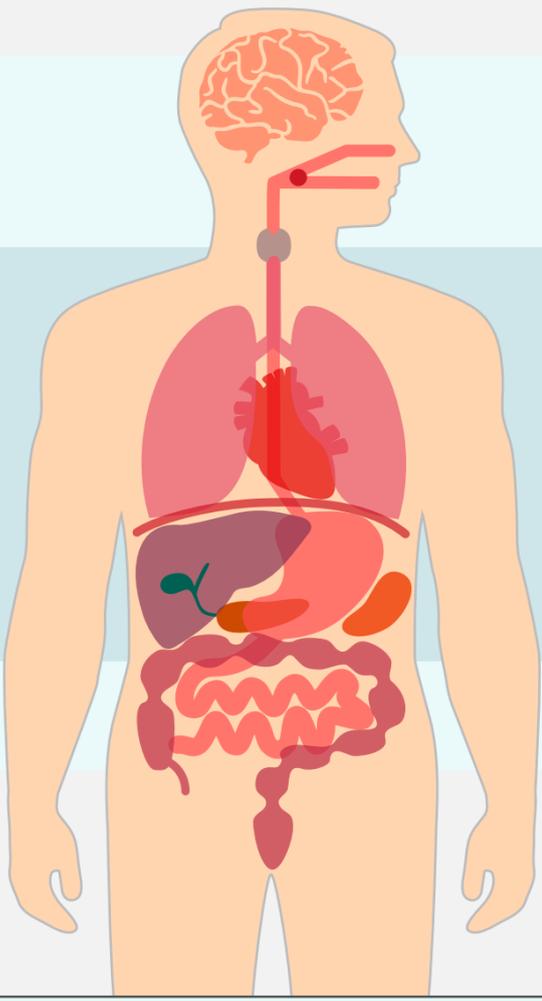


3 MANDATES OF EXTRAORDINARY HEALTH

1. STOP THE POISONING

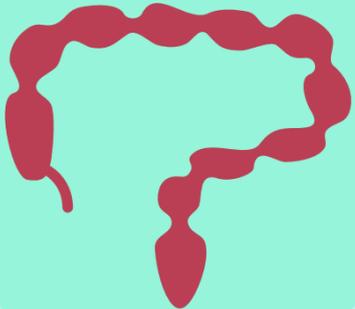


Stop fueling your body with acidic food and beverages.
Stop giving power to negative thoughts.
Stop neglecting your body by not working out.

Become more aware of the physical, emotional and environmental hazards that you are subjecting yourself to.

Start empowering yourself to take back control of living a healthy life.

2. CLEANSE AND DETOXYFY



Colonics

Open the channels of elimination by removing toxins from the colon and intestinal tract

Stimulate lymph flow

Fuel the flow of lymph for a healthy immune system by deep diaphragmatic breathing, rebounding (jumping on a mini-trampoline), dry brushing or lymphatic massage.



Dietary cleanse

Fast to cleanse the digestive tract, blood, intestines, kidneys, liver and lungs.

3. REVITALIZE AND REGENERATE



Optimal nutrition

Fueling your body with optimal nutrition is essential for energy and well-being and is the foundation of building the body you desire.

Structural integrity and Aerobic power

Create structural balance and maximize nerve flow. Physical activity increases circulation while proper posture will help your musculoskeletal structure.



Emotional juice

Introduce incantations to your daily routine. Find magic moments throughout the day that you can use to experience gratitude. Focus your energy on the positive aspects of life.

TONY ROBBINS