

What Do You Really Know About Staying Healthy?

Introduction to Holistic Health and Healing



Traditional Medicine Isn't Always the 1st or Best Choice

Contrary to popular opinion ...

... there are other, sometimes better options for protecting or improving your health.

Holistic, Natural Health & Healing offers you a solution for the conundrum:
How to Protect - or Rebuild - Your Most Valuable Asset ... Your Health.

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What Do You Really Know About Staying Healthy?



Q: Do you know anyone who dreams about the day when they can spend all their waking hours dealing with health problems?

No? Me neither! So...

Why are people spending big money on Traditional Health Care – frustrated and disappointed with the bargain and looking for better health care options?

Why do so many people find themselves buried in a medical “tar pit” with nagging health problems, declining health, sickness and disease?

Answer:

1. **Sometimes, it's a hereditary condition**, although I firmly believe that many of these inexplicable health conditions are a function of nurture (imitated bad habits) – not nature.
2. **Sometimes, it's bad luck** – an injury or infection. They're in the wrong place at the wrong time and end up with something that they couldn't have anticipated that changes their life forever.
3. **MOST OF THE TIME – IT'S CHOICES.** People either knowingly, or unknowingly, make choices that will – sooner or later - steal their health and change their life – forever.

For Example Stan, a client, said:

“I thought I would live forever, but I didn't know forever would come so soon.” He was lamenting all of his aches and pains after over-doing his work as a Master Stone Mason – again.

My comment to him was:

*“That's **creeping normalcy** – major negative changes happen slowly – in many unnoticed ways that you don't find too objectionable – until it's a big problem.”*

Stan said, *“I just thought I could ...”*

I interrupted and asked: *“Was that **false-confidence**?”*

Stan nodded his head in agreement and said: *“So, An ounce of Natural Medicine is worth a pound of Medical Treatment!”*

It took Stan a while, but he gets it! There are better health care options.

He's asking “Why ...?” - Instead of saying “Why me?”

Stan has learned 7 important things:

1. How his body works
2. Real food doesn't come in bags, boxes and cans
3. Lifestyle tactics and supplements fill the gaps left by the demands of life
4. What you do, occasionally, won't hurt you – too much
5. What you do, every day, can help you – a lot
6. He has the most to lose, his health, if he ignores the needs of his body
7. Staying healthy, or becoming healthy is a journey not a destination.

Composition of the Human Body

When you understand the composition of your body, you'll be able to meet the thresholds of nutrition required to keep it operating efficiently – which is the precise definition of health.

- If your diet creates a mismatch between what you consume and the needs of your body it creates a deficiency that prevents your body from operating efficiently – the precise definition of declining health, sickness and disease.

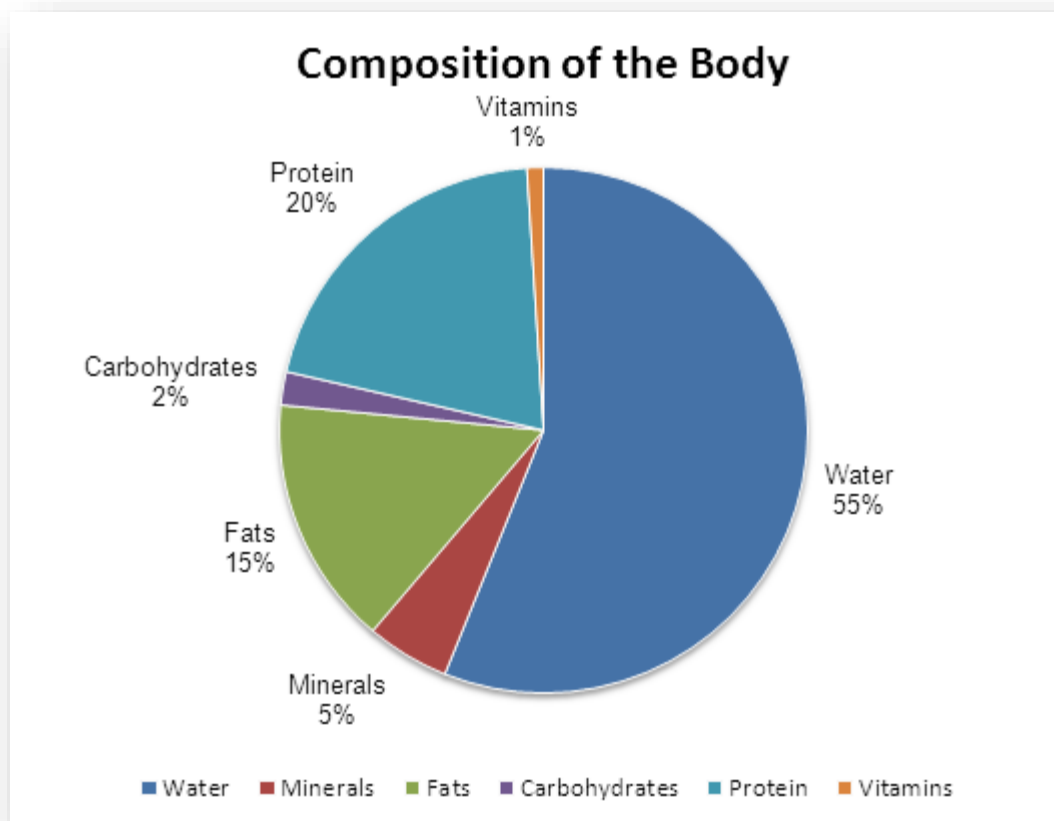
What Can People Do?

