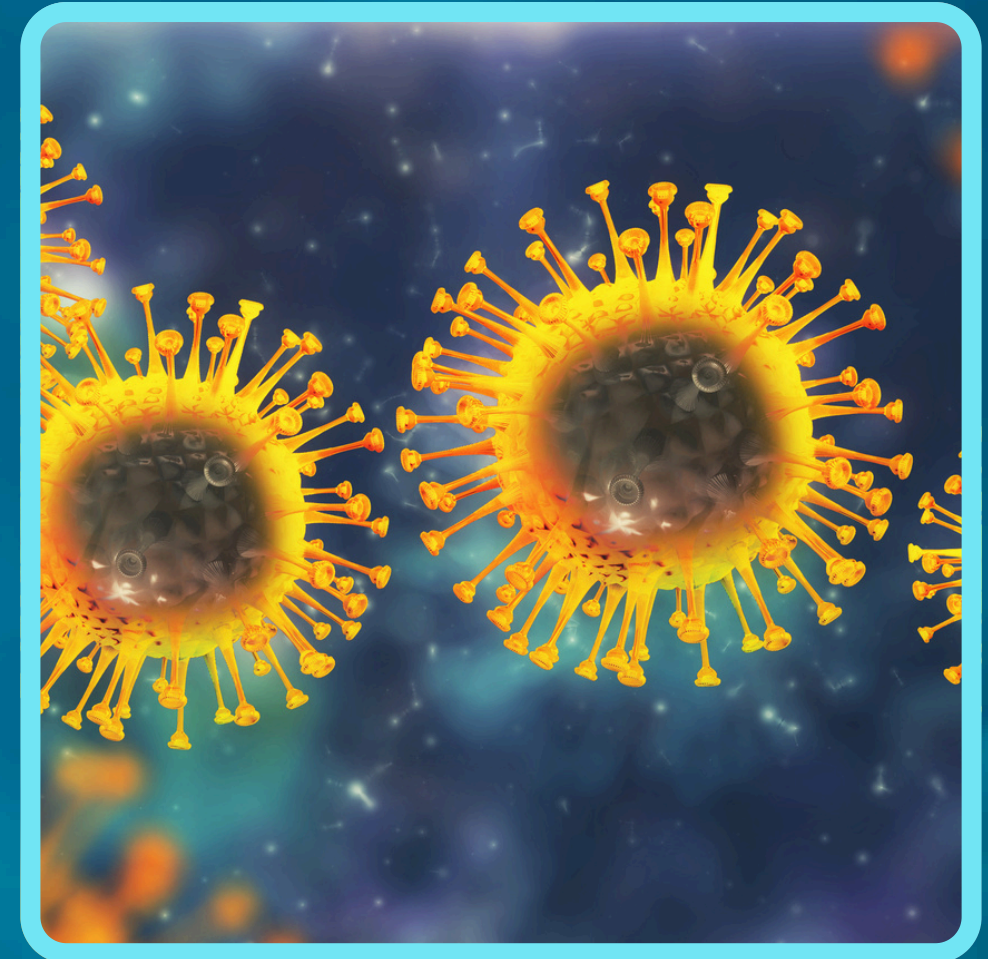
Dr. Ardis' Health Tips

Specific Natural Solutions Dr. Ardis trusts to help you detox, defend, and improve your health



Medical System Corruption

How the modern healthcare system perpetuates chronic illness instead of addressing root causes



Hidden Health Threats

The 3 biggest hidden threats that may be undermining your health and vitality



DR. ARDIS' HEALTH TIPS IN 3 EASY STEPS

To get the most out of these 16 tips, keep these three steps in mind as you begin your journey:

1

PICK YOUR "FIRST ONE"

Find one tip that feels easy to start today. Mastering one small habit builds the momentum you'll need to eventually tackle the rest.

2

FOCUS ON CONSISTENCY, NOT INTENSITY

Doing something 50% of the time is better than 0%. If you miss a day, don't worry! Just jump back in whenever you're ready.

