



Restoring **MEN'S HEALTH,** Vigor & Vitality

Dr. Marlenea La Shomb, N.D., LMT

In my line of work, *JumpStart Your Health*, men's health is key. So when I heard Dave Skattum's speech on his new book, *The 4 Pillars of Men's Health*, at Livingston's Toastmasters club, I knew it was a must read. Our men are in trouble. And when they seek out help or improvement, many times, they are offered how-to programs to build muscle and increase sexual stamina. Nearly half of all men don't even meet basic federal activity guidelines, with a 35% obesity and hypertension rates.

Many times, life deals with men in cruel, crippling ways. They sink into despair and begin a downward spiral of negative thinking. Enter the four pillars of men's health, four keys to maximize your inner and outer strength, a practical, well researched guide filled with personal experiences that are far removed from theory and full of encouraging ways to become a healthy man. The 4 pillars are: *Nutrition, Exercise, Accurate Thinking, and Spirituality*. They were discovered by Dave to give whole health to a person, landing him in the top of his field in public speaking, triathlons and business, and doing it in six years.



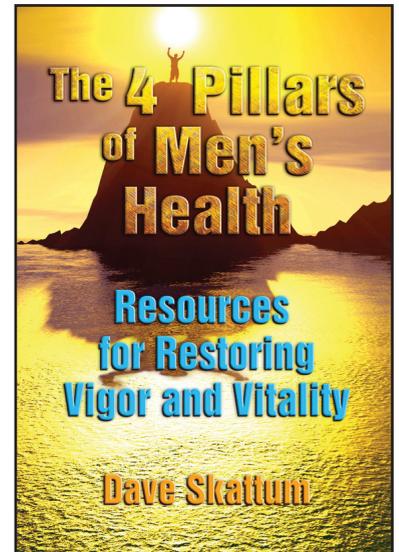
We help men live long, healthy, fulfilled lives by forming community and promoting education around excellent nutrition, exercise, thinking and spiritual habits.

—Dave Skattum

Dave ate the (SAD) Standard American Diet for the first 45 years of his life. His turning point was watching a friend get his leg sawed off because of serious diabetic degeneration. He looked down and couldn't see his shoelaces and knew things need-

ed to change. Thus started his explorations into health and well-being. His wife of 32 years, Laurie, writes: "I'm so proud of my husband for the positive changes that he has made. It's been surprising that he's been able to change the way he thinks about food. He's made a total turnaround from unhealth to health!" Dave has taken off 70 pounds, has raced the Ironman Triathlon twice, does ultra-trail running, enjoys periodic fasting, has become a certified personal trainer, and is a certified Napoleon Hill instructor.

Contact Dave directly for a free 1/2-hour health-coach consultation or for speaking engagements at (406) 220-4450, by



May-June '19

DISCOUNT COUPON

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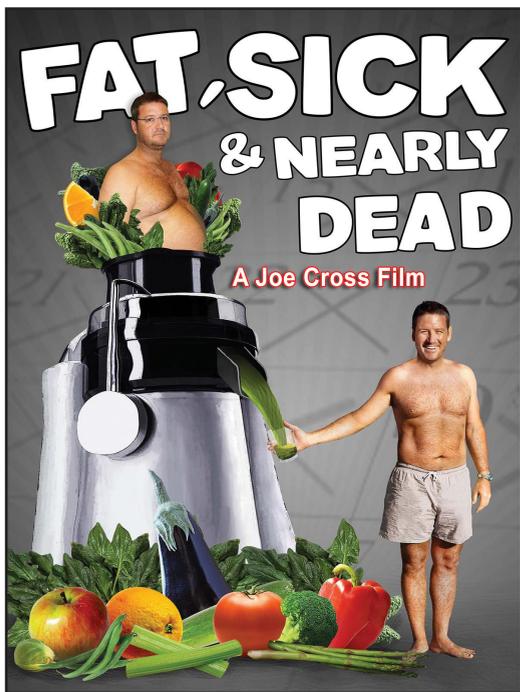
Interfaces with the body and the ZYTO software to provide quick, accurate feedback based on responses to specific bodily signals.

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got their information on juicing from “the Juice Man,” Dr. N.W. Walker, with his groundbreaking book, *The Natural Way to Vibrant Health*.

James Green’s book, *The Male Herbal, The Definite Health Care Book for Men and Boys*, is fun and easy to read. Herbs and plants are often overlooked as vital sources for health. Through this book, men can create an herbal program attuned to their unique body type, lifestyle, and health needs.

Dr. Richard Schulze, has been a major promoter of natural health and provider of excellent herbal formulas for many years. See his DVD 8-Volume set, *Natural Healing Crusade*, which tells the story of how herbs saved his life. Visit HerbDoc.com. ■

All the above men’s health strategies, plus more, are used in Dr. Marlenea La Shomb’s health coaching and practice. See coupons for a 1/2 hour complementary men’s health consultation and with the Zyto Hand Cradle.

email at the4pillarsofmenshealth@gmail.com. Visit: 4PillarsOfMensHealth.com.

Over the years, I have come across some other excellent resources for men. These include the DVD shown above. Joe Cross was at the end of his rope, tipping the scales at 310 pounds, loaded up on steroids, and suffering from a rare, debilitating auto-immune disease. Joe saw a path laid out before him that wouldn’t end well. This astounding film chronicles Joe’s personal mission to regain his health. Visit JoinTheReboot.com. Many of these authors



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