

THE HEALTH TRINITY
REAL HEALTH CARE IS
SELF-CARE

The Life of the Body
is in the **BLOOD**

Susan Heckman

Short Bio



- Owned and operated 3 wellness centers in **Texas and Florida**.
- Colon Hydrotherapist – graduated as an Instructor from **Tiller Naturopathic Institute**, and performed over **30,000** colonics personally during career.
- Florida licensed Post Secondary School of Education, owner and operator of an **I-ACT Certified School** in Colonic Irrigation.
- Diplomate Iridologist – **International Institute of Iridology** – Prof. David Pesek
- Masters Degree in Holistic Nutrition – **Clayton College**
- **Licensures and Certifications** in Therapeutic Massage, Live Blood Cell Analysis, Body Talk, Life Coach, Reiki, Quantum Physics.
- Specialization in **Detoxification, Microcirculation, Epigenetics**.

Semi-Retired

Retired from clinical practice in 2010. Now consults, works freelance, and donates time through her health ministry. Now resides on 13 acres atop the Eastern Continental Divide on the Blue Ridge Mountains, North Carolina



THE SHIFT IS TAKING PLACE

IT'S A BRIGHTER FUTURE FOR HEALTH!

MAINSTREAM HEALTHCARE IS RAPIDLY MOVING
TOWARDS FUNCTIONAL MEDICINE THROUGH
EDUCATION and **SELF-CARE** DIRECT TO CONSUMER.

*MOVING AWAY FROM A FAILED SYSTEM OF
MANAGING SYMPTOMS TO ADDRESSING THE
“ROOT CAUSE” OF ILLNESS
IS WORKING!*



THE US RANKS 56TH!



- The US ranks **56th** in the world in “quality” healthcare. We are **5%** of the world’s population yet consume **87%** of all the pharmaceutical manufactured drugs. *Think about that!*
- Second only to Cardiovascular disease, medical error, and **ADR’s** (Adverse Drug Reactions) takes over **100,000** lives annually, and that does not include “*long Covid*”.
- There is a mass exodus of quality medical professionals whom are now being replaced with Virtual Assistants and **AI**. **DANGER!**

HUMAN vs WORLD



- The human body has not changed from its creation, but the world in which we live has... and *dramatically*.
- Aside from the amazing population of the “**Centenarians**” in the **Blue Zones**, the world’s population has lost the majority of its original gut *microbiome* due to the “*industrial age*” and environmental pollution.

BLOOD TRUTH



MACRO-VASCULAR System: **Heart, Arteries, Veins**, responsible for BLOOD TRANSPORT, and represents ONLY **14%** of your vascular system.

MICRO-VASCULAR System: **Micro-Capillaries**, responsible for virtually all METABOLIC FUNCTION. Oxygen perfusion, nutrient absorption, cellular waste removal and represents **74%** of your vascular system.

TRUTH #1



Gut ***Microbiome*** is intrinsically connected to **microcirculation**. When vitally needed *microbiota* (bacterial strains) enters the gut it connects and communicates immediately with the brain. This dynamic relationship triggers the microcapillaries to **OPEN** and receive these critical biotics.

LIFE ON THIS PLANET runs on bacteria, energy, and frequencies (**communication**).