3

CELEBRATE EVERY SHIFT

Health is a lifestyle, not a finish line. Every small choice, from a better snack to an extra walk, is a win that adds up over time.

DR. ARDIS' HEALTH TIPS

Easy Ways to Support Your Healing Journey



HYDRATE & MINERALIZE

Drink half your body weight in ounces of distilled water daily. Add [Hydrate Complete](#) for total hydration, with 40 essential nutrients to restore everything lost through sweat.



ACTIVATE YOUR LYMPHATIC SYSTEM

Walk and move your body for 20 minutes a day. Your lymphatic system is your body's vacuum cleaner, but it has no pump—you are the pump.



DAILY EXERCISE

Aim to get a minimum of 20-30 minutes a day of physical activity, which can include walking 10,000 steps a day, resistance training, swimming, bouncing on a rebounder, etc.



SWEAT OFTEN

Your skin is your largest detox organ, and sweating is how it clears toxins. Boost your routine with exercise or a red light therapy sauna (like [Sauna Space](#) or [Relax Sauna](#)) to ensure you sweat regularly.

DR. ARDIS' HEALTH TIPS

Easy Ways to Support Your Healing Journey



DAILY SUN EXPOSURE

Beyond Vitamin D, this resets your circadian rhythm for deeper sleep, triggers serotonin for emotional balance, and if you walk while soaking in the sun's rays, walking helps "pump" your lymphatic system.



INTENTIONAL BREATHING

Take 10 deep, conscious breaths. Flood your cells with oxygen and "pump" your lymphatic system to flush out the day's toxins. Deeper breathwork resources exist if you want to take this even further.



DAILY GRATITUDE JOURNAL

You can't be in a state of fear and gratitude at the same time, and the body only heals when it feels safe. Pro-Tip: Keep it simple. "I'm grateful for the sun," "I'm grateful for this water," or "I'm grateful for my breath" all count as a Win.



FORGIVE YOURSELF AND OTHERS

Identify one frustration or self-judgment from today. How: Inhale the thought, then exhale it away. Say: "I release this so I can heal." Result: This "thaws" your nervous system, moving you from Defense Mode to Restoration Mode.

DR. ARDIS' HEALTH TIPS

Easy Ways to Support Your Healing Journey



PRACTICE GROUNDING

Spend 10–15 minutes barefoot on grass or sand to ground your body. This discharges EMF static, improves oxygen delivery, and lowers stress. Pro-Tip: Try this in the morning with your daily sun exposure.



OPTIMIZE YOUR SLEEP HABITS

Prioritize at least 7 hours of deep sleep and develop a routine before bed to ensure quality sleep. Not eating late at night, not exposing yourself to blue light before bed, grounding while you sleep.



CLEAN OUT YOUR KITCHEN!

"An apple a day STILL keeps the doctor away"
Eat whole fruits, vegetables, and high-quality proteins. Eliminate commercial seed oils, processed sugars, and refined carbs, which drive chronic inflammation and disease.



MINIMIZE EMF EXPOSURE

Turn off your Wi-Fi and devices at night, ideally an hour or two before bed. Constant EMF exposure prevents your cells from entering the "Rest and Repair" mode necessary for healing.

DR. ARDIS' HEALTH TIPS

Easy Ways to Support Your Healing Journey



HEAVY METAL DETOX

Remove heavy metals and toxins with Nature Wins EDTA. To avoid flushing out beneficial nutrients, take it at a different time than your mineral supplements.

[SHOP NOW](#)



SPIKE CLEANSE

Eliminate disease causing viruses and spike proteins with Nature Wins Foreign Protein Cleanse.

[SHOP NOW](#)



IMMUNE BOOST

Boost the immune system against common parasites, bacteria and fungi with Nature Wins BioDefense.

