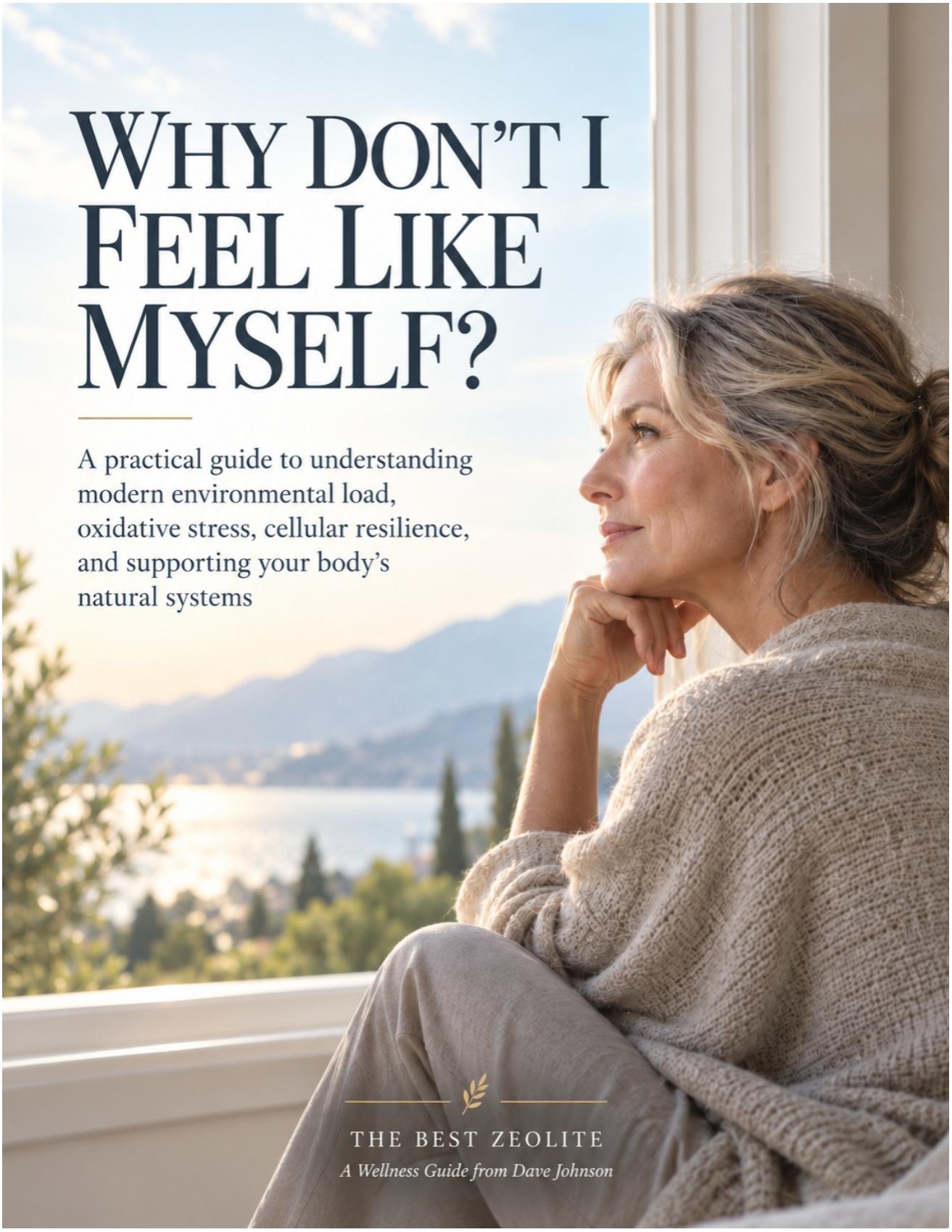

WHY DON'T I FEEL LIKE MYSELF?
A practical guide to understanding modern environmental load, oxidative stress, cellular resilience, and supporting your body's natural systems
THE BEST ZEOLITE
A Wellness Guide from Dave Johnson

A NOTE ABOUT THIS GUIDE

Education first. Clarity before choice.

This publication was created to help readers make sense of a complicated wellness conversation without fear, hype, or pressure. It brings together practical wellness foundations, environmental-load awareness, scientific concepts, and questions worth asking before choosing a product or program.

