



BEYOND HEALTH®
Your Ultimate Health Solution

**FREE
Report**



We've Taken The Mystery Out Of Disease

The Roadmap To Ultimate Health

How To Get Well, Stay Well,
And Never Be Sick Again

“The next major advance in the health of the American people will be determined by what the individual is willing to do for himself.”

John Knowles, former president
The Rockefeller Foundation

A Simple Map To Ultimate Health

The Beyond Health Model

We are in the midst of an unprecedented epidemic of chronic and degenerative disease. The health of the American people is in a long-term downtrend, and cancer, heart disease, diabetes and obesity are out of control. Our infant mortality is one of the highest in the industrialized world, and our life expectancy is only 48th in the world and about to decline.

It doesn't have to be this way! This epidemic can be stopped tomorrow utilizing the knowledge we possess today. All that is necessary is that we educate ourselves and be willing to take personal responsibility for our health.

Fortunately, new scientific discoveries allow us to accept this responsibility and to put an end to this tragic epidemic. We now have sufficient knowledge to prevent and reverse almost every chronic disease including Alzheimer's, arthritis, asthma, cancer, depression, diabetes, heart disease, obesity and osteoporosis. Unfortunately, the general public is unaware of this technology, and we have yet to put it to use. The mission of Beyond Health is to help people like you to use this understanding to get well, stay well and never be sick again.

To accomplish this mission, we need to reduce this complex information to a simple tool that almost anyone can understand and put to use in their daily life. In the book *Never Be Sick Again*, we did exactly that. We reduced cutting-edge molecular biology and cellular biochemistry to a simple model of health that almost anyone can follow. This health model has been hailed as a breakthrough in our understanding of health and disease. We call it the **Beyond Health Model™**— a simple map to Ultimate Health and your Ultimate Health solution. This model takes the mystery out of disease, and provides a practical way to access this cutting-edge science so you can take charge of your own health.

Over the past several decades, the biological sciences have advanced rapidly, but the practice of medicine has not advanced with it. Conventional medicine remains stuck in its outmoded drug and surgery paradigm, and is now more than 100 years behind the science. The average physician is becoming increasingly irrelevant; you can't depend on your doctor to keep you well or restore your health. Even worse, the techniques used by modern medicine are so dangerous that several analyses have indicated that medical intervention is now our leading cause of death. As a result, costs are out of control and our healthcare system is in crisis. We need an effective alternative.

The **Beyond Health Model™** offers an effective alternative. All you have to do is learn how to use it. We challenge you to live the **Beyond Health Model™** – and *Never Be Sick Again!*

ONE DISEASE

The **Beyond Health Model™** acknowledges only One Disease – malfunctioning cells. Until cells malfunction, there can be no disease.

All of us started life as a single cell. We grew into bodies made up of more than 75 trillion individual cells, all acting together as a community that constantly communicates, self regulates, and self repairs. If all your cells are functioning optimally, it is impossible to be sick. Only when a massive number of cells malfunction do we experience the symptoms of disease.

Regardless of which disease you suffer from, what you really have are malfunctioning cells. Cancer, diabetes or the common cold, it's all the same thing: malfunctioning cells. Understanding this takes the mystery out of disease. Once you understand there is only one disease, this gives you the power to create health instead of disease.

If we contend there is only one disease, why do doctors believe there are thousands of diseases? The reason is that cells are very complex. There are many different ways in which they can malfunction, producing thousands of different symptoms. Doctors call these different sets of symptoms different diseases. The key to understanding this is to understand why cells malfunction.

TWO CAUSES OF DISEASE

Cellular malfunction is the one disease, and there are only two reasons why cells malfunction.

- **Deficiency**, the lack of something cells need to function normally
- **Toxicity**, the presence of something that interferes with normal cell function

To simplify, think of deficiency and toxicity this way: *too little or too much*. Deficiency and toxicity occur for many reasons, including a person's thoughts, emotions, and beliefs.

To help you understand and control deficiency and toxicity, the Beyond Health Model offers Six Pathways, think of them as six roads, to achieve health and avoid disease. Where you are and in what direction you are moving on each pathway will determine the state of your health. If you work to optimize your position and direction on each pathway, better health and a longer life will be your rewards.

The **Six Pathways** are: Nutrition, Toxin, Mental, Physical, Genetic, and Medical.