Try to make your diet match the needs of your body.

- When it's impractical, fill the gaps with supplements. But when you do, choose high quality, professional-grade supplements, suited to you needs, rather than price-sensitive consumer versions
... it will pay dividends when you do.

Health is a Journey

Staying or becoming healthy, naturally, is a journey – what you do, every day, can help you, what you do occasionally won't harm you. And, if you hit one of life's pot holes, an injury or infection, you'll be ready.



How the Human Body Works

The Human body is:
self-replicating, self-healing, self-energizing and self-protecting.
It is adaptable, resilient and forgiving. But, it is not indestructible.

Research about how the human body works suggests that the body **replaces all of its 750 trillion cells every cell – every 7 years.**

Your body accomplishes all of this by performing 4 processes and 4 functions that make your body work.

**The 4 processes that support your body are:
Ingest, Digest, Assimilate and Eliminate**

Ingest is simple: it is taking in bio-mass: air, water and food from plant and animal sources.

**Digest has 2 components:
Bio-chemical action and biological action.**

Assimilate is an enzyme/chemical action supporting the bones, joints, organs, tissue and fluids – to carry out the 4 functions and 11 systems of body.

Eliminate is an enzyme/chemical action that eliminates internal debris, toxins and dietary waste, quickly - to protect the body.

There are 4 functions that support your human body: Repair and rebuild cells: energize the body and defend the body.

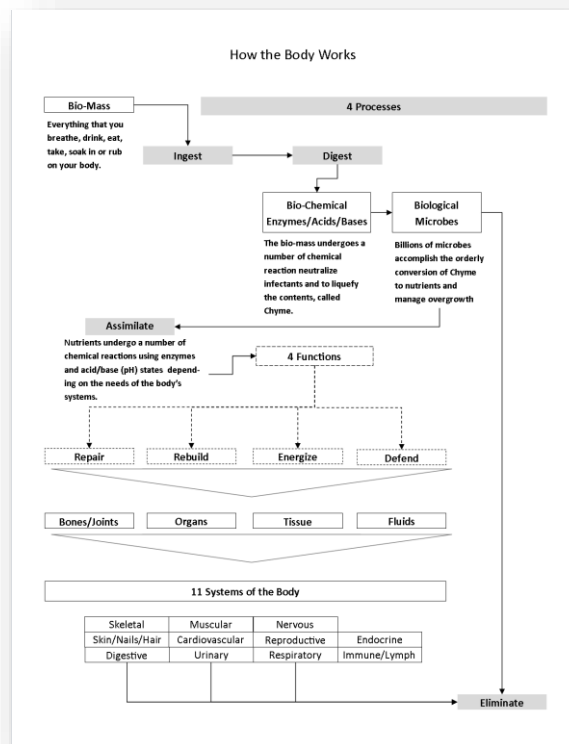
There are 11 systems of the body comprised of cells making up the soft and hard tissue and fluids. Hormones manage and enzymes work, acids and bases adjust - depending on the task, enzymes/chemical actions quickly recycles and eliminates wastes.

