

# Become Healthier in Body & Mind

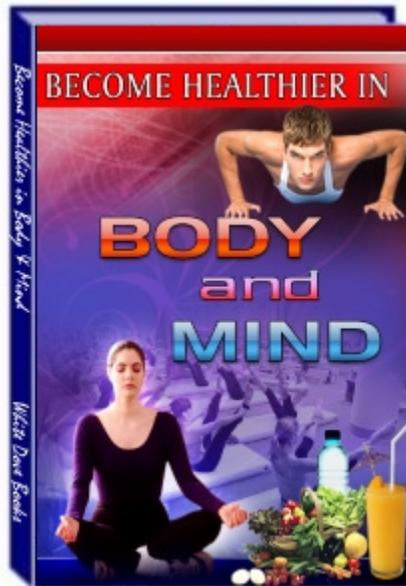
by  
**Sonny Julius**

MY BLOG

FREE BOOKS

OUR AUDIOS

OUR MOVIE



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## About the Author



Sonny Julius is a retired senior citizen who before that spent 29 years in the family florist business. When he finally became dissatisfied with that business he left it. He then became a salesman and eventually a sales supervisor with a staff of salesmen with territories from the mid-west to the west. After spending 20 years with this company he finally retired.

In his retirement years he became interested in the Internet and built some web sites to market self-help and alternative health products.

Four years ago he became much involved in researching the Internet and various other sources for information about alternative cures and remedies for all kinds of illnesses and diseases. Sonny has compiled this special report so people who are interested in better health practices will have a proven guide to follow.

Sonny has also written and submitted several articles on health issues and self - help articles too. Just recently he added a blog with articles on health related subjects.

**[Click Here](#) Now For Sonny's Top Recommendations**

# 8 Ways For Becoming Healthier In Body and Mind

**How to actually produce dynamic results**

**In 90 days or less by taking personal**

**charge of your health**

Hi: This is Sonny Julius. Welcome to this special report that I have put together to share with you proven steps that very few people are using to produce a healthy body and mind.

In fact after applying what I teach you there's a good possibility that you may be among a small percentage of the population applying these applications for enhancing your overall physical condition.

**So here's your chance to separate yourself from the average person.**

What I want you to pay attention to as you learn these techniques and think of the various ways to apply them is this: Watch what unfolds about your entire body and mind system. You see, This Report, and the way it was compiled is a study of healthy practices to apply everyday of your life.

As you read through this report you will find the correct methods for developing a healthier body and mind. You will soon become more aware how valuable these techniques really are.

## **MY GOAL IS TO HELP YOU ...**

- **Restore your body and mind to the healthiest position you have ever experienced.**
- **Become more vibrant and energetic in body and mind than ever before.**
- **Enhance your immune system to the degree you are able to better defend yourself against illnesses and diseases if you are ever threatened by them.**

**Stop!** Before you move on. Print this report. I assure you that you will receive much more benefit from studying over the information, rather than simply browsing through it on your computer screen. Before you even begin reading... Print the report out on paper. Then grab a pen and study it. Circle or underline items of that are important to you. Scribble ideas and notes in the margins. Write out action steps. This information is just information unless you use it. That's why I encourage you to print it out before you read it.

**Ready To Learn How To Create A Healthier Body And Mind?**

**If You Are Let's Get Started Now!**

**I have used the acronym "B-e H-e-a-l-t-h-y" to suggest how each step can help you improve your overall health condition**

# STEP UP TO THE PLATE



## **B – BEGIN THE GAME**

Get in the game of developing a healthy body and mind. Review your overall health condition by reviewing it at this present time. If you have an illness that is not being solved like high blood pressure, arthritis, diabetes or any other illness or disease that is disrupting your life; if you lack the energy you would like to have; if it's becoming more difficult to live an enjoyable life; then you need to answer one of these two questions:

- (1) Do I want to continue to live with the misery any longer?**
- (2) Do I want to try and find some way to solve it forever?**

If you are truly interested in a solution to solve your overall health condition there is a very simple way to make it happen. And that is **“TAKE CHARGE”** starting today. Make up your mind to start adopting healthier ways to live your life. You can depend on this special report to teach you a system for creating a healthy regime to follow each day.

# A HEALTHY IMMUNE SYSTEM IS VITALLY IMPORTANT



## ENHANCE ITS STRENGTH

**Since your immune system should be your biggest concern you want to make sure you do whatever is necessary to make it as healthy and strong as you possibly can.**

When it's healthy and vibrant it works very well. Without a healthy immune system you are susceptible to any sickness or disease on the planet. But what is amazing is you can control just how healthy you want it to be. Your diet, your environment and your daily habits determine it.