The Nutrition Pathway: Citizen, Heal Thyself

Decades of research on diet and illness has led to the following conclusion: Malnutrition is the leading cause of disease in America. Although many Americans claim to be eating a healthy diet, they also admit it is far from a perfect diet. No one ever told them that a chronic deficiency of even a single nutrient will cause disease, and studies show that virtually every American suffers from a chronic lack of several nutrients.

If you are for the most part “well” or if you are “sick” more often than not – regardless of your age, gender, or state of health – you have the ability to make changes to your diet that will allow you to live a longer, healthier, happier life. To do so, begin by learning to recognize and avoid the enemies of cellular nutrition.

The Big Four – Disaster in the Average American Diet

Much of the standard American diet consists of the Big Four: sugar, white flour, processed oils, and dairy/excess animal protein. Sooner or later, this diet will make you sick because it deprives you of critical nutrients while delivering powerful toxins to your body. Eating the Big Four is a prescription for deficiency and toxicity. The result is disease – guaranteed. Eliminating the Big Four will go a long way to helping you prevent and reverse disease.

One or more of the Big Four are found in almost all processed and fast foods, which most people eat every day. Perhaps you are thinking, ‘if this is what everyone is eating, how can it be bad? And how bad can it be?’ *The answer is: bad enough for three out of four of us to have a diagnosable chronic disease, for cancer and heart disease to be epidemics, for two out of three of us to be overweight and for our life expectancy to be on the verge of turning down.* Is that bad enough? These “foods” are driving our epidemic of chronic and degenerative disease and causing the unaware to eat themselves into obesity, disability, and early graves.

Most people live on food from the supermarket, which is almost completely make-believe food, lacking in critical nutrients and loaded with toxins. Since it looks like what we think of as food, most people believe it is food, but it doesn’t meet the needs of our cells like Real Food. In fact, many of these processed, make-believe foods are actually “un-foods” because your body actually loses nutrients trying to metabolize them.

To improve your life and your lifestyle, begin by consuming a diet of REAL FOOD, which can be recognized because:

1. It is organically produced, fresh, whole, and unprocessed.
2. It contains the nutrients that nature intended and is free of manmade toxins.
3. It consists predominantly of fresh, organic fruits, vegetables, legumes, sprouts, raw nuts, seeds, and whole grains in their unadulterated state.

Only REAL FOOD supplies your cells with the critical nutrients they need. In our society, however, it's not easy to eat REAL FOOD 100 percent of the time. Whatever effort you make to add more REAL FOOD to your diet will move you toward health and away from chronic disease and preventable obesity.

Nutritional Supplements – Compensating for Our Deficient Diets

Although the myth persists that you can get all the nutrients you need for good health by eating a “balanced diet,” seriously depleted soils, artificial fertilizers, poor crop rotation, premature harvesting, long transit times to market, over-processing, and other factors make this nearly impossible today. In short, nutrition in the food supply is so lacking that supplements have become a necessity for most people. Commercial broccoli contains half the calcium it contained only 50 years ago; carrots contain only 25% of the magnesium. These are only two examples of what the consumer is up against. The average American gets only a fraction of the nutrition needed for optimal health. For example:

At least 70% of Americans do not consume the Recommended Daily Allowance of zinc; 80% do not get enough vitamin B6; 75% do not get sufficient magnesium, and more than 90% are deficient in essential fatty acids. Other common nutrient deficiencies include vitamins A, B1, B2, B12, C, and D; calcium, iron and enzymes.

In contrast to the decreasing nutrients in our food, *our need for nutrients has increased*. We require massive amounts of antioxidants to neutralize toxins in our environment, including the chlorine in our water and ozone in our air. Without sufficient antioxidants, free radicals will damage tissues and DNA, and we will age prematurely and be sicker in the process. In addition, our lifestyles require additional nutrients to counteract the effects of the stress we cannot escape.

These are all reasons why taking supplements to replace missing nutrients is absolutely essential today.

Unfortunately, choosing the right supplements is not something the average person is equipped to do. Reading labels can be helpful. However, labels rarely give sufficient information to fully evaluate a supplement, and even then you have to be an expert to understand the subtleties of what you are reading. Most vitamin supplements are poorly formulated, made with the wrong molecular forms, contain detrimental fillers and have low biological activity at the cellular level. This is why most of the money people spend on supplements is wasted. Most supplements are not worth the money paid for them. Studies have found that most supplements are useless, some are even toxic and dangerous, and sorting which from which becomes a challenge and a health gamble.

The quality of the supplements you take will have a major influence on how they are used in your body and the effect they have on your health. Therefore, choosing supplements with the highest quality and purity is the only wise choice, but it is a task for an expert. This is why Beyond Health researches supplements and provides a service to the public by identifying and making available only the very best.