It all happens automatically – except 1 function.

The 4 functions, 3 of the 4 processes and 11 systems that make your body work rely – absolutely – on the 1 process the body can't control – ingest.

The 1 process the body can't control
... is what you choose to put in and on your body.

You control the purity, diversity, quality and quantity of the bio-mass that enters the system.
You choose what to put in or on your body.



How Fast Can You Recover From Sickness and Disease?



It's common that people expect an instant, or at least fast way to recover from sickness and disease or a health complaint.

It's called the aspirin syndrome - take a pill, headache gone.

That's a mistake!

The urge to resume their GO-GO schedules, before their body has had a chance to fully recover, puts them right back on track to relive their sickness or disease – or worse, experience even more challenging complaints later on.

The difference between people's expectation – instant recovery . . . and reality – it takes time – is what gets people in trouble.

Understanding Sickness and Disease

The word disease is part of our language - most people take disease to be a medical term that evokes thoughts of prescriptions and medical treatment – but, it's not.

A quick trip to the dictionary can easily dispel all this confusion. You will read: *"Disease is an abnormal condition affecting the body."* It breaks down nicely, too: dis means: *"the opposite of"*; ease means: *"comfort"*. **The Opposite of Dis-ease is Comfort**

Chronic Health Conditions

Excluding conditions of birth and injury, most of the health complaints that people experience are degenerative and chronic in nature.

That simply means that the body has been decaying – over time – due to physical, mental and/or nutritional deficiencies. These chronic health conditions are symptoms of the body's inability to adapt to this long-term negligence.

1. If the sickness causing habits continue, or are repeated, health deteriorates – as the body continues or resumes to decay.
2. When the body can no longer adapt – death occurs.

In holistic health terms, nagging health complaints (chronic diseases) are the warning signs that the body is reaching the limits of ability to adapt to the negligence.

1. When people stop the negligence, their complaints generally diminish.
2. When people change their habit(s) – the complaints slowly go away.
3. If the sickness-causing habits are nipped in the bud with:
improved diet, natural remedies, rest and lifestyle modification,
the body bounces back.

NOTE: Recovery from Sickness and Disease or Declining Health is not Instantaneous or Fast!

Convalescence

“Convalescence” is a word that is missing from the list of pseudo-medical terms that people recognize.

The definition of convalescence is: to make progress toward the restoration to health and strength after the cessation of disease. As the definition implies, it takes time for the complete restoration to health.

Convalescence needs to be the watch word – when sickness and disease happens!

Your body is not a machine. It is a miracle of Creation that is:

1. Adaptable: allowing your body to adjust to changing circumstances, for a short period of time.
2. Resilient: allowing it to bounce back from those short-term changes.
3. Self-Repairing and Replicating: allowing your body to heal and rebuild itself – if it has the nutritional resources and enough time.

Convalescence is: How to Recover from Sickness & Disease!

1. Removing the offending lifestyle choices – physical, mental, biochemical – for a period of time – to allow the body to recover from the effects of past neglect and abuse.
2. Reflecting on the circumstances and choices that put them in their plight, in the first place.
3. Taking the time to make the permanent changes to avoid repeating the ordeal, or worse, a magnified version of their symptoms of decay and declining health.

NOTE: The duration for convalescence is generally 1 month for each year of discomfort.

Convalescence is progressive, too.

People feel better sooner than the calculation suggests because the latest complaint is the 1st to diminish, so they can resume life – sooner and moderately – but, full recovery will take the full time.

Natural Medicine and Holistic Healing is really that simple.

