

Dedicating my life to unravelling the timeless wisdom of health to impart to others, my mission is to illuminate the pathways to extraordinary wellness through my books, seminars, teaching, and healthy resources.

Pure Copper is one resource with incredible healing benefits that I would like to endorse.

Copper is a nutrient that offers many health benefits for the human body. It must be pure copper.

Here are a few of the best ones to consider:

- **Lower risk of cancer.** Copper, as an antioxidant, may help lower one's risk of developing various types of cancer.
- **Better immune system function.** Studies have connected copper with better immune system function, which means fewer illnesses and a speedier recovery.
- **Greater heart health.** It is believed that with the right amount of copper in your diet, the formation of new blood vessels can occur.
- **Stronger bones.** Copper helps your bones on both a preventative *and* treatment level, which means it can help you avoid injuries and recover from them should they occur.
- **A healthier thyroid gland.** Your thyroid helps control hormone release to regulate many bodily functions, and copper is one nutrient that can help keep this gland healthy.
- **Improved iron absorption.** Iron is critical for preventing health conditions such as anaemia, and copper helps your body better absorb it.
- **Higher level of brain health.** If your goal is to do what you can to prevent memory-robbing diseases such as Alzheimer's, then copper can help you achieve that goal by potentially reducing your "brain plaque."

I am now drinking my water from a copper water bottle to reap the benefits. Purchasing a 5-litre water storage vessel will help you attain your healthy copper levels daily.



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