CREATIVE DEVELOPMENT

Concept, editorial strategy, creative direction and publication design by Affluent Branding, LLC. Developed in collaboration with The Best Zeolite to create a resource designed to inform first, build trust, and help readers make more confident decisions.

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Educational notice

This guide is provided for general educational purposes only. It is not medical advice and is not intended to diagnose, treat, cure, or prevent disease. Persistent, significant, or unexplained symptoms deserve appropriate medical evaluation.

A clearer way to understand why you may feel “off”

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PLUS: Rik Deitsch & the science behind Avini • Cell Defender • Plus Glutathione • CleanStart90 • Research & resources

Before You Begin



There are seasons when you know something feels different, but you cannot quite name it.

Maybe your energy is not what it used to be. Your sleep feels less restorative. Your mind feels more crowded. Recovery takes longer. You are doing many of the “right” things, yet you still do not feel fully like yourself.

That experience is real. It is also nonspecific. Feeling “off” can have many causes, including medical conditions that deserve evaluation. This guide is not intended to diagnose the reason you feel different or to suggest that one explanation fits everyone.

> “You do not need to become afraid of your environment. You do need enough information to make thoughtful choices within it.”

Instead, it offers a wider wellness conversation: how the modern environment, everyday exposures, oxidative stress, sleep, nutrition, movement, hydration, stress, and the body’s own protective systems can interact.

The goal is not to make you afraid of the world around you. The goal is to help you understand your body well enough to ask better questions, make practical choices, and decide what you want to explore next.

1. Why You May Feel “Off”



NOT A DIAGNOSIS

Feeling “off” can have many causes. Persistent, significant, or unexplained symptoms — including persistent fatigue, new neurological symptoms, unexplained weight change, chest pain, shortness of breath, significant digestive changes, or severe mood changes — should be discussed with a qualified healthcare professional. Wellness education can support informed choices, but it should not replace appropriate medical evaluation.

When Your Body Is Working Harder Than It Should

“I just don’t feel like myself.”

It is one of the most common ways people describe a change they can sense before they have language for it.

Sometimes it shows up as lower energy. Sometimes it is brain fog, restless sleep, slower recovery, digestive changes, or the feeling that ordinary life simply requires more effort than it used to.

“Feeling different is information. It is not a diagnosis.”

None of those experiences points to one cause. That matters.

Energy, concentration, sleep, digestion, mood, and recovery are influenced by many overlapping factors. A person can be affected by nutrition, stress, hormones, medication, illness, inactivity, overtraining, poor sleep, alcohol, environmental exposure, chronic inflammation, age-related changes, or several things at the same time.

That is why a thoughtful wellness conversation begins with curiosity rather than certainty.

The body is always adapting

Your body is constantly responding to what is happening around you and within you. It regulates temperature, blood sugar, fluid balance, immune activity, digestion, repair, energy production, and thousands of chemical reactions without asking for your attention.

Most of the time, you do not notice those adjustments.

But when the demands on the system begin to outpace recovery, you may notice the margin getting smaller. You may tolerate a poor night's sleep less easily. Stress hits harder. Exercise feels different. A busy week takes longer to recover from.

That does not automatically mean something is seriously wrong. It does mean it may be worth looking at the total load your body is carrying.

A wider question

Instead of asking only, "What supplement should I take?" a more useful first question may be:

What is my body being asked to manage every day—and what can I do to support it?

That question leads us into environmental load.

2. The Modern Body Carries a Modern Load

Exposure Is Part of Modern Life

We live in a world filled with extraordinary conveniences. We also live in a world filled with materials, chemicals, combustion byproducts, plastics, pesticides, household products, industrial residues, and other exposures that did not exist in the same forms or quantities for most of human history.

Exposure can occur through the air we breathe, the water we drink, the foods we eat, the products we place on our skin, and the environments where we live and work.

Examples can include:

The practical goal is not purity.