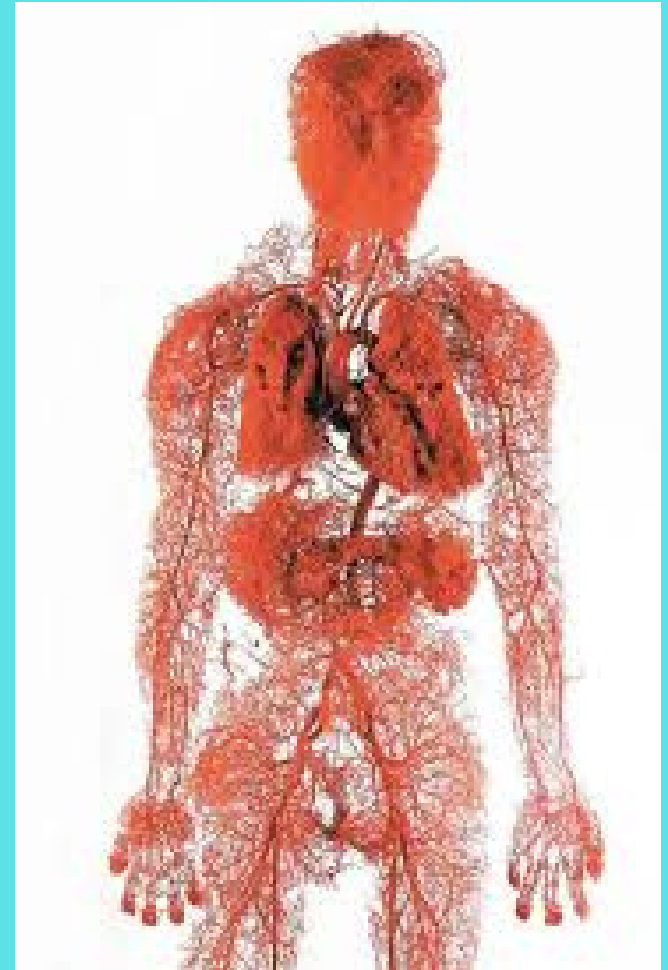


TRUTH #2

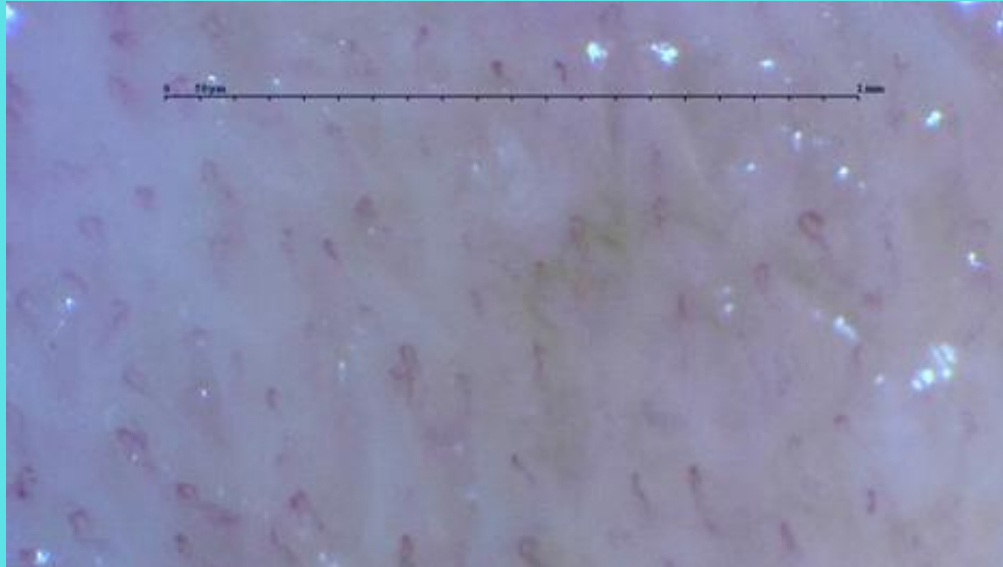
Healthy microcirculation is the LIFE of the body. It is a web of **BLOOD** that delivers oxygen, nutrients to the cells...and also removes cellular waste.

This **PAYLOAD** services the
TISSUES = ORGANS = SYSTEMS.