If your immune system is not performing at high speed it's usually because you are abusing your body in some way. Now it's not likely you are going to hear this kind of beneficial information from your doctor. So make sure you do what's necessary to increase your odds for staying disease free.

**It took a major incident in my life to become more interested in all kinds of health matters. I was determined to learn all I**

**could about how to get healthier, maintain it and increase my life span.**

It's been a little over four years ago that this concern about health issues became so vitally important. It happened on the day my wife and I had an appointment with an oncologist. We were there to talk to him about treatments for her diagnosed breast cancer.

I had come prepared with information I had gathered from a naturopathic doctor friend of mine. I was there to talk to him about alternative treatments for my wife's disease. However he wanted no part of my ideas. As it turned my wife did accept his recommendations but without my endorsement.

When I left his office that day I vowed I would spend the rest of my life searching wherever I could for alternative methods to cure or treat illnesses and diseases. I also intended to share that information with anyone who cared about it.

Since then I have spent hundreds of hours gathering pertinent information about all kinds of health issues. I have been amazed what beneficial information I found to help improve people's health.

**ABUSE YOUR BODY – AND  
YOUR HEALTH WILL  
EVENTUALLY DETERIORATE**



I have been totally shocked at what so many people are doing to abuse their body.

While I'm in a restaurant eating I'm observing what other people are eating too. I see overweight and obese people eating french fries, drinking soft drinks, eating desserts and all kinds of unhealthy food, and I wonder. Do they eat this kind of food all the time?

Do they ever eat anything baked or broiled or eat fruits and vegetables anytime? If this is their regular diet everyday, don't they realize what they are eating is causing their overweight condition and setting them up for some unhealthy consequences? Then if they contact some serious disease do they ever realize why it happened to them?

The truth is you cannot keep abusing your body everyday eating this kind of food without eventually causing some serious illnesses or diseases. Therein lies some of the root cause of the whole country's major health problems.

If a person contacts a serious illness and visits their doctor they are usually sent home with a prescription drug to take. They are now convinced that this prescription drug will solve their health problem so they agree to take it.

Many times this prescription doesn't help so they go back to their doctor once again and probably get another prescription drug to take. What the doctor should really be suggesting to them are some ideas for creating a healthy regime to follow every day.

**This special report will furnish you with many ways to create a healthy regime to follow every day.**

It will also encourage and teach you what to do to maintain a healthy lifestyle for as long as you would like. Now even though I am not a doctor I can, in most cases, guarantee I have gained more knowledge about nutrition, by my four years of research, than most doctors have learned in their entire time they spent in medical school.

The reason I believe this is true is because the majority of doctors only get a few hours of education on nutrition during their years in medical school. They usually don't know what nutritional guidelines to suggest to their patients. And besides that the drug companies put a lot of pressure on them to use their products instead. Check it out yourself. It's public knowledge.

You also will be learning in this report how valuable it is to become more informed about nutritional supplements too. It's important to know which ones are most beneficial to add to your daily health regimen.

I am not suggesting you abandon your primary physician altogether but it will be advised and discussed later in this report how your doctor can be more helpful to you. It's best to have the assistance your primary health practitioner work with you to help you develop a healthier body and mind without the use of drugs.

**Now let me make a strong point here before you read any further.**

Be sure you read this report in its entirety. I assure you that by following the guidelines I have put together will be most beneficial for you to apply to your overall health picture then you may realize right now.

I know how these ideas have benefited my wife and I in the last four years. My wife's cancer is in remission now and we hope it will stay that way forever. As long as both of us continue practicing these healthy methods it should increase our odds for staying disease free.

## **BENEFITS OF A HEALTHY DIET**



### **E – ESTIMATE THE BENEFITS**

You should become more concerned than ever about your health issues; if you want to feel more energetic; enjoy life to the fullest and defend yourself as much as you can against all illnesses and diseases.

The way to insure that this happens is to take total charge of your health. If you will use the tools I will share with you here in this report, that goal will be accomplished, I guarantee it.

**If you are not really sure what benefits are possible by taking complete charge of your health, here are the things you need to consider:**

First of all eating nutritional food is more beneficial than eating fast food or processed food. There is nothing beneficial or healthy about either one of these unhealthy type foods. There should be no excuse for making these types of food part of your daily diet. No matter what your daily schedule is there is still no excuse for not preparing a nutritional meal.