• air pollution and wildfire smoke

• heavy metals from environmental or occupational sources

• pesticide and herbicide residues

• volatile organic compounds (VOCs) from paints, solvents, furnishings, and cleaning products

• plastics and plastic-associated chemicals

• PFAS and other persistent environmental compounds

• mold-related exposures in damp indoor environments

• smoke, dust, and occupational contaminants

This does not mean every exposure produces illness. Risk depends on the substance, the amount, the route of exposure, the duration, a person’s health, and many other factors.

It also does not mean complete avoidance is possible.

The practical goal is not purity.

The practical goal is to reduce unnecessary burden where we can and support the systems the body already uses to protect itself.

3. What Environmental Load Really Means

Think in Terms of Total Burden

"Environmental load" is a useful wellness phrase because it shifts the conversation away from one frightening toxin and toward the bigger picture.

The body does not encounter life one chemical at a time.

On any given day, it may be managing normal metabolic waste, stress hormones, medications, alcohol, air pollutants, food additives, compounds from household products, and naturally occurring substances from food and the environment.

At the same time, it is repairing tissue, producing energy, regulating immune responses, maintaining the gut barrier, processing nutrients, and keeping the brain and nervous system functioning.

Load is therefore not only about what comes in from the outside. It is about the relationship between what the body encounters and its ability to process, neutralize, transform, store, or eliminate what it does not need.

Thinking in terms of margin

When the body has enough capacity — good nutrition, adequate sleep, low stress, manageable exposure — there is margin. The systems that process and eliminate what the body does not need can keep up with the demand.

When the margin narrows, the effects can be subtle at first. Recovery slows. Sleep feels less restorative. Energy dips. Digestion changes. These are not necessarily signs of a single problem. They may be signs that the total demand is pressing against the body's available capacity.

Supporting wellness may therefore involve both sides of the equation:



DETOX IS PHYSIOLOGY

Your body already has systems that process and eliminate what it does not need. Wellness support should work with them, not pretend to replace them.

Detoxification Is Not a TrendIt Is Normal Physiology

The word “detox” is used loosely in wellness marketing, but the body’s own detoxification and elimination systems are real.

You rely on them every day.

The liver

The liver transforms many substances so they can be used, neutralized, or prepared for elimination. It also plays central roles in metabolism, nutrient storage, bile production, hormone processing, and antioxidant defense.

A better goal is to support normal physiology while reducing unnecessary demands on it.

The kidneys

The kidneys continuously filter the blood, regulate fluid and electrolyte balance, and remove many water-soluble waste products through urine.

The gastrointestinal tract is both an entry point and an elimination route. Healthy digestion, regular bowel function, the intestinal barrier, and the gut microbiome all influence what is absorbed and what leaves the body.

The lungs

The lungs eliminate carbon dioxide and help manage substances that can be exhaled. They are also a major route of environmental exposure, which is one reason indoor and outdoor air quality matters.

The skin

The skin is first and foremost a protective barrier. Sweat contributes to fluid and temperature regulation and can carry small amounts of some substances, although the liver, kidneys, lungs, and digestive system remain the primary elimination systems.

The antioxidant and cellular defense systems

Inside cells, antioxidant enzymes and protective molecules help manage reactive compounds created during normal metabolism and environmental stress.

This is why meaningful wellness support is rarely about “forcing detox.”

A better goal is to support normal physiology while reducing unnecessary demands on it.

5. Oxidative Stress



When Protection and Pressure Fall Out of Balance

Every cell uses oxygen and nutrients to produce energy. In the process, the body naturally creates reactive molecules often called free radicals or reactive oxygen species.

These molecules are not automatically bad. They participate in normal signaling and immune function.

The problem arises when reactive molecules are produced faster than the body's antioxidant systems can manage them. This imbalance is called oxidative stress.

Oxidative stress can be influenced by many factors, including:

REACTIVE PRESSURE

ANTIOXIDANT + REPAIR

Oxidative stress is about balance, not "good vs. bad."

