

# GUIDE FOR HOLISTIC HEALTH & HEALING

*How to Match Your Health Span to Your Life Span*



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Why Choose a Natural Health Consultant?

How to Recover From Sickness and Disease

Recovery, Recuperation and Rehabilitation

Convalescence is: How Your Body Recovers from Sickness & Disease!

Bringing Health Span Closer to Life Span

Holistic Health is, in a Nutshell, About Making Choices

Declining Health & Disease are Predictable – Not Inevitable

Here's the Bottom Line:

Bonus

The Exclusion Diet

Green Juice Cleansing Recipe

What is a Healing Crisis?

The Perfect Breakfast

Recipes to Help You Eat More Healthfully

# Your Health Span Matches the Life Span



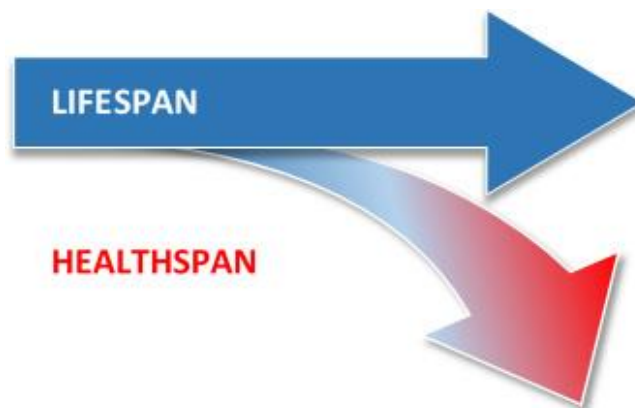
**Who among you believes you will suffer from Failing Health?**

**Anyone?**

Until recently, it was believed that each subsequent generation, entering retirement years, would be in better physical shape than the preceding generation.

## Living Longer – Suffering More – Paying More

1. The statistics show about 50% of you will suffer and ultimately succumb to one of these indignities: Cancer, Diabetes, Stroke, Heart Attack or Cardiovascular Disease.
2. When you add another leading cause of suffering and death – medical errors (people made ill by vaccination, antibiotics, drugs and surgery) - the number is higher!



Life Span is ...  
the length of life for an organism.

Health Span is ...  
the years of good health.

Why is there a difference?

## People Expect to Be and Stay Healthy



**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 they 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 immersed in the “tar pit” of nagging problems, declining health, sickness and disease?

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. People can be 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 is 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!”*

### Stan 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.

**It took some time,  
but Stan gets it!**

He discovered that there are  
better health care options.

He's asking *“Why?”*  
instead of saying *“Why me?”*

## Sickness and Disease Won't Happen to Me!

Everyone believes:  
“Disease is never going to  
happen to me.”

When it does, it seems like:

- Their condition happened to them overnight.
- There was nothing that they could have done to spare themselves.
- They feel like victims, completely without choice, with fear and the feelings of helplessness.

**Contrary to popular opinion, disease does not happen overnight.**

There are choices involved. It may take years, but poor choices and the consequential imbalances in the whole body allow disease to happen.

### **Living Longer – Suffering More – Paying More**

Until recently, it was believed that each subsequent generation, entering retirement years, would be in better physical shape than the preceding generation.

In March 2007, a Health and Retirement Study research published by the nonprofit National Bureau of Economic Research (NBER), and supported by the National Institute on Aging (NIA), a component of the National Institutes of Health (NIH), revealed the disturbing trend:

“... Americans in their early to mid-50s reporting poorer health, more pain, and more trouble doing every day physical tasks than their older peers reported when they were the same age in recent years.”

**Many of today's common diseases didn't even exist 40 years ago.**

While there have been remarkable advances in the conventional Medical Arts: More technology, more doctors – with more specialties, more pharmaceutical drugs, more hospitals and more nursing homes

**We are the least healthy generation in history** - experiencing ever increasing rates of managed diseases, using more and more risky chemicals to mask the symptoms of life-threatening disorders.

How can that be?

**Have you ever thought about the miracle of the human body?**

1. The way the body functions in perfect harmony with your breath, senses, movement
2. How your body completely rebuilds itself – every 7 years
3. Your part in keeping your body in tip-top shape?

**Probably Not!** Modern society is so preoccupied and overwhelmed with every day activities that people have lost contact with what is the most important asset they possess – their health.