With all the various ways that are available with modern cooking, meals can be prepared in advance, automatically cooked and ready to be eaten when you are ready to set down for a meal. Don't make it a habit of bringing home fast food or stopping by the grocery for processed foods if you truly want to be a healthy individual.

## **JUNK FOOD - A NASTY CULPRIT**



**You just cannot continue eating this kind of unhealthy food and expect to be a healthy person.** Continuous eating of this type of food is depleting the strength of your immune system every time you do this. Remember what I said earlier. **This is your defense system against any illness or disease you may encounter. WHY WOULD YOU WANT TO ABUSE IT?** Feed your immune system the right fuel and you will be better protected.

Now I know there are times when you might crave a Big Mac, French fries, ice cream, a piece of cake or any type of food like this. I know you just get to the point sometimes when you just can't stand it any longer so you go ahead and eat it anyway.

**Well just remember not to make it a habit or you will never develop or maintain a healthy body.**

So here are the facts. A little indulgence in unhealthy eating once in a while won't pose a serious threat to you immune system but constant indulgence will. Instant gratification is not worth the price of discomfort or a serious illness or disease.

Once you have decided to implement healthier eating habits you need to also know where the sources are for finding healthy food. Today with all the different ways food is mass - produced you cannot be totally sure what is completely healthy.

Meat production in particular is very questionable these days too. My intense research of food production has revealed many meat processes that concern me greatly.

**If you ever saw pictures like I have of the filthy meat processing methods going on today you would be concerned also.**

Even alternative health researchers are have become extremely concerned too of the way some meat is being processed today. Yet government agencies that are responsible for the health of its citizens is not passing stricter legislation to require healthier meat processing. This is why sometimes you hear about food recalls.

**I cannot dwell enough on how you need to be concerned about all of your food purchases.**

Even though your popular food market today is now adding some healthier foods to their inventory they still don't have everything you need that's totally healthy. And you need to really check just how healthy their products really are. In reality their healthy products aren't as healthy as portrayed sometimes.

So it's important to search for food and meat markets that do offer healthier choices. That doesn't necessarily mean organic groceries. But that is the better choice.

What you should be looking for is meat that is processed without using hormones or antibiotics and the animal should be free to roam. This stipulation should also be true for chickens and pigs, as well as cattle.

Free roaming animals are healthier and so is the meat. In the case of cage-free chickens, their eggs are healthier too. Also the ideal way to raise cattle is to feed them a combination of natural grains and grasses.

You should also shop for fruits and vegetables in an organic market or a local farmers market. They are usually grown without harmful pesticides.

**BEING HEALTHY IS NOT THAT  
DIFFICULT**



If you are interested in being healthier it's not as difficult to do as it may seem. I'm sure you have heard the famous saying "**An apple a day keeps the doctor away**" Well maybe it won't keep the doctor away entirely but it's a good start.

However it does take a strong commitment on your part to agree to make better choices about your health. Besides adopting a healthy diet plan there are three other things you should do that will enhance your overall health condition. Here they are:

\* **Adopt a regular exercise program.** Even if it's just walking, biking or doing simple exercises in your home, that's good. Then if you get more serious about exercise later you may want to join a health club. But keep this in mind . . . regular simple exercise is better than no exercise at all.

\* **Learn ways to relieve stress and be able to relax more.** It's been proven over and over again that stress is a major factor to be concerned about when thinking of your overall health. Being highly stressed affects all of your bodily functions, including your mental condition as well.

\* **Become highly informed about nutritional supplements.** Learning how they can benefit your entire body is something everyone should know. Even when you initiate a proper diet plan

and start eating healthier foods you probably should still add some other nutrients to your diet. Just eating the proper food can't do it all.

Nutritional supplements are beneficial in many ways. It's easy to find the answers about the best ones to take on a regular basis. If your doctor is not nutritionally knowledgeable about them, then go to a local store that sells these products (The privately owned stores are usually better than the franchise stores) and get the proper information you need.

### **Did you know that America is one of the sickest nations on earth?**

Yes it's true and besides that, they are only one of two nations in the world that allows prescription drug advertising. The other nation is New Zealand. Now that is not good news because drug companies are convincing people their products are the answer for solving their health problem.

The drug industry will never tell you about alternative methods to cure any illness or disease, nor will they ever recommend nutritional supplements. As a matter of fact they have even tried to convince certain authorities to classify nutritional supplements as drugs.