• normal metabolism

• inflammation

• smoking and air pollution

• ultraviolet radiation

• poor diet

• excess alcohol

• some environmental exposures

• illness or injury

• chronic sleep disruption

• intense or poorly recovered physical stress

Why it matters

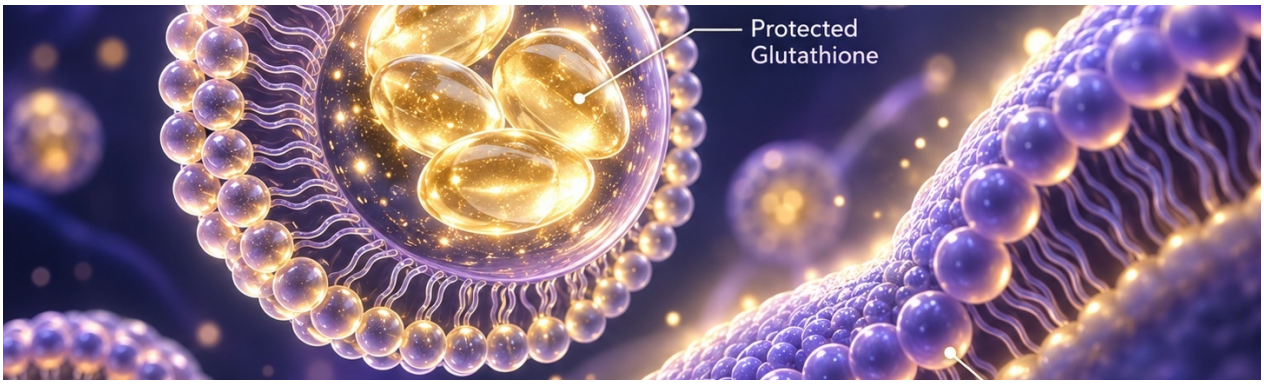
Oxidative stress can affect lipids, proteins, and DNA. It is also part of many disease processes, which is one reason antioxidant biology receives so much scientific attention.

But “antioxidant” should not become another marketing shortcut.

More is not always better. The body relies on a network of antioxidants, enzymes, nutrients, and repair systems that work together.

One of the most important molecules in that network is glutathione.

6. Glutathione



One of the Body's Important Protective Molecules

Glutathione is a small molecule made from three amino acids: glutamate, cysteine, and glycine.

It is produced throughout the body and is especially important inside cells.

Glutathione participates in antioxidant defense, helps maintain other antioxidants in useful forms, and contributes to several normal liver pathways involved in processing and elimination.

This is why glutathione is often described as a "master antioxidant." The phrase is popular, but the more useful idea is that glutathione is part of a much larger protective network.

Glutathione and the liver

Glutathione is closely tied to normal liver function because it participates in reactions that help the body transform and handle certain compounds.

That does not mean glutathione directly binds every toxin or that taking glutathione automatically "detoxes" the body.

Its role is broader and more physiological: supporting antioxidant defenses and participating in normal cellular and liver processes.

Can we support glutathione?

The body makes glutathione from nutrients. Adequate protein, micronutrients, sleep, movement, and overall nutritional status can all influence the systems surrounding glutathione production and use.

Supplement strategies also exist, including direct glutathione and nutrients that provide precursors or cofactors. Different delivery approaches are used because glutathione is a peptide and oral delivery can be biologically complex.

If you explore a glutathione product, the questions should go beyond the front label: What form is used? How is it delivered? What supporting nutrients are included? What evidence supports the formulation?

The question is not simply, “Does it contain glutathione?” The better question is, “How is the entire formulation designed?”

7. Zeolite and Clinoptilolite



Where a Mineral Fits Into the Conversation

Zeolites are a family of naturally occurring and synthetic minerals with highly ordered, porous structures.

One natural zeolite—clinoptilolite—has been studied for its ion-exchange and adsorption properties and has a long history of industrial, agricultural, environmental, and research applications.

Its microscopic framework contains channels and cavities and carries charge characteristics that allow it to interact with certain ions and compounds.

The mineral matters. The preparation matters. The testing matters.

That structure is the reason clinoptilolite attracts interest in the detoxification conversation.

What research can and cannot tell us

Research on clinoptilolite includes laboratory, animal, environmental, and human studies. Some human research has examined activated clinoptilolite preparations and urinary excretion of measured metals.

At the same time, “zeolite” is not one uniform product.

Different sources, particle sizes, purification methods, activation processes, formulations, and manufacturing controls can result in materially different preparations.

That means it is not scientifically sound to take every finding from every zeolite study and assume it applies to every product on the market.

The mineral matters. The preparation matters. The testing matters.

