



Anatomy of Living Healthy

Immunotec Vice-President, Research and Development, John Molson, is the epitome of good health. A true devotee of **Immunocal/HMS 90** and **Immunocal Platinum** he says with conviction, “Maintaining optimal levels of glutathione is crucial!”

A former competitive athlete, John Molson is disciplined in his approach to maintaining a healthy lifestyle. This multiple winner of Quebec Provincial Cycling & Triathlon Championships has incorporated a rigorous schedule into his daily life by exercising twice a day – seven days a week. Looking back on where it all began, “I was always active, and did a lot of running,” says John, “but when I joined the Santa Monica Track Club in my 20s, I

started competing at the national level. These disciplined athletes took running very, very seriously and,” he remembers with a chuckle; “that’s where I learned how to suffer! After injuring my knee while running, I took up cycling.”

“At the time I was very fortunate to meet two cyclists from the former Soviet Union who had trained under Alexander Kuznetsov; the most highly regarded coach in the Soviet system. They taught me how to train properly and after a year with them I started to achieve some very good results.”

Abiding by this degree of fitness requires dedication! Asked to break his regimen down, John says that it looks something like: 60% aerobic, 20% strength and 20% flexibility training. “Three days a week I workout with my personal trainer, Vincent Kuziomko, where I do advanced exercise using a mixture of balance, strength, stability, and core work.”

The voice of experience, John notes, “It is essential to find a balance between work and recovery time. As you age, you need more time for recovery. I target specific days for higher levels; three ‘hard’ days per week and then I use the remaining days for active recovery by doing low-level heart rate routines. I’ve learned from my mistakes and now my motto is to *listen to my body*. Typically, every six or seven weeks I take a week off and just do easy workouts.”

“I have really learned about diet and the importance of supplementation from both Dr. Gustavo Bounous and



John Molson



“John Molson exudes determination and a passion for fitness. He is a walking specimen of my philosophy; motivated by passion, driven by fitness and rewarded by lifestyle.”

Vince Kuziomko, personal trainer and lifestyle transformer



John Molson – Cyclist par excellence!

Dr. Wulf Dröge,” says John. “One of the mistakes I made in my youth was not getting enough protein. I was a devoted **Immunocal/HMS 90** user for many years, but when **Immunocal Platinum** came along, I switched and began to take it full-time. The great thing about both **Immunocal** and **Immunocal Platinum** is that I get the benefit of protein without a lot of extra calories.”

John Molson pays a lot of attention to his daily diet as well, “I try to eat raw foods such as fruits and vegetables, grains and nuts, and use olive oil instead of butter. I get protein from multiple sources such as, chicken, fish, red meat and of course – **Immunocal Platinum!**”

HEALTHY, ACTIVE FAMILY

“One big motivator is my children,” says John. “We eat all the same foods, and because they have been groomed from a very young age to eat a healthy, well-balanced diet and to exercise, they are strong and flourishing. Both are competitive athletes which means that diet as well as balancing rest and recovery is crucial to their young lives.”

“Everything I have learned about the insidious effects of pollution is one of the main reasons why I take **Immunocal Platinum**.

When I’m out cycling I’m exposed to car exhaust and pollution. By bolstering my system with **Immunocal Platinum**, I can help protect my lungs and ensure maximum clearance of any toxins.”

“Quality of life and prevention are ingrained in my approach to life. This, of course, extends to my children as well. My children have been on **Immunocal** their whole lives. Neither child has missed a day of school due to illness and both have bodies like rocks.” He continues, “My feeling is that it is never too early to start prevention!”

And when it comes to supplements, just what does this descendent of the world-famous brewery family take every day to keep his well-oiled machine running smoothly? “I take three pouches of **Immunocal Platinum**, 750 mg of **Pure Milk Calcium**, and one **Co-Factor Multi-Vitamin and Mineral Supplement**, plus I use **Immunotec Toothpaste** daily, and every once in a while, I use the **Skin Perfecting Cream**. I find the **Tart Montmorency Cherry Concentrate** to be very helpful when I have trouble sleeping during high-peak workout situations.”

When it comes to John Molson’s position as **Immunotec** Vice-President, Research and Development, he is quick to point out, “I try to bring the same energy, passion and commitment to my job as I did to cycling during my competitive career. I rode every race to win, and I use the same approach in my job.”

“I spent six years working in Sales and Marketing in Canada, the United States and Great Britain with Molson Breweries. One of the most important things I learned is that the customer is *king*.” John continues, “By insuring the success of our distributors, we insure the success of **Immunotec**, one person at a time.”

It seems impossible to go wrong with this winning approach to leading a healthy, successful life!

Katya Molson



John (J.J.) Molson