This is just another movement by Big Pharma to keep the public dependent on their drugs. Until we keep letting this industry convince us that their products are the proper way to handle our health conditions, this country's health problems will get even worse. Let's don't let it happen. Start taking proper care of your own health and you won't need any prescription drugs.

**Let me repeat this once more and make sure you hear it loud and clear. Your unhealthy condition is not going to be solved with drugs ... EVER!**

**Believe me ... The Only Cure for your illness or disease is the Alternative Medicine Way**

### **H - Hear the comments about your health**

If you have family members, friends, any relatives or your doctor that are concerned about your overall health condition listen to them intently. If they believe you are alarmingly overweight, highly stressed, not on a healthy diet or anything else they are concerned about heed their advice real soon.

If you are under a doctor's care you should know exactly what he/she is suggesting as a cure for your ailment. Listen carefully what is being suggested. Ask a lot of questions too. Make sure you are getting all the information you need to be fully informed?

Once you understand everything that's been said about your health condition, you may even want to scrutinize the doctor's judgment further. Don't be too quick to accept the advice being offered. It's probably best to go home now, before making any decision, and spend a little time analyzing what your physician has told you what the solution is for correcting your ailment.

**DON'T MAKE A QUICK  
DECISION**



Now in case your doctor believes you have an emergency situation I still believe it's important to get as many details as you can about your health problem. Before agreeing to treatment make sure you understand why it's so important to make a quick decision. This situation comes up more times than not when the diagnosis is the need for heart by-pass surgery.

Many times this condition is not always as much of an emergency as one would believe. Here's where getting a second opinion might be the best choice to make. The general public does not usually know about the high percentage of wrong diagnoses being made by doctors everyday. So it may be best to get a second opinion.

There are many reports of doctors wanting patients to agree to surgery or some radical treatment quickly. There are even times when a visit to the hospital emergency room may be necessary however don't always agree to be admitted until you understand all the reasons why you should be admitted.

**There are just many reasons why you should stay out of the hospital if it is not absolutely necessary.** It's a fact that deaths in some hospitals are unbelievably high. (I have found many horror stories about this subject) Unless you can be convinced it's a dire emergency then you really should disagree to be admitted or even agree to surgery at this time.

# DOCTORS SHOULD BE HELPFUL



## **E – EVALUATE ALL COMMENTS MADE**

Wherever these comments are coming from about your health make sure you evaluate them thoroughly. If your doctor or anyone else is suggesting certain treatments to cure your ailment make sure you thoroughly understand everything about them and either accept the advice or reject it.

You have already been made aware that there are alternative ways to address many illnesses and diseases today. Most people are not aware of these methods. But I can tell you this for sure, I have found alternate treatments that certain people have used successfully. They are backed up by favorable testimonials too.

So I encourage you to think about your doctor's advice or anyone else advise seriously now. If there is a way for your condition to be treated by alternative methods ... don't you think that's a better approach to consider for correcting your ailment?

It's not likely that most conventional doctors are going to make you aware of these remedies, treatments or even cures that are available right now. Whether you want to believe it or not there is

documented proof that even the drug industry wants this kind of information silenced.

You see they won't make any money if cures are found. They just want you to keep buying their **Band-Aid products** and keep convincing you that by gobbling down their products everyday will solve your ailment. But in reality these drugs do absolutely nothing to cure your health problem. It's even been known that some drugs could make your condition even worse sometimes.

**Listen to this surprising news.** There are many published reports I have read where government agencies have raided legitimate and highly qualified doctor's offices because they recommended alternative treatments for their patients.

Some of these doctors have been dealt with strong warnings to not continue this practice any longer or be subjected to even stronger measures being inflicted. There are even proven facts that these same types of raids have been conducted on nutritional health stores also.

However I still believe you should discuss the idea of alternative treatment with your doctor and see if you can get an agreement to have he/she work with you in treating your illness with these methods

If you can't get a positive response about this from your primary doctor, then maybe you need to find another doctor who would agree. A naturopathic or holistic doctor could be your best choice. (I have a holistic doctor working with me on a few of my health issues)

**Anytime you can prevent taking prescription drugs, reject major surgery or even put it off until later you will always be better off for at least the moment anyway.**

# DECISIONS CAN BE DIFICULT



## **A – Arrange for additional consultation**

So if your doctor is not agreeable about your suggestion of using alternative treatments for your ailment then make an appointment for additional consultation either with another doctor or a qualified health professional. Getting additional information might be just what you need to make a better decision.