At the very minimum, everyone should be taking at least three supplements daily. That includes a high-quality multi-vitamin/mineral, a non-toxic vitamin C and essential fatty acids. It is critical that you provide the cells what they need on a daily basis. If you're not providing the basics, you're guaranteed to have cellular deficiencies – one of the two causes of disease.

The Toxin Pathway: Lightening the Load

Toxicity is one of the two causes of all disease. Toxins interfere with cell chemistry by disabling critical enzymes, damaging DNA interfering with hormonal activity, and signaling disease genes to turn on inappropriately. Some toxins interfere with electrical and light signals that control intercellular communications, limiting the distance these signals travel and stopping signals from reaching their destination. This causes chaos in your body's communication and feedback systems, resulting in dysregulation and disease.

Unfortunately, almost every American is in toxic overload. This is a major contributor to our epidemic of chronic disease. However, help is available. We have personal control over most of the toxins to which we are exposed and can learn to avoid them if we choose.

Thousands of products are presented as helpful, safe, and timesaving. In truth, they are loaded with dangerous chemicals that are contributing to our toxic overload. The exposures are as subtle as the promotion and advertising, so we don't recognize these toxins and the harm they cause. Even physicians rarely consider our accumulation of toxins as a primary cause of disease, nor do they inquire about the toxins to which you may be exposed.

Therefore, you must protect yourself and those you love. You must learn how to:

- Lower your existing toxic load;
- Avoid additional exposure to toxins; and
- Support your body's detoxification system.

When the amount of toxins coming in exceeds our capacity to detoxify them, the result is toxic overload and disease. To lower your existing toxic load:

Avoid additional exposure to toxins:

Learn where they are and how you are exposed to them. Toxic overload results from small exposures each day from many sources, including: breakfast cereal, deodorant, dry cleaning, exhaust fumes, furnaces, hair dye, hot water heaters, magazines, mattresses, newspapers, perfume, processed foods, antibacterial soap, deodorizers, deodorants, disposable cups, fire retardants, mothballs, particleboard, plywood, permanent-press clothing, shampoo, soap, cosmetics, toothpaste, sunscreens, synthetic carpets, a newly painted room, your car and many other insidious sources.

Make healthier choices:

As an example, synthetic-fiber carpets are a major source of indoor pollution. As many as 200 chemicals come from the fibers, adhesives, backing, and padding. These carpets can outgas toxic chemicals for decades. Experiments show that mice exposed to fumes from new carpets can die in a matter of hours, and even 12-year-old carpets can cause severe neurological problems. If carpet fumes can kill mice, what are they doing to you, your children, and your pets? As a safe alternative, use carpets made of natural fiber or hardwood floors with natural-fiber area rugs.

Support your body's detoxification system:

Eat a diet of fresh, whole, organic foods – especially vegetables, such as broccoli, Brussels sprouts, cabbage, cauliflower, garlic, kale, leeks, onions, and radishes. Supplement with critical essentials including: vitamins A, B complex, B-12, C, E and K, plus boron, calcium, copper, iron, magnesium, manganese, selenium, zinc and N-acetyl-cysteine, alpha lipoic acid, curcumin, milk thistle extract and MSM.

Exercise regularly:

Rebounding is especially helpful (see the Physical Pathway). Drink generous amounts of purified water. A good rule to follow is half your body weight in ounces; if you weigh 120 pounds, drink 60 ounces of water daily; if you weigh 200 pounds, it is 100 ounces.

Take regular saunas:

Our bodies were designed before the petroleum age. Since then, the environment has become a sea of oil-soluble toxins. Never before exposed to such toxins, our bodies are not designed to get rid of them. Saunas are the only reliable way to rid yourself of accumulated oil-soluble toxins. Today, regular saunas have become a necessity.

The Mental Pathway: Mind Over Matter and More

The Mental Pathway might be the least easily understood of the pathways. Most of the complexities of the human mind remain a mystery to us. But the bottom line is this: what we put into our minds is perhaps even more important than what we put into our bodies.

The activity of our mind affects every cell in our body. For instance, the reason that a placebo [a drug with no effect] works is that what we believe largely determines what we achieve. Your body is an obedient servant. It does what you tell it to do. Your body is listening every moment of the day, and you are constantly giving it instructions, whether you're aware of this or not.