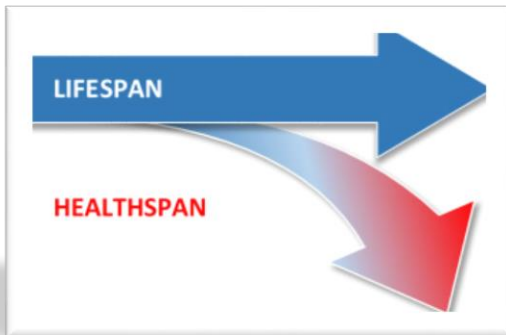
The objective is: help you take back the control of your most valuable asset – YOUR GOOD HEALTH.

Remember these 3 things:

1. **It's easier to stay healthy, than to become healthy, once you're not!**
2. **Insanity is doing the same thing – over and over again and expecting something different to happen.**
3. **To change the way things are – change the things you do.**

How Can You Stay Healthy - or Become Healthy - if you are not?

Depending on the nature of the health complaint, there is:



1. Frustration with their complaints
2. Disillusionment with their treatment(s)
3. Feeling of abandonment
4. Grief for the loss of their quality of life

Traditional Medicine proclaims:

"If detected early – they are manageable."

... Which means your life will be prolonged, not necessarily improved.

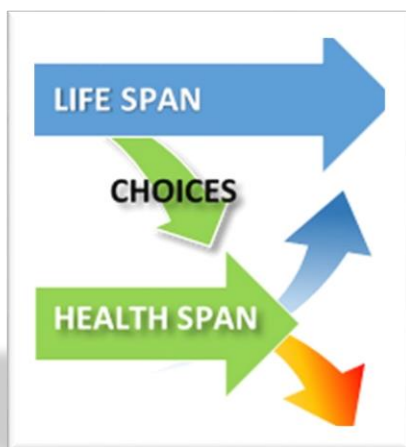
All of the associations of these various afflictions proclaim:

"They are preventable!"

... which means an ounce of prevention is worth a pound of cure.

Staying healthy, or becoming healthy if you're not healthy

... is not as simple as you've been led to believe nor as complex as you might think!



Question:

How Can You Prevent or Reverse
Declining & Failing Health?

Answer:

By putting your priorities in balance.

Making Health Care Choices



**Why do people automatically choose Traditional Medicine
... instead of an alternative option when they experience a health issue?**

3 words: Faith, Hope and Trust, come to mind.

1. **Faith** is: *a state of being convinced about what we hope for.*
2. **Hope** is: *wanting something to happen.*
3. **Trust** is: *a belief that someone/something is good, reliable, honest & effective.*

People automatically choose Traditional Medicine because they are convinced that:

1. Traditional Medicine can help them – that's faith.
2. They want their affliction to go away – that's hope.
3. Physician's training and experience will fix them – that's trust.

Visiting your Doctor is a good idea if: you have a bacterial infection, injury or need profound emergency intervention – because the physician's training and resources are focused on stabilizing an injury, performing a surgery or detecting and killing infecting certain microbes.

Traditional medicine employs a sick care model – they treat sick and injured people and then, try to manage the side effects of their treatments.

What if You Are Just – Not Healthy?

1. What if “the inconvenience” you've been accepting as a part of your life sends you to the Drug Store for some relief.
2. Then, after a while – into a Doctor for a prescription that quiets your complaint.
3. Next, more tests that show a condition that, ultimately, needs to be managed by a prescription.

Traditional Medicine calls it “Chronic Disease” for which there is no cure

... only a lifetime of more prescriptions, tests, procedures and symptom management. That's creeping normalcy - when you begin settling for good enough - not sick, but not healthy, either.

That's the precise point where people need an alternative plan ... instead of another fruitless prescription or test. **That's when making appropriate alternative health care choices is important - it's your off-ramp.**

People can:

1. **Avoid or reverse** that inevitable creep from the state of true health
... but it will require you to reevaluate the role you play when it comes to your health.
2. **Become proactive** when it comes to protecting your health.
3. **Participate in the process** of recuperation from the symptoms of creeping normalcy instead of waiting until you're forced to react to the inevitable – declining health or worse – the desperate search for something that can right your sinking ship.
4. **Learn** how to care for your body, naturally.