[SHOP NOW](#)



DAILY NUTRITION

Add Nature Wins Sugar-Free Multi Vitamin or Kid's Multi Vitamin to address vitamin and mineral deficiencies.

[SHOP NOW](#)



BONUS TIP: WHAT YOU HAVEN'T BEEN TOLD ABOUT NICOTINE

Research suggests that COVID-19 and "long-hauler" symptoms are caused in part by viral spike proteins, structurally similar to certain **SNAKE VENOMS**, blocking your body's nicotinic receptors.

This blockage can lead to "cholinergic neuromodulation disorder," causing persistent brain fog and fatigue. By using pure nicotine, you can bump these toxins off your receptors and restore normal nerve function.

PROTOCOL SUMMARY

Recovery: Use one 7mg nicotine patch daily for at least one week, or chew 2mg nicotine gum four times daily for two weeks.

Prevention: Use 1/6th of a 14mg patch daily or chew 2mg nicotine gum twice a day.

Natural Support: Incorporate nicotine-rich foods like eggplant, potatoes, and tomatoes into your diet.

DR. ARDIS' NICOTINE RESOURCES

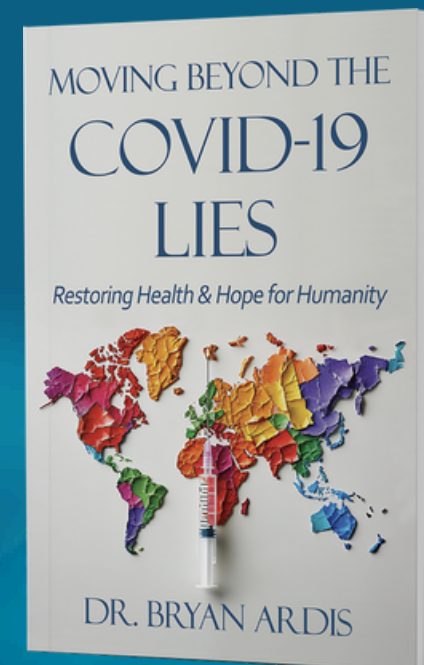
Uncover the groundbreaking research that Dr. Bryan Ardis has done on nicotine!



Dr. Ardis' Nicotine Guide

Dr. Ardis reveals how nicotine might combat long COVID and other chronic diseases by challenging mainstream health narratives.

[READ NOW](#)



Dr. Ardis' Bestselling Book

Chapter 13 of Moving Beyond the Covid-19 Lies, "Just in the 'Nic-otine' of Time," reveals the SHOCKING link between nicotine and COVID-19.

[SHOP NOW](#)



The Other "N" Word

Dr. Ardis challenges nicotine's bad reputation, exploring its potential to treat chronic disease and neutralize toxins in the age of COVID-19.

[WATCH](#)

THREAT #1: TOXINS & HEAVY METALS

Toxins are everywhere and they are harmful!

We are being exposed to heavy metals, pesticides, and synthetic chemicals at levels never seen before in human history.

These toxins are found in:

- Contaminated tap water and personal care products
- Vaccines and medications
- Food additives and industrial pollution
- Dental amalgams and practices
- Chemtrails

They don't just pass through the body. They accumulate, interfering with brain function, hormones, detox organs, and immune defenses.



WHAT YOU CAN DO:

Flush toxins and metals with Nature Wins.



FOREIGN PROTEIN CLEANSE

Formulated to support lymphatic drainage and detox pathways

[SHOP NOW](#)



SUGAR-FREE MULTI VITAMIN GUMMIES

20 Essential nutrients for easy nutritional support on the go

[SHOP NOW](#)



MICROSOMAL EDTA

Supports chelation of heavy metals from tissues and the bloodstream

[SHOP NOW](#)



ORGANIC APPLE PECTIN

Binds to toxins, clearing your system through excretion

[SHOP NOW](#)



THREAT #2: HIDDEN INFECTIONS & PATHOGENS

What you can't see may be hurting you the most.