A useful place for healthy skepticism

Zeolite should not be presented as a cure-all or as a replacement for the body's own liver, kidneys, digestive tract, lungs, or cellular defenses.

It is better understood as a material being studied and used in specific formulations for targeted wellness purposes.

If you are considering a zeolite product, quality becomes one of the most important parts of the conversation.

8. Quality Matters More Than the Word “Zeolite”

A Mineral From the Earth Needs Careful Preparation

Clinoptilolite is mined from natural deposits. That makes sourcing and processing especially important.

A responsible evaluation should consider:

• where the mineral comes from

• the percentage of clinoptilolite in the source material

• how the material is purified

• how particle size is controlled

• whether an activation or preparation process is used

• testing for contaminants

• microbial quality

• trace-heavy-metal testing

• batch consistency

• manufacturing oversight

The phrase “contains zeolite” tells you very little by itself.

A credible company should be able to explain how its material is sourced, prepared, tested, and manufactured.

SOURCE PURIFICATION PARTICLE CONTROL PREPARATION TESTING MANUFACTURING

The word “zeolite” is only the beginning of the quality conversation.

Why particle size gets attention

Reducing particle size increases available surface area and can improve uniformity in a formulation. But smaller is not automatically better in every context, and particle-size claims should be supported by actual testing rather than marketing adjectives.

Why testing matters

Testing is where claims become measurable.

For a mined mineral, analysis should help establish identity, composition, particle-size distribution, microbiological quality, and the presence or absence of unwanted contaminants.

This is one reason The Best Zeolite separates the general science of clinoptilolite from the specifications of any individual product.

9. Reduce the Burden Before You Add More

The Most Practical Wellness Strategy May Begin at Home

It is easy to believe wellness begins with buying something.

Often, it begins with removing or reducing what you do not need.

You do not have to overhaul your entire life. Small, repeatable choices can reduce unnecessary exposure without turning daily living into a fear-based project.

You do not need a perfect environment. You need a more intentional one.

Air

• Avoid smoking and secondhand smoke.

• Use ventilation when cooking, painting, cleaning, or using strong solvents.

• Pay attention to wildfire smoke and local air-quality alerts.

• Address moisture problems that contribute to mold growth.

Water

• Know the source of your drinking water.

• Review local water-quality reports when available.

• Choose filtration based on the contaminants you are actually trying to reduce rather than assuming every filter removes everything.

Food

• Wash produce.

• Eat a varied diet rather than relying heavily on a small number of foods.

• Prioritize whole and minimally processed foods most of the time.

• Use safe food-storage practices and avoid heating food in plastics not intended for that use.

Home and personal products

• Use strong fragrances and harsh chemicals thoughtfully, especially in poorly ventilated spaces.

• Read labels rather than assuming “natural” means risk-free.

• Store chemicals safely and dispose of them appropriately.

Work and hobbies

• Use appropriate protection around dust, fumes, metals, solvents, pesticides, or combustion products.

• Change clothes and wash exposed skin when work creates significant residue.

• Follow occupational safety guidance for the materials you handle.

You do not need a perfect environment. You need a more intentional one.

10. Build the Foundations That Support Resilience



The Basics Are Not Basic

When people feel “off,” the search for a sophisticated answer can make ordinary foundations feel too simple.

But the body’s protective systems depend on ordinary inputs.

Hydration

Water supports circulation, digestion, temperature regulation, kidney function, and normal elimination. Hydration needs vary with body size, activity, climate, diet, medications, and medical conditions.

The strongest wellness plan is rarely one dramatic intervention.

Nutrition

Protein provides amino acids used throughout the body. Fruits, vegetables, legumes, whole grains, nuts, seeds, and other nutrient-dense foods provide vitamins, minerals, fiber, and plant compounds that support normal physiology.

REDUCE THE LOAD STRENGTHEN SUPPORT

• avoidable exposure

• hydration + nutrition

• poor ventilation

• sleep + movement

• smoke / fumes

• digestion + elimination

• unnecessary chemical load

• stress recovery + care

Fiber and regular elimination

Fiber supports bowel regularity and the gut microbiome. Regular elimination is one of the body's normal routes for removing material it no longer needs.