People need to believe 3 things:

1. Their body can – and will protect and heal itself – **that's Faith.**
2. They can stay or become truly healthy – **that's Hope.**
3. There is a combination of holistic methods, natural remedies and lifestyle tactics that can help them maintain, rebuild and care for their bodies – **that's Trust.**

But it's not easy, because faith never means being gullible.

... There is no magic bullet. In the end, you are responsible to yourself.



What's the difference between Holistic Treatment and Medical Treatment?

One of the most frequently asked questions I hear is:

"How is holistic treatment with natural medicine different than medicinal treatments?"

It's a short question that demands a big answer.

Medical Treatments

The philosophy of Medicine relies on empirical data (tests) to identify a factor that can be destroyed or managed with medication(s) or treatment(s), or an injury that can be repaired surgically.

The development and commercialization of antibiotics, sophisticated equipment, treatments and surgical techniques have contributed to the eradication of water and air borne diseases and crippling injuries that have plagued humanity - since the beginning of time through.

The sophistication of Traditional Medicine has given rise to a myriad of diagnoses, specialized practitioners, tests to confirm and treatments that may - or may not provide an end to the treatments.

In other words, your symptom(s) require management until death occurs – and, often requiring additional treatments to accommodate the known and unknown side effects of the treatments.

The model for Traditional Medicine is not without faults.

1. Tests, for example, require a "norm" before they can show an abnormal condition.
2. Wide spread use of medical treatments often reveal more or different side effects or interactions than were revealed during the trials for the treatment.
3. Subsequent research often reveals flaws in the assumptions for testing "norms" that have led to the misapplication of the treatment(s).

Traditional Medicine is very good at what it is good at – other stuff - not so much!

Because of its success at what it is good at, people have grown to expect that medicine will have all the answers when their health begins to decline or fail.

As a result of this false-expectation, people become complacent – either knowingly or unknowingly neglecting the care and maintenance of their healthy body – then frustrated when they discover their symptoms require life-long management, intensive, risky interventions, or worse, untreatable.

Natural Medicine and Holistic Treatments



Holistic philosophy holds that health is the result of a balanced body.

Health conditions, sickness and disease are caused by imbalances in physical activities, mental strain and inappropriate bio-chemical reactions.

The philosophy for holistic treatment is new and old-fashioned – at the same time.

It considers the bio-mass (all the things that you eat, drink, breathe, take or rub on your body) immoderate physical activities and mental stressors.

The Holistic treatment philosophy holds that health can be maintained or restored by returning these 3 components to the historical needs of the body.

Holistic philosophy contends that health emanates from the construct of the balanced diet, moderate exercise and stress management because they support the internal biological and chemical reactions that produce an active, healthy body.

The Holistic Health Practitioner relies on lifestyle strategies, diet (augmented with nutritional supplements) and natural remedies to establish the balance to produce the condition of health.

The model Holistic Treatment and Natural Medicine is not without faults, either.

It requires that people become actively involved by choosing and consuming wholesome food, drinking water and setting boundaries to assure adequate relaxation and sleep and to overcome the societal conditioning that encourages them to do otherwise.

Traditional Medicine or Natural, Holistic Treatment with Natural Remedies?

There is a misconception that people should choose one or the other of these philosophies.

The fact is: true health is the result of the convergence of the two philosophies.

Both schools of thought – Holistic treatment with Natural Medicine and Traditional Medicine are very good at what they're good at and not very good at what they're not.

Choose a Physician for an injury or bacterial infection – then allow enough time for your body to recover and recuperate.

For the rest, if you don't like the way things are - change the things you do

... to support your body's ability to protect and heal itself with:

1. Lifestyle modifications
2. and/or an improved diet
3. and/or a dietary supplement to fill the gaps in the diet
4. and/or a natural remedy to support a particular structure or function that is creating the situation

... That's holistic treatment and natural medicine at its best.



If you're concerned, frustrated with your medical treatment, or just curious about another way to protect or improve your health naturally - using holistic treatment, natural remedies and practical, common-sense suggestions, a Natural Health Consultant can help you make a plan to protect or improve your health.

There are Clear Differences between Natural Medicine and Traditional Medicine

Holistic, Natural Medicine is a system of treatment that complements and enhances the body's natural capacity to heal by restoring balance without the use of synthetic drugs or chemicals

These 2 approaches are clearly different. Here's the comparison.