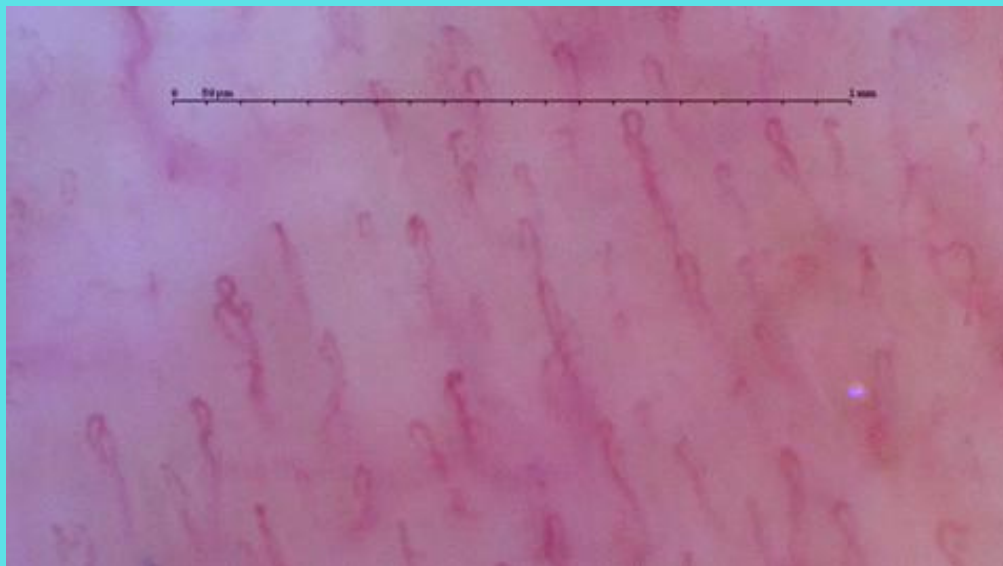
***WHAT DO YOU THINK HAPPENS
WHEN THIS SUPPLY IS CUT OFF?***



COMPARE TOP to BOTTOM



The same person before and after.



THE HEALTH TRINITY



1. **GUT HEALTH/MICROCIRCULATION**
2. **CELLULAR HEALTH**
3. **SPIRITUAL** *(really should be #1)*

***THESE MUST BE ADDRESSED...for TRUE
RECOVERY AND HEALING TO BEGIN,
and for a SUSTAINABLE PATH FOR
WELLNESS and LONGEVITY.***

CRISIS #1 TOXINS



**MICROPLASTICS, ENVIRONMENTAL TOXINS,
PESTICIDES, HERBICIDES, HEAVY METALS,
PARASITES, BIO-FILM, PHARMACEUTICALS
...and more.**

PLASTICS  **degrade into micro and nano-plastics**

- Malleable polymers evolved from petroleum.
- Large scale production started in the **1950's**.
- **Toxic derivatives:** PVC's, phthalates, BPA, Bisphenols, “forever chemicals”, PE, PS, PET, Polyvinyl, Rubber and thousands more.

HUMAN CATASTROPHE

- Human contamination from **microplastics** now ranks in the **TOP 10 predictors** of chronic disease.
- Scientists estimate **8-10 metric tons** are in our oceans. **PBS News** reports New York's Hudson river dumps 300 million tons of plastic clothing fibers into the Atlantic ocean each day!
- It's being found on top of **Mt. Everest**, and 6 miles deep in the **Mariana Trench**. It's in everything, everywhere, **land, sky, and sea**.

MEDICAL UNIVERSITIES REPORTING

American College of Cardiology

AAMC - Association of American Medical Colleges

U.S. Centers for Disease Control

Harvard Medical University

Italy - Catania University

Amsterdam Medical School

University of Mexico

University of Michigan

Indiana School of Medicine

American Diabetes Association

many more...