Sleep

Sleep affects immune regulation, metabolism, cognitive function, hormone signaling, appetite, recovery, and how resilient you feel the next day.

Movement

Regular movement supports circulation, cardiovascular health, insulin sensitivity, muscle, mood, and functional capacity. It does not need to be extreme to be valuable.

Stress recovery

Stress is unavoidable. Chronic stress without enough recovery can influence sleep, appetite, digestion, inflammation, blood pressure, and behavior. Creating moments of down-regulation is part of supporting the whole system.

Appropriate healthcare

Wellness and medical care are not opposing ideas. Screening, diagnosis, medication when appropriate, rehabilitation, nutrition support, and lifestyle choices can all belong in the same thoughtful plan.

The strongest wellness plan is rarely one dramatic intervention. It is usually a collection of good decisions repeated over time.

11. How to Evaluate a Wellness Product

Without Getting Lost in the Marketing

Wellness marketing often moves faster than wellness science.

A polished bottle, a dramatic testimonial, or a scientific-sounding phrase does not tell you whether a product is appropriate, well made, or supported by meaningful evidence.

Before choosing a product, ask:

Understand first. Decide second.

1. What exactly is it?

Identify the ingredient, form, dose, delivery system, and intended use.

2. Where does it come from?

For mined, botanical, or biologically sourced materials, origin and sourcing can matter.

3. How is it processed?

Purification, extraction, micronization, fermentation, encapsulation, coating, or other preparation methods can change the finished product.

4. What testing is performed?

Look for actual quality-control measures rather than broad words such as “pure,” “premium,” or “advanced.”

5. What does the research actually study?

Was the research performed on the exact product, the same ingredient, a different preparation, animals, cells in a laboratory, or people?

6. Is the claim proportional to the evidence?

A responsible explanation should distinguish between what is established, what is promising, what is still being studied, and what is based on personal experience.

7. Does the company separate testimonials from clinical evidence?

A person’s experience may be meaningful. It is not proof that everyone will have the same result.

8. Does the product make sense in the larger plan?

A targeted tool may be useful, but it should not replace hydration, nutrition, sleep, movement, stress management, or appropriate healthcare.

Understand first. Decide second.

SCIENCE VS. STORY Personal experiences can be meaningful. They are not the same thing as clinical evidence.

12. Choosing a Starting Point

Different Questions Lead to Different Paths

By now, you may recognize that “feeling off” does not automatically point to one answer.

That is exactly the point.

A useful next step depends on the question you are actually trying to answer.

If your main concern is everyday environmental burden...

You may want to learn more about exposure reduction, the body’s normal detoxification systems, and the science of clinoptilolite.

If your main concern is oxidative stress and antioxidant support...

You may want to learn more about glutathione, nutrition, sleep, recovery, and the body’s antioxidant network.

If you need structure more than information...

You may benefit from a defined wellness plan with a beginning, a routine, tracking, and an endpoint for reflection.

If your symptoms are persistent, significant, or unexplained...

Your starting point should include appropriate medical evaluation.

The most important thing is not to start everything at once.

When people change five supplements, three foods, their exercise routine, and their sleep schedule in one week, they often have no idea what actually helped.

A thoughtful starting point is easier to evaluate than a pile of simultaneous changes.

ONE CHANGE AT A TIME A thoughtful starting point is easier to evaluate than a pile of simultaneous changes.

13. A Simple Personal Wellness Check-In

Not a Diagnostic QuizA Place to Notice Patterns

Use the following questions as a reflection tool. There is no score and no “right” result.

• How would I describe my energy most days?

• Do I wake feeling restored?

• Has my ability to concentrate changed?

• How consistent is my digestion and bowel regularity?

• How much water do I actually drink?

• How often do I eat whole, nutrient-dense foods?

• How much alcohol do I use in a typical week?

• Do I smoke or spend time around smoke?

• Am I regularly exposed to dust, solvents, metals, pesticides, fumes, or strong chemicals through work or hobbies?

• Is there dampness, mold, or poor ventilation in my home or workplace?

• How often do I move my body in ways that feel sustainable?

• Am I recovering from exercise—or simply adding more stress?

• How much uninterrupted sleep am I getting?

• What does my stress level feel like most days?

• When did I last have an appropriate medical checkup or lab review?