Holistic treatment:

1. Focuses on you, the patient - rather than a condition or disease.
2. Provides individualized treatments - rather than an assembly-line approach.
3. Treats the whole person - instead of a symptom or the processes of a disease.
4. Promotes proactive self-care and self-healing - rather than reacting after the fact.
5. Honors the core psychological and spiritual nature of each individual - rather than the pursuit of treatment.
6. Focuses on nutrition, lifestyle and preventive practices.

Many people insist your choice for healthcare is an either/or proposition between Traditional Medicine and Natural Medicine. It's simply not true - there is a time and place for both approaches!

The choice between Traditional Medicine and Natural Medicine is neither as simple as advertised or as complex as you're lead to believe. **That's where you can get stuck -Traditional Medicine versus Natural Medicine because they both have a place when it comes to protecting or improving your health.**

The challenges are deciding and then determining the best plan for your particular health care need.

When you need help, it's important to find someone who has your interest foremost in their mind. That's where choosing the right Natural Health Consultant will pay you dividends.

Staying or becoming healthy should be a partnership between you and your professionals. And, you need to choose to be an active member of your team.

When each member of the partnership does their part – you are the beneficiary!

There are Differences between Natural Supplements and Medications, too!

Prescriptions (including drug-store medicine) and Dietary Supplements are both supplements according to Webster's definition.

The distinctions between medications and natural supplements, while it may sound like splitting hairs - are worlds apart.

Medications are:

1. Chemical substances meant for use in the treatment or management of a disease or medical diagnosis.
2. Intended for infections and managing (but not curing) symptoms of chronic diseases.
3. A reactive approach used by Physicians to address the symptoms of declining or failing health.

Dietary Supplements are:

1. Natural substances (including food) meant to help the body protect, rebuild and heal itself.
2. Intended for 2 purposes: (1) fill the gaps in the modern diet, (2) support the structures and functions of the body.
3. A proactive approach - used by you to promote and maintain your health.

Webster's defines a supplement:

1. something that compensates for a deficiency or constitutes an addition; 2. something that completes or enhances something else when added to it.

Write this Down So You'll Remember

1. Supplements do 3 things:
 - a. Fill Gaps in Your Diet
 - b. Support the Structures & Functions of Your Body
 - c. Help Your Body Protect, Rebuild and Heal Itself!
2. Medicine - Doesn't

What is the Holistic Method for Healthcare?



Belief:

Health is Not Just the Absence of Disease
... It is Being Well in All Areas of Health

Objective:

Establish the Balance That Creates True Health

Method:

1. Uncover the Cause
2. Recommend Practical Solutions
3. Recommend Natural Remedies
4. Help You Implement Your Natural Health Plan

The Triangle of Health is a holistic, natural medicine approach

These 3 Factors Affect Your Health:

BIO-CHEMICAL

Things you eat, drink, take and breathe, and how they are absorbed and eliminated determine bodily function and health.

MENTAL/EMOTIONS

the mind affects the body in many ways: including the release of chemicals that make us happy, angry, fearful or depressed. Mental, physical and/or emotional stress can be detrimental over time, causing damage to body systems, create sickness and prevent healing.

PHYSICAL

Muscles, joints, bones and organs need to be efficient so the nervous system can relay messages to and from the brain. Over or under exertion, injuries, bacterial, viral, yeast or parasitic infection can be detrimental over time, causing damage to body systems, create sickness and prevent healing.



Each corner of the triangle of holistic health ...

1. Must be in balance – and working optimally – to maintain the balance that produces health.
2. Imbalances in the triangle produce declining health and disease
3. Balance creates health and healing

A Natural Health Consultant Does 4 Things:

1. Analyzes these 3 factors that can – either individually or together – create human health or produce declining health and disease.
2. Uses comprehensive interviews and Holistic Methods to discover the barriers that are blocking your body's ability to stay or become healthy.
3. Next, your consultant helps you build a plan using Alternative, Complementary and Holistic, Natural Medicine techniques along with natural remedies and other practical recommendations to release your body's power to restore true health and help you achieve a permanent solution for your health and healing challenges.
4. Then your Natural Health Consultant helps you implement your Holistic Health Plan ... if you're satisfied with your personal action plan.

