

Amazing Life Wellness Protocol



Current Paradigm: Health = Managing Symptoms with DRUG\$!

Better Paradigm: Give Our Body and Mind the Resources to Heal!

A. ATTITUDE! *(Your Positive Internal Motivation and Your 'Why' for Being!)*

It is Crucial to have an Effective Stress Resolution Strategy! (Stress = Toxic Body Chemistry!)

1. Resolve Past Problems, Issues and Traumas (Negative Emotion = Stress!)
2. Create Positive Habits and Behaviors (Proactive "Can-Do" Mindset = Freedom!)

B. BUILD Your Body and Mind! (Strong Immune System = Health!)

1. Super Dense Nutrition (We Exchange Over 300 Billion Cells Every Day!)
2. Movement and Exercise (Appropriate Activity = Life!)
3. Remember to properly Hydrate, Get Appropriate Rest and Maintain Body Alignment

C. CLEANSE Your Body and Mind! (Remove Load From Immune System)

1. Open your 5 Pathways of Elimination (Your Body's 'Doors and Windows')
2. Fully Detoxify your Body and Mind (Clean Out your 'Temple' of Toxins & Parasites: Bacteria, Virus, Parasites, Yeast, Mold, Fungus, Chemicals, Metals, Acids & Poisons)

1. MAP Your Success!

When using a Map you need to Know 2 Things:

1. Where Is Your A.B.C. Now? (Be 'Brutally Honest' with Yourself!)
2. Where Are You Wanting to Go? (Set Reasonable and DO-able Goals!)

2. PLAN Your Success!

Advance 'Step By Step' (As You Become More Aware...)

1. Stop Doing What Does Not Work (Stop Causing Harm!)
2. Start Doing What Does Work (Start Causing Health, Happiness & Success!)

3. DO What Works for You! (Nothing Works for Everyone Everytime!)

Get Real about Your Motivation (The Ideal is Not Real – Nothing is Perfect!)

1. Do What You Can Do! (A little Positive is Better than Nothing At All!)
2. Do What You Will Keep Doing! (Positive Actions Repeated Become Habits!)

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We Have the Answers You Need!

A. ATTITUDE Resources

1. **Thought Pattern Management:** Helps you quickly reduce stress, resolve negative Thoughts, Feelings, Emotions and Events contributing to Dis-ease, while creating Healthy Positive, Proactive, Motivated, “Can Do” Mindset supporting optimum Health, Happiness & Success.
2. **Bio-Tuner:** Synchronize the Brain’s Hemispheres to Optimize Mental Activity, Reactivate the Body/Mind’s Endocrine System to Create Greater Well-being, support Addiction Recovery, Reduce and Control Pain, Experience Fuller Integrated Mental Abilities (Helpful with ADD, ADHD, Dyslexia, Dysgraphia, and other learning behaviors.) Yes, there is Safe, Effective help!
3. **Minds Eye:** Uses Brainwave Entrainment to Re-Align, Re-Tune and Re-Balance our ability to Mentally Focus, our Brain Functions and Optimize our Circadian Rhythms for Robust Health.
4. **Bio-Feedback:** Helps you get in touch with and gain positive control over your Mental States, Emotions and Moods by playing Fun Games that help you open your Mind’s Fuller Potential.

B. BUILD Resources

1. **Super Dense Nutrition:** We use the Finest Quality, High Potency Resources Available to Feed the Body and Mind, to Rebuild and Maintain Optimum Health at the Foundational Levels. We are continuously researching and when we find better products, we use the best products!
2. **Movement and Exercise:** We customize programs to fit Your Individual Needs. Movement and Exercise Activate the Lymphatic System (your Body’s Janitor), Optimize your Metabolism to Normalize Weight, Maintain Bone and Muscle Density and Joint Lubricity. We help you create simple and easy to follow programs with interesting variety. Remember: Movement = Life!

C. CLEANSE Resources

1. **Open Pathways of Elimination:** Your Five (5) open Pathways remove Dis-ease causing toxic and parasitic burdens, boosts your Immune System and maintains your Optimum Health. We use Gentle Herbal Formulations, Detoxifying Teas, Mineral Clays, along with High Quality and Potency Supplements to keep these pathways open and functioning to support your Health Filled Life!
2. **Detoxify Body and Mind:** The average person has **1 - 5 lbs. of parasites** at any given time! We have state of the art resources including Rife machines, Beck Protocol and Oxygen Therapies, to eliminate Dis-Ease causing Bacteria, Virus, Parasites, Yeast, Mold and Fungus. Our Gentle Herbal Formulations, Detoxifying Teas, Mineral Clays, and potent Supplements remove harmful Dis-Ease causing Chemicals, Poisons, Metals and Acids that can overload the Immune System. A Strong Immune System is the Foundation of your Optimum Health & Life!

You Deserve Amazing Health, Happiness & Success Today!

Ask About Private & Group Sessions, Presentations & Workshops!