• What is the ONE area that would make the most sense to improve first?

You may find that the clearest opportunity is not a product at all.

It may be sleep. Water. Food. Air quality. Movement. A medical appointment. Reducing an exposure. Or finally creating a plan you can follow consistently.

Awareness is useful when it leads to one practical next step.

Awareness is useful when it leads to one practical next step.

14. Where to Go Next

Keep Learning—Without Rushing the Decision

If this guide helped you recognize that wellness is a larger conversation than one symptom or one product, it has done its job.

From here, you can go deeper in the direction that fits your questions.

Explore the science Learn more about environmental load, clinoptilolite, zeolite quality, oxidative stress, glutathione, research, testing, and evidence.

Compare wellness options If you are considering targeted wellness support, understand the purpose of each option before deciding whether it belongs in your plan.

Explore a structured approach If you do better with a timeframe, routine, tracking, and guidance, a structured wellness program may be easier to follow than an isolated purchase.

Ask a real person Sometimes a conversation helps connect the information. If someone shared this guide with you, they thought it was worth your time. Ask them your questions before making a decision.

The purpose of that conversation should be clarity—not pressure.

Learn. Understand. Ask questions. Then decide.

A note from The Best Zeolite

The website, The Best Zeolite was created to make complex wellness topics easier to understand. The site separates education from product information, research from testimonials, and general ingredient science from the specifications of individual formulations.

If you choose to continue, begin with the area that matches your question:

• START HERE — if you are still trying to understand why you may feel different • THE SCIENCE — if you want to explore research, mechanisms, testing, and evidence • WELLNESS OPTIONS — if you are ready to compare targeted approaches • CONNECT — if you would rather talk through the information with a real person • www.thebestzeolite.com

The following pages provide a closer look at the science, formulations, and research behind the specific products discussed in this guide.

THE SCIENCE BEHIND THE PRODUCTS Rik Deitsch: Science, Formulation & Research



Rik Deitsch, MS Biochemistry, serves as Chief Scientific Officer of Avini Health. His work is closely connected to the development, formulation, and scientific explanation behind key Avini products.

Cell Defender is especially tied to Rik’s development work. Avini materials describe his focus on two issues he identified in earlier zeolite preparations: particle size and the condition of naturally mined zeolite before use . That work led to the micronization and activation processes that remain central to the formulation.

His role is larger than one product. Rik continues to explain the science behind clinoptilolite, detoxification, glutathione, antioxidant support, delivery systems, product formulation, testing, and manufacturing quality.

Quality should not simply be claimed. It should be measured, documented, and verified.

Different tools. Different purposes.

The first part of this guide is intentionally educational. Products belong at the end of the conversation — after you understand the questions, the science, and the foundations.

Clinoptilolite zeolite + detoxification support. Avini's original activated clinoptilolite formulation, designed to support the body's natural ability to process and eliminate environmental compounds. Uses Detoxolite™ micronization and activation technology.

CELL DEFENDER™

Glutathione + antioxidant defense + cellular support. A liposomal glutathione supplement designed to support the body's own antioxidant network and normal liver processes. Uses a protected softgel delivery system.

PLUS GLUTATHIONE

90-day structure + tracking + guidance + support. A structured wellness program built around Cell Defender, with daily tracking tools, monthly check-ins, and a progression designed to help people establish and evaluate a consistent routine.

CELL DEFENDER™ A closer look at Avini's clinoptilolite formulation

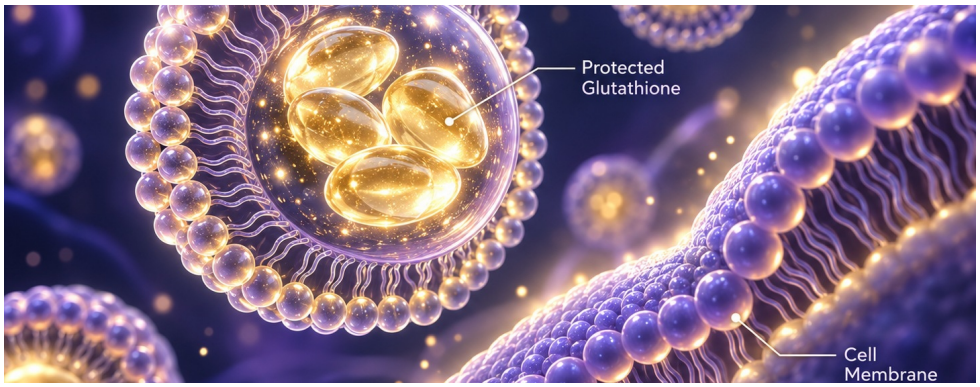
Avini describes Cell Defender as its original colloidal clinoptilolite zeolite product and as a micronized and activated zeolite colloidal suspension using its Detoxolite™ technology.