Viruses, parasites, fungal overgrowth, and reactivated pathogens are often behind the scenes of chronic fatigue, brain fog, autoimmune conditions, and long-hauler symptoms. These infections often go untested and untreated in mainstream care.

Examples Dr. Ardis has exposed:

- Roundworm parasites in all MS patients brains
- Post-COVID inflammation
- Epstein-Barr and stealth viruses
- Candida and mold biotoxins

WHAT YOU CAN DO:

Support your body's natural defense mechanisms.



DOC'S VIRAL DEFENSE

Combines 5 of Mother Nature's most potent antiviral nutrients into a one-of-a-kind supplement.

[SHOP NOW](#)



NATURE WINS BIODEFENSE

A botanical blend that helps the body resist pathogenic stress and supports immune resilience.

[SHOP NOW](#)



NATURE WINS SELENIUM

Supports immune cell production, balances thyroid hormones and increases the speed of all healing needs.

[SHOP NOW](#)

THREAT #3: EMOTIONAL STRESS & SELF SABOTAGE

Sustained negative emotions
act as a silent toxin.

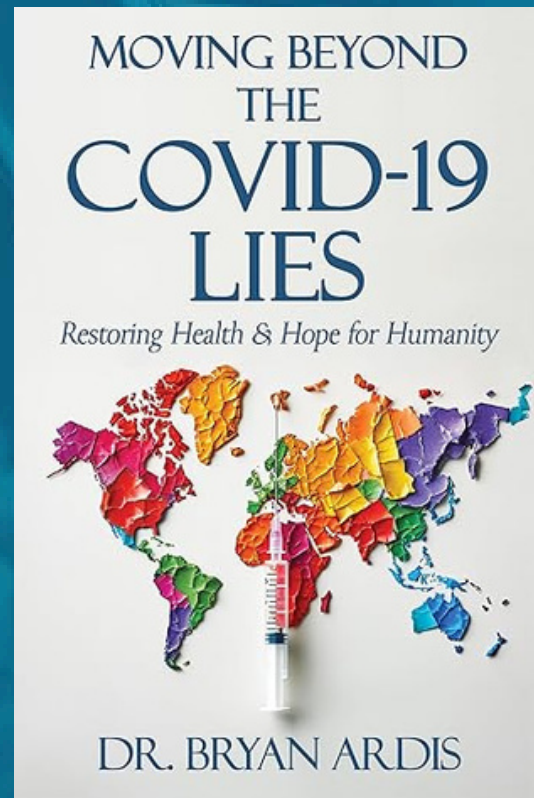
Constant stress triggers a "fight-or-flight" response that floods the body with cortisol, fueling systemic inflammation. **This psychological strain weakens vital systems, transforming emotional stress into physical disease:**

- **Heart Health:** Intense anger or grief can trigger acute cardiac events and hypertension.
- **Immune Decay:** Chronic stress suppresses white blood cell activity, lowering resistance to infection.
- **Chronic Illness:** Lingering negativity promotes pro-inflammatory markers linked to diabetes and autoimmune disorders.



WHAT YOU CAN DO:

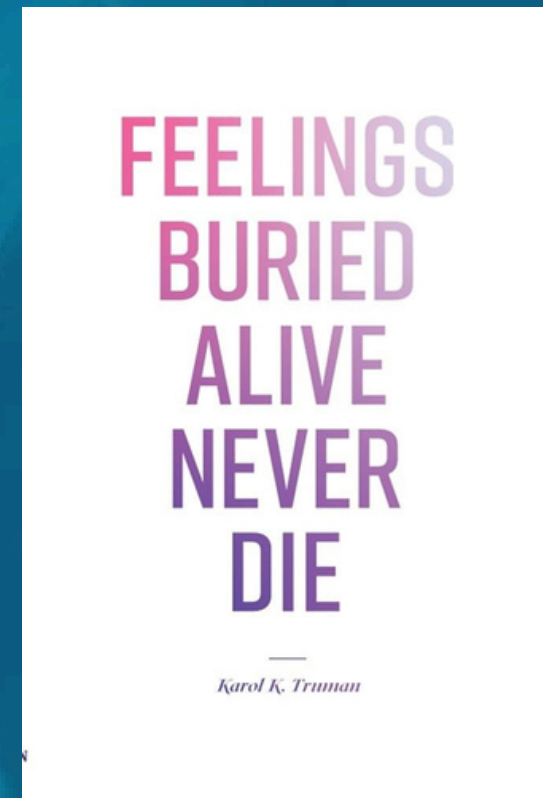
Dr. Ardis' recommended reading for deep emotional healing:



**MOVING BEYOND THE
COVID-19 LIES**

DR. BRYAN ARDIS

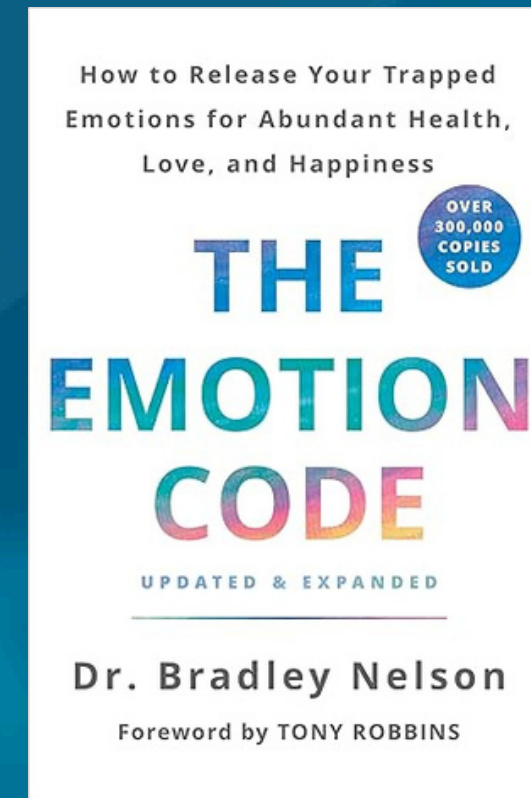
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**FEELINGS BURIED
ALIVE NEVER DIE**

KAROL TRUMAN

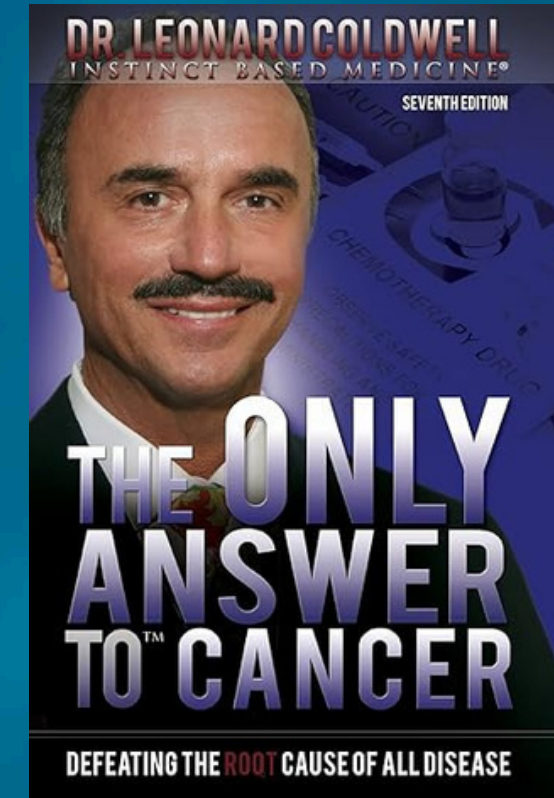
[SHOP NOW](#)



**THE EMOTION
CODE**

DR. BRADLEY NELSON

[SHOP NOW](#)



**THE ONLY ANSWER
TO CANCER**

DR. LEONARD COLDWELL

[SHOP NOW](#)

WHAT YOU CAN DO:

Nature Wins Support for Emotional Balance



GUGGUL RESIN

Promotes emotional calm by soothing the nervous system and clearing metabolic stagnation.