CONSUMER REPORTS

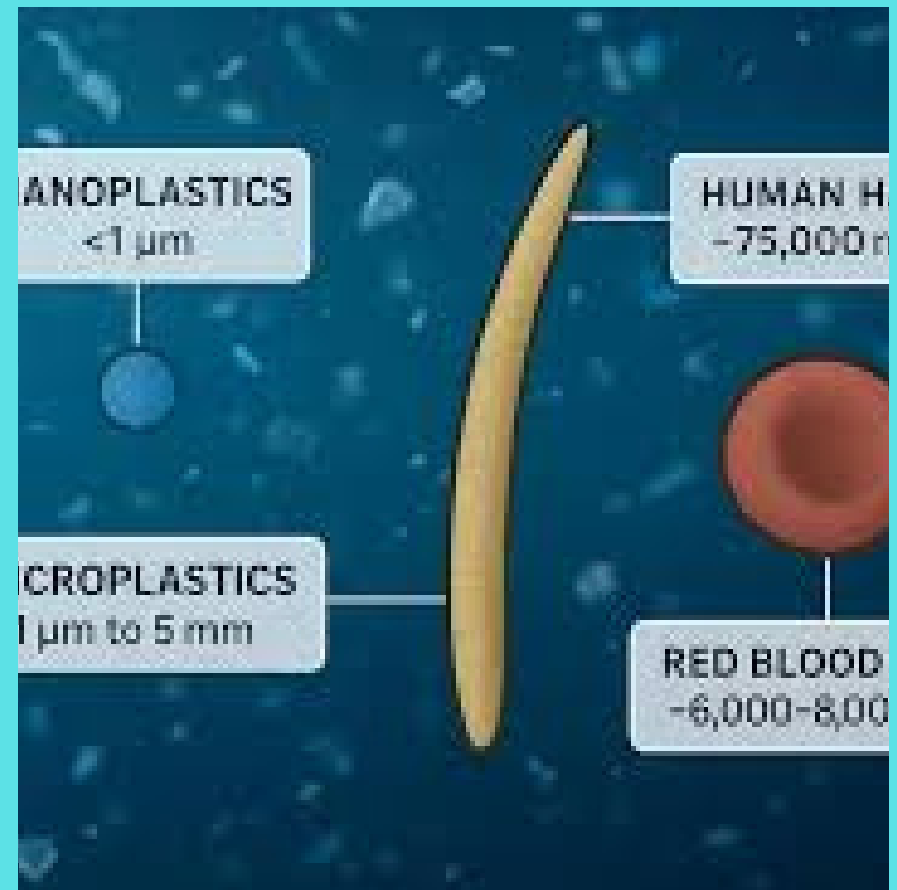
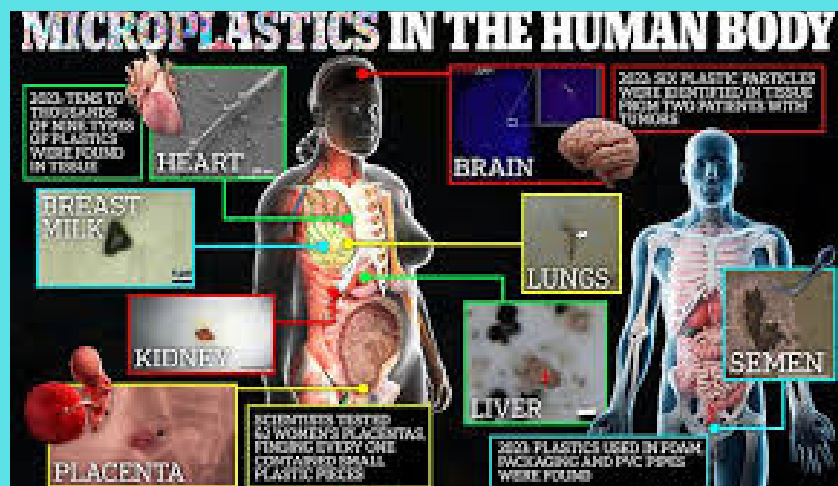
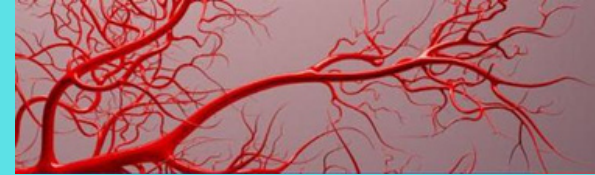


- Samples taken from blood donors revealed 4 out of 5 were filled with “**nano-plastics**”

CONSUMER REPORTS tested 85 conventional foods for just 2 types of microplastic related toxins. **79%** failed acceptable levels in these examples: **Ketchup, Barbecue Sauce, Soda, Fruit Juice, Tea, Canned Beans and Chili, Ravioli, Cheese, Slices of fruits and vegetables, Yogurt, Infant Formula, Baby Food, Salmon, Wild-Caught Tuna, Chicken, Beef, Pork** and more!