Holistic Medicine is helpful if your objectives are:

1. Proactively, Protect Your Health with Holistic Natural Medicine and Natural Remedies ...
To help you address or avoid the factors that are causing your concerns, infirmity or disease.
2. Identify and Address the Causes of Your Declining Health or Chronic Disease ...
Using a Holistic approach, Natural Remedies and Practical Strategies & Tactics

Why Choose a Natural Health Consultant for Your Healthcare Needs



Picture this:

- You're feeling down.
- Your belly seems perpetually upset.
- Your nose is stuffed up.
- To top it off, you're not sleeping well.

You head to your Doctor for - if you're lucky
a 10-minute chat about what's ailing you.

Afterwards, the Doctor hands you a prescription,
shakes your hand and shows you the door.

Has this "Here's-a-prescription – see ya-later" encounter made you healthier? In a word – no!

7 Reasons You Should Choose a Natural Health Consultant Using Natural Medicine

1. A Natural Health Consultant uses natural medicine and holistic methods
2. Each consulting session is all about you – not an assembly-line.
3. Your Natural Health Consultant looks for the cause instead of a way to cover-up your symptoms.
4. Uses natural remedies, holistic methods and practical tactics.
5. Uses your body to heal itself.
6. True craft of Health Care.
7. Healer on a mission.

I believe it's the most effective way to help people protect or improve their health . . . especially those with chronic health issues—here's why:

1. Natural Health Consulting and Coaching is all about you!

Think of it as the ultimate in personalized, one-on-one, therapeutic relationships to help you protect or improve your health. It's a health-focused, client-centric partnership, in which the Natural Health Consultant and client work together to uncover the causes of the symptom, illness or disease.

A Natural Health Consultant looks beyond the laundry list of symptoms; I examine the client's unique history, environment, lifestyle and underlying factors, and then develop a health-enhancing, usually drug-free plan to help restore the client to good health and put him or her on a life-long path of health and vitality.

2. Natural Health consulting and coaching is not a conventional medicine.

Natural Health Consulting and Coaching involves time, care and patience. He or she treats the person rather than the symptom(s) or disease.

It's not unusual to spend an hour or more with clients, listening to their histories, doing the detective work, asking questions, and examining the genetic, environmental, and lifestyle patterns that effect health.

By addressing the underlying causes of the symptom(s), illness or disease, a Natural Health Consultant is able to design unique, personalized healing plans for which Conventional Medicine literally doesn't have the tools, training or the time.

3. Natural Health consulting and coaching is not assembly-line medicine.

Our current health care system expects physicians to:

1. Manage huge caseloads.
2. Keep people moving through the system as quickly as possible
3. It's mass-produced, assembly line, quick-fix, put-a-Band-Aid-on-it medicine, with little hope of creating long-term health.

To its credit, Conventional Medicine is best at:

- Managing medical and surgical emergencies
- Medical crises
- Acute infections and trauma

But, it falls short when it comes to protecting patient health or treating chronic diseases such as diabetes, heart disease, gastrointestinal problems, chronic fatigue, autoimmune diseases, functional disorders, musculoskeletal problems and stress related disorders.

This is where Natural Health Consulting shines so brightly!

It's a more comprehensive, thoughtful approach seeks to restore the balance that produces true health using holistic methods, natural medicine and practical tactics rather than hiding the symptoms.

4. Natural Health Consulting and Coaching offers the best of all worlds.

Natural Health Consulting and Coaching is not an either/or system, but rather it's a true combination of many different natural, alternative, and complementary therapies.

It acknowledges the strengths of Conventional Medicine for acute and crisis-care, but also realizes that the Traditional Medicine approach does not have the tools for protecting health or preventing or treating chronic diseases.

A Natural Health Consultant is able to apply all the tools of healing—drawing from Western, Eastern, Alternative, and Preventative and Integrative medical practices—to help the client stay or become healthy.