Unfortunately, all too often, those instructions are negative ones that only add to your problems. If you keep telling your body it is fat or sick, it will obediently comply and keep you that way. This makes it difficult to get well or lose weight. How much better it would be if you were to tell your body several times every day that it is healthy – right now. Eventually, your body will receive the message and follow your instructions.

You can use the incredible power of your mind to great benefit or waste, keeping yourself accomplished or defeated, youthful or debilitated, healthy or struggling with disease. In too many ways and on too many days, thinking small limits you to a mundane life, making you vulnerable to disease. Break out of this self-imposed mindset and you can harness the power of your thoughts and your beliefs to make radical changes in every realm of your life, including health and weight loss.

What image do you have of yourself? Perhaps it is time to do a mental inventory and reshape that image. You will never rise above the way you visualize yourself. Don't focus on your disease, your fat or your weaknesses, but on your strengths. Envision your potential. Positive change rarely just happens. You must envision it, plan for it, and seek it.

Here are three steps to help you harness the power of your mind to optimize your health and well-being:

1. Visualize,
2. Set goals, and
3. Put your mind to work

Visualize – Picture What You Want

Sadly, most of us take more time to plan our grocery shopping list than we do to plan ways to ensure a future that is free of disease. Here is a suggestion: in the coming week, set aside five to 10 minutes each day to sit quietly and think about what you want to achieve. Visualize yourself free of disease and excess pounds, with toned muscles, smooth and glowing skin, full of energy, and a radiant smile. Picture your cells healthy and functioning together optimally. Envision your physical problems or discouragements replaced by vigor and accomplishment. Let your imagination go. Become empowered by a vision of this ideal you. Believe that it can become a reality. Periodically throughout the day, conjure up this focused image. Cast off doubt and remind yourself that countless others have used the power of their visualizations to conquer their weaknesses and to transform their lives.

Set Goals – Very Few Do

Most people don't set goals, usually because they never learned how. A goal is a statement that guides you in pursuit of what you want to achieve. A goal has meaning for you; is specific, measurable, flexible, and attainable; has a time frame; and is written down, then displayed in a visible place.

Here's a list of questions to ask yourself when starting the goal-setting process:

- What do I want to do, have, learn, become?
- How do I want to spend my time?
- How much money do I want to have?
- What is the purpose of doing this?
- What are the rewards and benefits?
- What will I have to do to make this happen in 1-3-5 years?
- What am I prepared to give up in pursuit of this goal?

Put Your Mind To Work – Take Action

Your first step is to believe that you can attain your goals. Begin each day with positive mental images of how you are changing. Affirm your dreams out loud. As you begin your day, repeat aloud positive affirmations. We all use affirmations, but many times we say or think negative things. We may get up and say, "I feel lousy," "I am sick," "I am fat" or "I am so stupid." Stop yourself when you are voicing negative affirmations and train yourself to think and speak positively. Mind over matter puts you on the path to a long, happy and disease-free life.

The Physical Pathway: Helping Yourself to Longer Life

The Physical Pathway might be the most easily understood of the pathways. This is because we live in a physical world, one that we have been aware of since birth.

Physical activity will keep you looking and feeling young. Those who stay active – bicycling, gardening, hiking, rebounding, swimming, walking, and enjoying adventures of all kinds – appear younger than their years.

A recent study found regular exercisers added up to four years to their lifespan, when compared to sedentary people. Exercise resets your body's metabolism, encouraging it to burn more fat. In fact, the amount of fat you are burning right now and the amount of beneficial chemicals your body produces depend on when and how you last exercised.

Fortunately, moderate to gentle exercise is sufficient; however, it must be regular. Many forms of regular exercise are available. Here are a couple of exercises that almost anyone can do.

Rebounding is a unique exercise that involves bouncing on a mini-trampoline – and its effects are almost magical. Rebounding is enjoyable and easy to do. It can be done by almost anyone, regardless of age or physical condition. It sounds too good to be true, but rebounding conditions, heals, strengthens, and tones the entire body in as little as 15 minutes a day. It's estimated that six minutes of rebounding is equivalent to one mile of jogging.

Walking is an effective low-impact aerobic exercise that almost anyone can do. It doesn't require training, is easy on the joints, and has significant value. If you are not in shape, start with slow-paced walking. Regardless of where and how you begin, the faster you walk and the longer the distance you cover, the greater your benefits. A two-year study of 200 overweight people determined those who walked briskly an average of at least 40 minutes a day lost the most weight. The study also showed those who listened to music while walking followed their exercise plan more closely and lost about twice as much weight as those who walked without music.