Avini's current product description states:

FROM AVINI HEALTH Cell Defender is the only micronized and activated zeolite colloidal suspension in the world (Detoxolite™). It is the original colloidal clinoptilolite zeolite product and is supported by over a dozen clinical studies - including trials published in peer-reviewed journals. The zeolite is like a tiny, negatively-charged cage that pulls in a variety of toxic substances in the body and forces their excretion. This includes heavy metals (mercury, lead, etc.) as well as volatile organic compounds (benzene, dioxin, etc.). This process results in a healthier environment throughout the body as a cleaner and healthier body fixes itself . Cell Defender has been clinically proven to: Help remove heavy metals, toxins, and other substances from the body; Support a healthy immune system; and Help balance pH levels in the body. Cell Defender is 100 percent natural and non-toxic - and safe for long-term use.

This company product description is presented as Avini's own characterization of the product. The research section of this guide distinguishes general clinoptilolite research from studies involving specific activated clinoptilolite preparations.

Support from two directions



Avini's current formulation description states:

FROM AVINI HEALTH Avini's Plus Glutathione provides liposomal glutathione along with a "secretagogue blend" to improve liver glutathione production. By providing supplemental liposomal glutathione as well as supporting the body's own glutathione production, Avini's Plus Glutathione is a best-in-class glutathione supplement that will produce maximum levels of this Master Antioxidant. By supplying these ingredients in a softgel format, it ensures that the ingredients are protected through the digestive tract and released for rapid absorption in the duodenum (the first 15 cm of the digestive tract).

NOTE Avini's description uses the phrase "Master Antioxidant." As discussed in Chapter 6, glutathione is often described this way, but the more useful framing is that glutathione is one important molecule within a larger protective network—not a single substance that does everything on its own.

The product is designed around three ideas: direct liposomal glutathione, support for the body's own glutathione production, and protected softgel delivery.

CLEANSTART90 A product becomes a plan



CleanStart90 is a 90-day structured wellness program built around Cell Defender. Rather than simply adding another bottle to the shelf, it adds timeframe + structure + tracking + guidance + support . The program is designed around consistent wellness support, participant tools, and a month-by-month progression that helps people establish a routine, stay oriented, and evaluate their own experience over time.

Cell Defender is the foundational product within the program. Other Avini wellness products may sometimes be layered in depending on a person's goals and current program guidance.

ADDITIONAL AVINI WELLNESS PRODUCTS The broader Avini ecosystem includes products such as Zmunity, Nano Silver, Plus Fiber, Plus Relief, and additional wellness formulations. The most useful approach is not to turn wellness into a catalog: start with the foundation, add only when there is a reason, and understand why you are adding it.

Look beyond the marketing

The Best Zeolite encourages readers to distinguish between ingredient science, studies of specific preparations, company product information, and personal experiences. The following sources are among those used to frame the science discussion in this guide.

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The Best Zeolite Science & Research Articles https://www.thebestzeolite.com/the-science

FDA / SUPPLEMENT DISCLAIMER *These statements have not been evaluated by the FDA. Dietary supplements are not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before beginning a new supplement, particularly if you are pregnant, nursing, taking medication, or managing a medical condition.

Learn. Understand. Ask questions. Then decide.

Use The Best Zeolite as your starting point for deeper science, wellness options, CleanStart90, and a conversation with someone who can help.

Explore the website: www.thebestzeolite.com

Science

Zeolite Science & Research Articles

Wellness Options

Avini Health Products

CleanStart90

90-Day Wellness Journey

Have questions?

If someone shared this guide with you, start there.

They already understand the information and can help you find the right next step.

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