[SHOP NOW](#)



ORGANIC D3+K2

Boosts emotional resilience and clarity by regulating mood and neurotransmitter synthesis.

[SHOP NOW](#)



HYDRATE COMPLETE

40 essential nutrients that stabilize the nervous system and fuel energy production.

[SHOP NOW](#)



MEDICAL ERRORS ARE NOW THE THIRD LEADING CAUSE OF DEATH IN THE UNITED STATES.

What is a Medical Error?

- **Diagnostic Errors:** Misdiagnosis, missed diagnosis, or delayed diagnosis, often stemming from failure to order, perform, or interpret tests correctly.
- **Medications Errors:** The correct, prescribed drug for the condition still resulting in a death and/ or the wrong drug being prescribed. Mistakes in prescribing, dispensing, or administering medications, such as wrong dosage, wrong medication, or failure to account for drug interactions.
- **Surgical/Treatment Errors:** Everything being done correctly in a surgery still resulting in the death of a patient. Operating on the wrong site, performing the wrong procedure, or leaving foreign objects in a patient, as well as errors in providing, monitoring, or following up on care.

"I'VE BEEN TO THE DOCTOR, BUT I'M STILL SICK."

As of early 2025, there are approximately 6,093 hospitals and nearly 14,500 urgent care centers currently operating in the United States, and yet **The United States has the highest chronic disease burden, obesity rate, and, in many studies, the highest incidence of multiple chronic illnesses among Western nations.**

The medical system is designed to treat and manage symptoms NOT address root causes. **NONE of your symptoms or diseases are caused by prescription drug deficiencies.**

Billions of dollars have gone into programming people to mistrust natural healers like Dr. Bryan Ardis and trust licensed medical doctors.

Read → The History of a Crime Against the Food Law (published in 1955 and now out of print, you can still buy older copies)
<https://www.amazon.com/History-Crime-Against-Food-Law/dp/B0045L8POI>



TAKE YOUR HEALTH JOURNEY FURTHER!



**WATCH THE LATEST
DR. ARDIS SHOW**

[WATCH](#)



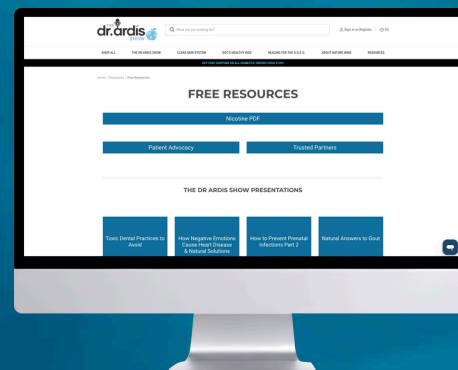
**FOLLOW DR. ARDIS
ON SOCIAL MEDIA**

[FOLLOW](#)



**SHOP ALL NATURE
WINS SUPPLEMENTS**

[SHOP NOW](#)



**BROWSE THE FREE
RESOURCE LIBRARY**

[READ NOW](#)



**BECOME AN ARDIS CLUB
EXPERIENCE (ACE) MEMBER**

[SHOP NOW](#)



**BOOK A PATIENT ADVOCATE
WITH GRAITH CARE**

[BOOK NOW](#)

YOU DON'T HAVE TO WALK THIS ALONE. WE'VE GOT YOUR BACK! (LITERALLY, I'M A CHIROPRACTOR)

The modern world has placed hidden barriers between you and your healing potential, and this guide has exposed them. These tips are your guide back to strong daily vitality and deep whole body health.

Don't aim for perfection; aim for momentum. Every tip you put into practice is a declaration that you are taking back control.

**Keep learning. Keep questioning.
And remember: Nature Always Wins.**