Another important aspect of your physical environment is sunlight.

The media and most physicians tell us the sun's rays are harmful. They instruct us to lather up with sunscreen and put it on our babies and children. People have been so frightened by the press about skin cancer that many avoid the sun as their worst enemy.

Did our ancestors stay out of the sun? Did they use sunscreen? Most of them were outdoors every day, and they did not suffer the cancer and other chronic diseases we do. The truth is our bodies need sunlight;

sunlight is an essential, highly-beneficial nutrient. Too much food is harmful to your body and too much sun can be harmful as well. But full spectrum sunlight, in the proper amount, is vital to your health. Sunlight feels good on your skin and makes you feel good. It affects the brain, cultivating a positive attitude. Many people become depressed during prolonged periods of gray days without sunshine.

Sunlight boosts the immune system, helps keep hormones balanced, helps lower blood sugar, increases the body's ability to deal with stress, lowers blood pressure, and reduces the resting heart rate (lessening the work load on the heart). The sun draws toxins out of your body through the skin. Sunlight helps your body produce vitamin D. Sunlight is one of the few sources of vitamin D, which is essential for strong and healthy bones and for preventing cancer, multiple sclerosis, and other diseases.

One more thing: 96% of the nutrients your body uses every day are acquired from the air that you breathe, rather than from the food you eat. You can go days without food and even water, but you cannot go for more than a few minutes without oxygen. Oxygen is your cell's most vital nutrient. Inhaling high-quality air in order to maintain your health is something we rarely consider, yet it can drastically affect how we look and feel, our resistance to disease, and even how long we live. Deep breathing of fresh air is an essential part of health maintenance. Oxygenating your cells energizes your body. The more oxygen available to your cells, the more energetic you will feel and the less hungry. The next time you are hungry or tired, take a few minutes to practice deep breathing outside. Your appetite will likely be suppressed and your sluggishness diminished.

The Genetic Pathway: Link to the Past, Passageway to the Future

The Genetic Pathway might be the most perplexing of the pathways. This is because we are born with certain genetic characteristics, but we are also given the ability to control the environment that we create for our genes and the way that they express themselves throughout our lives.

Although your genes affect everything that happens in your body, most people have little understanding of what genes are and even less understanding of what controls these genes.

By definition, **a gene is a sequence of DNA that determines an inherited characteristic.** This unit of inheritance is copied and transmitted from one generation to the next. Genes determine such fixed factors as eye and hair color.

However, most genes activate only under certain environmental conditions. This is why genes are not a guarantee that something will happen – only the potential for something to happen. In addition to inherited

characteristics, such as hair color, we also have genetic predispositions. These could include a predisposition to cancer, gum disease, insulin resistance, or obesity.

Genetic research has given us a new understanding of genes, the role they play in human health, and how each of us has more power than we realize to control what happens in our genes and in our lives. For example, we now know diet and lifestyle have tremendous impact on how the genes we inherit influence our health.

Genes have the potential to invite disease, but what you do with your life and how your diet and lifestyle instruct your genes is more important in determining the story of your life. So, **whether or not we contract an illness is determined by the instructions we give our genes.** This means that if we don't like the results we're getting, we need to – and have the ability to – change the instructions.

For the most part, you have the ability to turn a genetic potential into a genetic reality by triggering the precise environmental or mental factors that will turn on the associated genes. So, consider the following powerful information:

Genes may run our lives, but we can control our genes, *so we run our lives.*

We need to protect our genes from damage by avoiding toxic chemicals and exposure to radiation such as X-rays, while supplying them with the nutrients required for daily DNA repair.

The environment we create for our genes determines how they express. We need to create a healthy environment by protecting them from toxins, exercising appropriately, controlling stress, eating a good diet and taking supplements to supply our cells with all the nutrients they need on a daily basis to keep our cell chemistry balanced. Nutrient-rich foods help create a chemical environment in each cell that keeps the health-producing genes turned on and the fat-storing, rapid-aging, and disease-producing genes turned off.

When you grasp the nature of your genes as something you control, you will also understand that **you have power over disease.** You turn genes on and off through the chemical, electromagnetic, physical, and mental environments you create. A mixture of signals given by your environment, lifestyle, nutrition, and even thoughts determine how you control your genes.

When a cell is provided with the proper nutrients, kept free from toxins, and placed in a supportive environment, health-supporting genes are activated, aging and disease-causing genes remain dormant – and then both you and your cells remain healthy.