CRISIS #2

CELLULAR DESTRUCTION



MITOCHONDRIA

WITHIN OUR CELLS

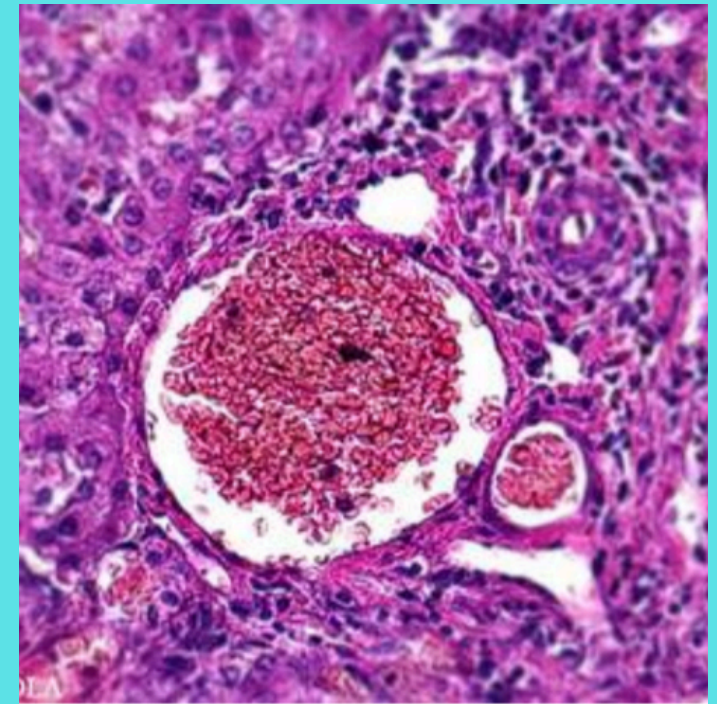


Mitochondria must **SPIN & VIBRATE** to produce...
ATP = production of **cellular energy**.

The energy to breath, live,
heal, repair, and function.

CELL TO CELL =

Communication throughout
the entire body systems.



CELLULAR DEATH



NANOPLASTICS CLOG AND PREVENT MITOCHONDRIA FUNCTION

- Damages DNA (flaws) and new blood cell replication
- Creates Hypoxia – low blood oxygen
- Leads to Cellular starvation from malnourishment
- Weakens immune system's ability to fight off pathogens
- Toxins build up in tissues
- Causes loss of **microcirculation**
- Creates inflammation

**79% of the population now has
CHRONIC INFLAMMATION**

And....THAT'S NOT ALL

- **450%** increased risk of heart attack and stroke
- **63%** increased risk of **Type 2 Diabetes**
- Major disruption to the body's endocrine system, and hormone production which is responsible for **metabolism, appetite, mood, growth and development.**
- Increased **cancer** rates, especially in the gastrointestinal tract.

DETOXIFICATION / RESTORATION

PROVEN PATHWAYS ARE THE FOUR PILLARS

- RESTORE the GUT microbiome
- RESTORE microcirculation
- REMOVE microTOXINS
- DISCOVER and understand your relationship with GOD, your Creator. Learn about the “roots” of your faith....not modern western civilization’s interpretation.

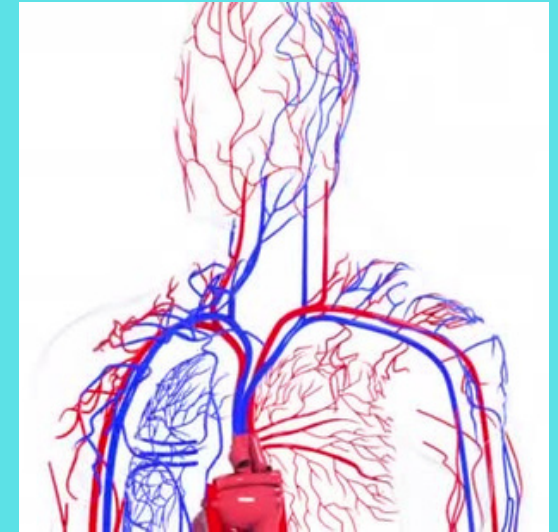


OUR STRATEGIC PARTNERS



A Japanese company, founded in 2010

- **BioActive** Postbiotics (Microbiota) from the Blue Zones
- 3,000 Human Trials over **50** years of research w/extensive published studies.
- Prescribed as a medicine in 80+ clinics in Japan, over 500k users worldwide.
- Owns the largest Olive, Green Tea, and Cacao plantations in the world.
- Owns labs, grows its own agriculture, and state-of-art manufacturing.



AMAZING BACTERIA

Increased **microcirculation** from the **GUT/BRAIN** relationship as seen under the microscope in less than 30 minutes.



3,000 yr old Olive Tree stump, has new growth!



