

“Five Simple Changes”

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Dr. Rashid Buttar, is a best-selling author and a natural-health activist. He ranks among the top-50 doctors in the U.S. and has treated thousands of patients with life-threatening conditions in over 92 countries. He is the creator of the medical-assessment program called, “The Map to Get AHEAD™” (see opposite page), which stands for “Advanced Health Evaluation and Assessment for Detoxification.”

As the first steps toward wellness, he recommends these five simple lifestyle habits. He assures us that they will produce improved sleep, increased energy, and better bowel movements, while enhancing focus, concentration and an overall sense of well-being—all in 30 days. These steps are part of what I’ve been recommending in my practice and in my articles in this magazine for years. Why not give these simple changes a try and see what they will do for you?

1) EXERCISE

Move your body every day. Start walking, if nothing else, and increase your time/steps every day. Goal is to walk 2-to-2.5 miles a day.

2) WATER

Drink at least 1/2 of your body weight per day in ounces of pure, clean water. The human body is 75–80% water, so hydration is essential! Examples: If you weigh 120 lbs., drink 60 oz./day. If you weigh 180 lbs., drink 90 oz./day.



3) SUNLIGHT

Spend 20 minutes in the sunlight every day, with as much skin exposure as possible. No SPF! This is important for Vitamin D synthesis and activation, as well as for calcium balance. For UV safety, avoid 11 am to 1 pm exposure.

4) GROUNDING

Stand or walk barefoot on the earth (grass, sand, soil) for 5-to-15 minutes a day. Our bodies are an electrical system and contact with the earth recharges us with the electrical energy our bodies use and need.

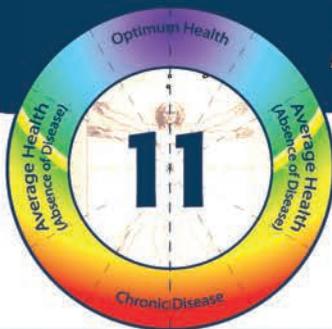
5) GRATITUDE

Have an attitude of gratitude. Count your blessings. Keep a mental or written note of the things you are grateful for on a daily basis. Our attitude and our perception set the stage for the life we experience, which dictates our physiology.

Make a commitment to implement these five changes every day for 30 days and it WILL change your life! Go to AdvancedMedicine.com (use the Invitation Code #112573) to learn how to utilize the AHEAD Map to monitor and track the progress and efficacy of ANY program or treatment you implement in your life. You will also learn how to eliminate the seven major toxicities from your life. ■

Discover the Cause of 92% of ALL Deaths and Eliminate Concern About 3 of the Top 4 Killers in the Modern World So You Can Live a Long, Healthy and "Worry-Free" Life!

STEP 1
TOOL

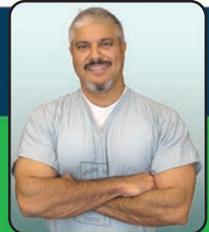


AHEAD Map™

Advanced Health Evaluation and Assessment for Detoxification Medical Assessment Program

- Get access to this incredibly powerful health assessment tool
- Valued at \$300 per assessment, yours **absolutely FREE!!!**
- Powered by 350+ years of combined clinical experience
- Used by over 22,000 people from 92 different countries
- Previously available only through top doctors in the world

Register for *free* at www.AdvancedMedicine.com
INVITATION CODE: **112573** (BY INVITATION ONLY)



Dr. Rashid Buttar
Noted Congressional witness, international best-selling author, and natural-health activist, is ranked among the top 50 doctors in the U.S., has treated thousands of patients in over 92 countries.

STEP 2
PROGRAM

The Map to Get AHEAD™ Program

(\$2,648.55 value)



Experience Improved Sleep, Increased Energy and Optimized Bowel Movements with Increase in Focus, Concentration and Sense of Well Being, All in 30 Days, By Making Simple Changes to Your Life!

Plus...

- Weekly LiveStream Q and A with Top Doctors
- 1 Hour AHEAD Map™ Coaching (\$250 value)
- Hardback copy of "The 9 Steps" Book
- Know Your Options™ - The 9 Steps DVDs
- Subliminal binaural beat audio program
- Over 450 hours of radio show archives
- Access to Exclusive Bonus Videos

Join the **International Association for a Disease Free World (IADFW)**!

STEP 3
MEMBERSHIP

Membership \$99.00. Get access to private uncensored, exclusive weekly content videos and many additional benefits such as:

- Weekly Exclusive IADFW LiveStream Q and A
- Access to Exclusive Webinars and past library
- Lifetime access to all AHEAD™ Map tools
- Access to protocols not available to public
- Discounts on all events, digital products, etc.
- Many other things too numerous to mention

Join today and receive the following 2 Bonuses:

- * Bonus 1 - Upgrade to a LIFETIME IADFW Membership - never pay annual fee again!
- * Bonus 2 - Access to Map to Get AHEAD™ Program (\$2,648.55 Value) - FREE!