The interaction between inherited genes, nutritional intake, environment, and belief at any point in time are the triggers that determine your current state of health or disease, including how long you will live. Disease and old age are the result of the rate at which we age, not the number of years we have been on the planet.

Moving yourself in the right direction on the Genetic Pathway will allow you to enjoy a long and disease-free life.

The Medical Pathway: Choosing Ultimate Healthcare Over Conventional Medicine

The Medical Pathway might be the most challenging of the pathways. This is because we have been conditioned to believe that “the doctor is always right.” Most of the time, this is not true.

If you are faced with an acute, medical emergency, such as an accident or heart attack, you need a medical doctor. For chronic illnesses, doctors have no solutions; their focus is on managing diseases by suppressing the symptoms. For chronic conditions, you need Ultimate Healthcare, which focuses on removing the causes through nutritional strategies and health enhancing therapies to repair and strengthen the cells in your body. Rather than managing your disease and keeping you sick, you need something to make you well. Rather than attacking the body with toxic drugs and invasive surgery, we need to nurture the body with good nutrition and detoxification.

The most important considerations in the Medical Pathway are these:

1. Never willingly and without question surrender control of your health. Instead, educate yourself before you follow the advice of anyone, including a physician. Remember, most physicians have only a limited set of tools (drugs and surgery) that are outmoded, ineffective, and proven to be dangerous.
2. Always ask if there is a better, safer alternative before you agree to take toxic drugs or undergo risky surgery. Always seek a second opinion. Remember, a second opinion doesn't have to come from another medical doctor.
3. It is usually better to seek “Ultimate Healthcare” rather than “Conventional Medicine.”

Conventional Medicine is what most medical doctors practice. Obsolete and more than 100 years behind the technology, conventional medicine doesn't address the true causes of disease, because most doctors have been taught to prescribe drugs and do not understand the roles of Deficiency and Toxicity.

Physicians use powerful synthetic drugs to suppress symptoms and keep the patient out of immediate danger, while the patient continues the unhealthy lifestyle that caused the problem in the first place. In the meantime, the drugs themselves are toxic, and they interfere with normal metabolism and inhibit the natural healing process. Drugs cause cells to malfunction, creating and promoting disease – making everything worse.

Surgery is often recommended for many of the problems presented to physicians, but why would anyone think the way to restore health is to cut out body parts that are essential to health? It's been estimated that as many as 90 percent of surgical procedures are unnecessary, including 90 percent of hysterectomies and up to 97 percent of coronary bypass surgeries. Using Conventional Medicine, diseases and obesity remain

chronic, patients suffer, and medical and social costs continue to increase astronomically – all this in the name of “disease management.” Ask yourself if you want your diseases managed – or if you want to choose health and get well.

About Ultimate Health

Ultimate Health is what we all want. It is attainable through the application of advanced science by using this simple roadmap – and is free of the limitations of drugs and surgery. When you’re making decisions for yourself or someone you love, choose Ultimate Health. You too, can take control of your health and make more choices that will support your cells to achieve the highest levels of biological function.

Conclusion: Living the Beyond Health Model

As the basis for your Ultimate Health Solution, the **Beyond Health Model™** maintains there is **One Disease, Two Causes of Disease, and Six Pathways** to health and disease. Understanding the model and living it every day will allow you to take responsibility for your health. Then you can eliminate deficiency and toxicity, rebuild your cells, and prevent or reverse almost any disease.

To understand more about the model, we recommend you read the best-selling book *Never Be Sick Again*, by Raymond Francis, founder of Beyond Health.

Beyond Health is a premier healthcare resource; think of us as your partner in health. We constantly review the scientific and medical literature to bring you the latest information. Our trained nutrition advisors are ready to make recommendations based on the Ultimate Health Solution and help you make informed choices.

Whether you need nutritional supplements, high-quality olive oil, or a sauna, Beyond Health offers products that have been researched and approved by Raymond Francis and rank among the best in the world. Each of our products has been painstakingly selected because it is the finest in its class. This gives you assurance you are making the best possible investment in your health – and receiving products that are safe, effective, and appropriate.

Live the Beyond Health Model – and *Never Be Sick Again!*

For information or to receive your personalized nutritional program, contact Beyond Health:



© 2011 Beyond Health
6555 NW 9th Avenue, Suite 108
Fort Lauderdale, FL 33309
www.beyondhealth.com,
email: mail@beyondhealth.com
Phone: 1-800-250-3063
Fax: 1-954-492-1325