Waste Land



Lush Plantations

STRATEGIC PARTNER



Mexico, US, Canada, founded in 2022

- Specializes in premium nutritionals utilizing powerful *adaptogens*.
- Uses a comprehensive **Quantum Resonance Magnetic Analyzer** for precise test driven recommendations; accuracy equivalent up to **95%** blood work.
- Owns labs and manufacturing.



Up To 120 Pages Comprehensive FULL BODY Medical Diagnostics

Test Report

(Cardiovascular and Cerebrovascular) Analysis Report Card

Name: Sex: Male Age: 45
Figure: Testing Time: 3/13/2025 12:19

Actual Testing Results

Testing Item	Normal Range	Actual Measurement Value	Testing Result
Blood Viscosity	48.264 - 65.371	68.005	
Cholesterol Crystal	56.749 - 67.522	71.24	
Blood Fat	0.481 - 1.043	1.355	
Vascular Resistance	0.327 - 0.937	0.436	
Vascular Elasticity	1.672 - 1.978	1.512	
Myocardial Blood Demand	0.192 - 0.412	0.641	
Myocardial Blood Perfusion Volume	4.832 - 5.147	4.298	
Myocardial Oxygen Consumption	3.321 - 4.244	4.935	
Stroke Volume	1.338 - 1.672	1.44	
Left Ventricular Ejection Impedance	0.669 - 1.544	1.406	
Left Ventricular Effective Pump Power	1.554 - 1.988	1.055	
Coronary Artery Elasticity	1.553 - 2.187	1.751	
Coronary Perfusion Pressure	11.719 - 18.418	10.024	
Cerebral Blood Vessel Elasticity	0.708 - 1.942	0.381	
Brain Tissue Blood Supply Status	6.138 - 21.396	18.014	

Reference Standard: Normal(-) Mildly Abnormal(+) Moderately Abnormal(++) Severely Abnormal(+++)



STRATEGIC PARTNER

BioLimitless – Dr. Eric Nepute

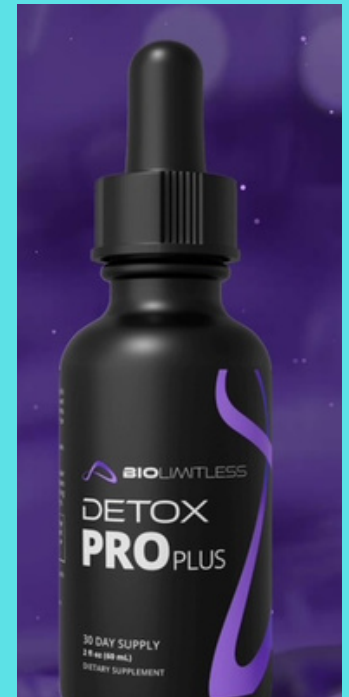


- Renown physician whom has trained doctors worldwide.
- Doctorate in Natural Medicine with fellowships in functional medicine and functional neurology.
- Operated over 30 clinics, and part owner of a hospital system in St. Louis, MO, managing several surgical centers.
- Treated 11,000 Covid patients, none of which required hospitalization, and no fatalities.
- Prolific author, and featured on numerous news outlets like Fox News, CNN, ESPN, and others.