By pulling from all of these approaches and by paying special attention to diet, exercise, nutrition, supplementation, natural remedies and the workings of the mind, I'm not just giving clients a band aid, I'm giving them the tools to create sustainable wellness and vitality – the definition of True Health.

5. A Natural Health Consultant looks for the cause – not a symptom.

In Conventional Medicine, doctors try to make a diagnosis and then apply a medical treatment for particular symptoms.

With Natural Health Consulting, Coaching and Mentoring, I am more concerned with the underlying imbalances or dysfunctions that are the mechanisms of the symptom, illness or disease. I target the underlying mechanisms and ultimately look for the causes of those imbalances.

6. A Natural Health Consultant and Coach is a healer on a mission.

An evangelist for health – because he or she is a healer on a mission. I strive to show people how to protect their health and the unhealthy how they can transform their health.

Of course, clients need to do their part – because I can't do it for them – but I will work as a partner to help restore balance and true health to their lives. Participating in the process, the transition from illness or diseased to wellness, is one of the greatest joys for both my clients and me.

7. Natural Health Consulting and Coaching is the true craft of Health Care.

Unlike the symptom and disease management model of Conventional Medicine, a Natural Health Consultant has the knowledge to go beyond crisis care and offer clients a much better approach to their health.

He or she can help you incorporate:

Lifestyle Medicine
Stress Reduction

Nutrition
Natural Remedies

Dietary Supplements
Exercise

To help you improve the function, structure and organs of your body as a means of preventing disease and creating vibrant, sustainable health.

Here's the Bottom Line:

There's a popular saying – ignorance is bliss.

It makes me shudder every time I hear it – because, it's not true!

Sure, people are keeping up with hygiene: taking showers, combing their hair, brushing their teeth – primping and polishing their bodies.

But somehow, over time, they've misplaced the fundamental rule for the care and maintenance of their bodies. Or they didn't know the rule in the 1st place.

Every day, I see or speak to people who are paying the price when their health declines or starts to fail. They are either not feeling right, or they're sick, and they can't find anyone to tell them why. Or worse, they get bad advice!

Here's the rule to help you stay or become healthy:
"If you take care of your body – your body will take care of you."



Staying or becoming healthy, naturally, is a journey.

And, it's the best insurance against declining and failing health ...

... because, if you hit one of life's pot holes - a sickness, an injury or infection, you'll be ready for it.

Plus, it's the 1st step when you begin the process of recovering your health.

The benefits far outweigh any inconveniences
that you might experience along the way.



Knowledge is Power

E-book – just released

How to Match Your Health Span to Your Life Span is a Holistic Health and Healing Guidebook, that teaches readers an insider's perspective of why, what and how to protect or improve their health - holistically.

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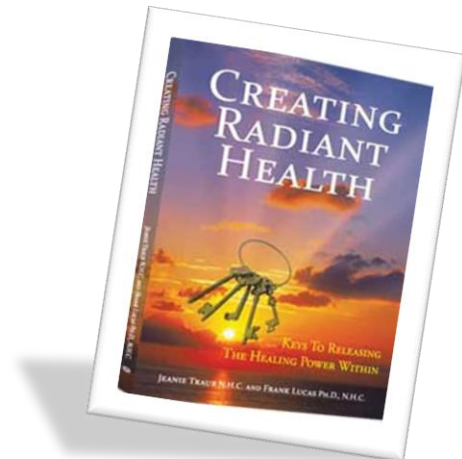


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About the Author

Frank Lucas is a Ph.D. and Certified Natural Health Consultant - not a Medical Doctor. He is a 20+ year veteran of Natural Health and Healing.

He helps people: **(1)** Uncover the habits that created declining health and chronic illness, **(2)** Discover habits that produce health and healing **(3)** Using holistic methods, natural remedies and practical tactics - at the Radiant Health Club, in Castle Rock, CO.

Dr. Lucas has written several books, lectured nationally, and internationally, works with other professionals and yes, M.D.'s, on matters of natural medicine, complementary and alternative medicine.

Dr. Lucas offers his clients face-to-face consultations at the Radiant Health Club, in Castle Rock, Colorado, on the telephone and/or Skype consultations for out of state and international clients.



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