**WRITE THIS DOWN:**  
**Healthy people don't get sick**  
**. . . nor do they need drugs.**

Few people spend the time to think about their health until a problem develops, because they believe: "Modern medicine can fix anything I break!"

If you regularly depend on any kind of prescriptive or over-the-counter drug, **YOU ARE NOT HEALTHY.**

## Declining Health and Disease is Predictable – Not Inevitable

There are always warning signs that your health might be slipping away.

*"Feeling off"* may just be a bad day or, it is your body trying to tell you something. If it is the latter, you may want to pay attention, or you might be forced to suffer the consequences.

**Beyond the obvious sign of declining health - taking drugs - the body signals other warning signs that your health is in decline like:**

1. Chronically sluggish (mentally or physically),
2. Lack energy or enthusiasm or just plain interest in your life and surroundings
3. Plagued by mental confusion, brain fog, learning or behavior problems
4. Chronically out-of-sorts
5. Constantly running in overdrive, or on empty, feeling "tired" but "wired"

**Other warning signs that you are not healthy are chronic complaints of any sort including:**

1. Declining endurance
2. Insomnia
3. Headaches
4. Body aches and pains
5. Frequent mood swings
6. Unexplained, excessive or unprovoked irritability or anxiety
7. Insufficient body mass including: bones, ligaments, tendons and other connective tissue
8. Indigestion, acid stomach, reflux, constipation, diarrhea, bloating, cramping or gas
9. Allergies
10. Constipation, diarrhea or irregular bowel habits
11. Weight issues
12. excess water retention
13. excess fat

Ignoring or denying these signals is a risky choice that may eventually lead to a health catastrophe.

**Disease does not happen overnight.** It is a slow, almost imperceptible, decline from the state of health.

**There are choices involved.**

**Your Choices  
Have Consequences**

It may take years to create a disease condition. It is the choices a person makes, like: Avoiding exercise, Poor dietary habits, Skipping meals, Eating too much fast food, Eating too much factory food, Leading a stressful, negative lifestyle; that leads to the depletion and/or an imbalance of the nutrients necessary to sustain a healthful body.

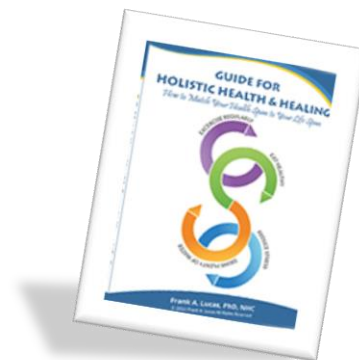
NOTE: Your body is meant to function in a state of balance – NOT a constant state of distress.



Sorry, there's a lot more, but ...

To own your copy of the life-changing book, ***How to Match Your Health Span to Your Life Span*** in Kindle format (e-book) for only \$8.97 - all you need to do is click the link.

**[E-Book only \\$8.97 Click Here to Buy Today!](#)**



## On the Fence?

Who among you believes you will suffer from Failing Health? ... Anyone?  
This blind spot carries a high price if your health span doesn't match your life span!

## Living Longer – Suffering More – Paying More

The statistics show it's likely that you'll be living longer than previous generations but suffering and paying more during your life span –than previous generations. Somehow, over time, people misplaced the fundamental rules for the care and maintenance of their bodies - or they didn't know the rule in the 1st place.

## Fundamental Rules for Improving Your Health Span

***How to Match Your Health Span to Your Life Span, a Guide for Holistic Health & Healing*** examines and rekindles those fundamental rules - and provides practical tactics - that you can implement - that will **improve the likelihood that you will be able to match your health span with your life span.** [Click here - it's only \\$8.97](#)

## From the Author



For more than 25 years, I've had a front row seat to witness the drama, pain, suffering and expense to people - and their families - when they found themselves trapped on the merry-go-round of declining or failing health.

Many, if not most, were there because they broke the fundamental rules for caring and maintaining their bodies. For some people, it has been enough to remind, or teach them the rules. Sadly, it was too late for others.

## *It's easier to stay healthy than to become healthy!*

Either way, remembering, or learning the fundamental rules – and then implementing them in your life will help provide you an exit pass, or avoid this merry-go-round altogether. I encourage you to stop crossing your fingers and start becoming proactive with the care and maintenance of your body. That's why I wrote this book. [It's only \\$8.97](#)