ADVANCED DETOXIFICATION

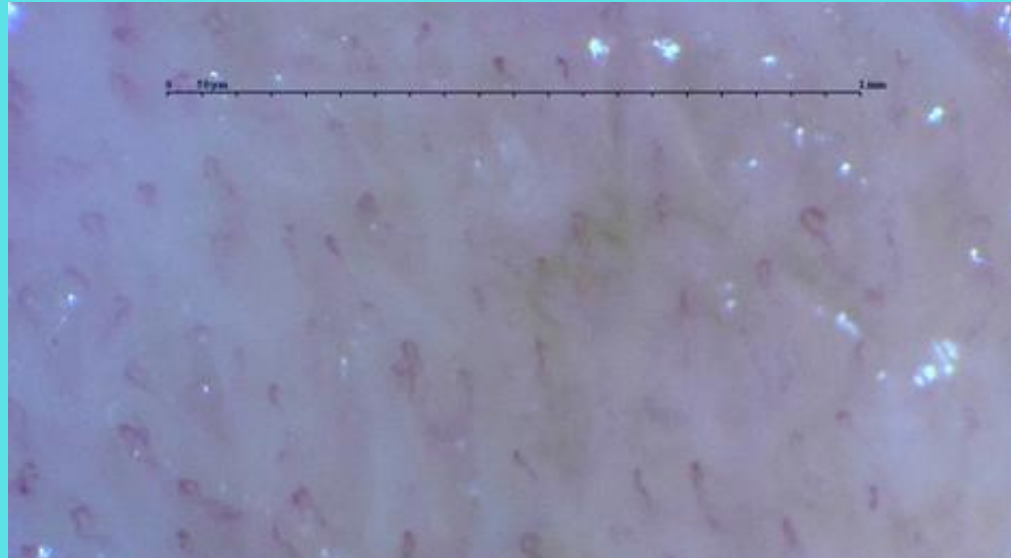
- Dr. Nepute's philanthropic work includes funding health and wellness projects in India, and building essential infrastructure like wells in underserved communities.
- A pioneer in launching a parallel health care system, which he refers to as "SELF-CARE" is the real healthcare delivering clinical level "functional medicine" direct to consumer.
- Specialization includes advanced detoxification, regenerative cellular health, peptides, and oral stem cell technologies that meets or exceeds injectables for a fraction of the cost.
- DNA testing that measures over 800,000 biomarkers.



Dr. Nepute aims to empower individuals to take control of their health through natural, holistic solutions.

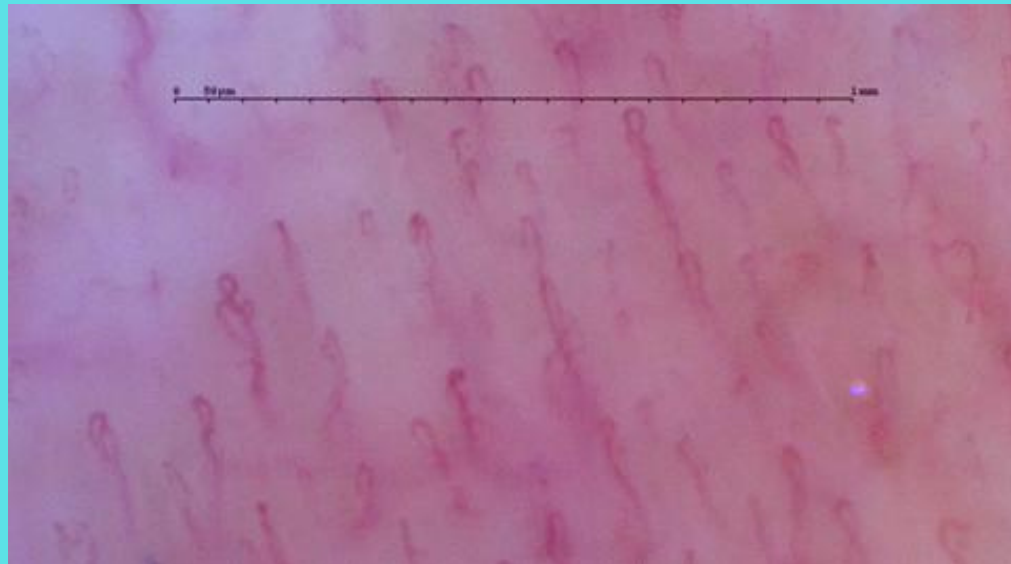
THE ULTIMATE TRUTH

**This is
DEATH**



MICROSCOPE IMAGES ARE THE SAME PERSON BEFORE AND AFTER

**This is
LIFE**



CHOOSE LIFE



WORK SMARTER *not HARDER!* TAKE OUT THE GUESSWORK!

1. **START** by **connecting** with me, our community, and resources.

HisAwesomeBlood.com

LifeBloodTherapy@gmail.com

904-859-5091

2. **REQUEST** a copy of “**Healthy Habits Handout**”, a pdf which shares some simple changes which you could start today, that could bring big rewards in your health journey.

3. **BE PATIENT**, it takes time to unwind years of multi-faceted health challenges. Stay committed, because the attacks upon your health happens everyday.



BE BLESSED and BE A BLESSING