Just put a hold on your decision for now until you feel more comfortable about making the right decision. I know that it can be really challenging to reach a decision about your health especially if your illness involves surgery

It isn't the most comfortable situation you to want face in life. You can become so dependent on your doctor's opinion that you feel afraid to differ with their decision.

But when you are not getting any positive results to correct your illness don't you think it's time to do something else about it?

Most people are not willing to confront their doctors about what is the best way to handle their condition and try to get it solved once

and for all. They believe whatever is being told to them by their doctor is the right choice for them to make.

What most people would like to do is get a fast and easy cure for their ailment. While that might be nice it's not always possible even with alternative methods.

Don't be so foolish to believe any claims your doctor makes about a prescription he believes you should take to solve your illness. . You must be careful not only what your doctor says is best for you; but also about ignoring his recommendation and taking an off-the-counter drugs instead.

Either of these options could be dangerous and very poor choices. There are better choices you should make; like alternate methods instead to replace the drug you or your doctor chooses.

I am sure you already know taking any drug, whether a prescription or one off-the-counter drug, is usually the side effects you have to contend with. Why would you want to subject yourself to constipation, headache, abdominal pain, dizziness or any kind of side effects like these? With alternative methods you are not likely to experience these kinds of discomforts at all.

Some drugs have even been known to cause even permanent disability too. This may be a blunt statement to make, but stop being influenced by those who only care about their bottom line profits instead of your health.

You will be learning more about many health issues as you progress through the rest of this report. They will help you make a better decision about your health condition and how to handle it properly. I have heard "knowledge is priceless." I believe that couldn't be truer when it refers to your health.

# DO YOUR OWN RESEARCH



## **L - Learn more about alternative methods**

Every day people are being convinced that the only way to treat an illness or a disease is by conventional medicine methods. That greatly irritates me because I know it's not true. I found many cases in my research where people who had a persistent illness or disease got cured using alternative methods.

Whether you had an appointment with a health consultant or not here is some additional resources you might want to consider. There are a variety of books, special reports and newsletters about many health issues and alternative methods for curing your illnesses and diseases.

You can easily find this information on the Internet with a Google search. This is how I gathered much of the information in this special report over a four year period of time.

The Internet is not as bias as the national press or as your local press is. Most of the information about health issues comes from concerned medical doctors and qualified health professionals.

Here's another issue that irks me too. Medical researchers are still looking for ways to cure cancer. The pink ribbon campaign for funds to find a cure for cancer is the most disgusting of all campaigns.

Now if you think that's a harsh statement to make let me assure you there is already cures and proven treatments for many forms of cancer.

As a matter of fact one of friends, Bill Henderson, provides one resource I am truly excited about. He has written a book that offers proven cancer treatments and cures.

It includes many testimonials from people who have used his methods and got amazing results from them. If you are interested in his book, you will have an opportunity later to get more information about it.

The three-ring circus of fund-raising just seems to go on and on all the time. Fund raising drives for many well-known diseases and illnesses, as you know, are always going on in many places throughout America.

But, in most cases, there are already cures for these diseases. Now there are some fund raising drives that are worthwhile but most are not. So here's my recommendation.

Let's start raising funds to publish these findings about alternative methods all over the country in as many publications that will accept the information.

This could be a real challenge because the medical profession and the drug companies usually have such a strong influence on the press they may never accept this kind of information.

Now if you find that hard to believe let me tell you why I believe this is true. How many times have you ever found information about alternative methods for treatment of diseases in your local newspaper or on your local or national TV stations?

You will usually only find out about these alternative methods by reading special reports such as this one? With that said, let me try to get the attention of all doctors now.

**HERE IS MY APPEAL TO THE MEDICAL PROFESSION**

**DOCTORS STOP!  
DO NOT PRESCRIBE POISON  
MEDICATION TO YOUR  
PATIENTS**

**LEARN MORE ABOUT  
ALTERNATIVE CURES AND  
REMEDIES**

**Now here are some additional health issues that might interest you. They are not always widely known by everyone.**

- **There is invaluable information available about the root causes of major illnesses and the methods to cure them.**

- **Discover the amazing power of eating whole foods. They work with your own body's healing process. They help you cure yourself naturally by eating these foods.**
- **It's been proven that exercise is an excellent way to ward off various diseases.**

**The list of alternate cures for a variety of illnesses is immense and most people are not aware of them. At the end of this report you will be directed to a site that will provide that information in detail. Here are a few of those diseases that will provide you with that additional information**

Got arthritis? – There is a cure. \* Got diabetes? – There is a cure. \* Got high blood pressure? – There is a cure. \* Got Alzheimer's – There is a cure.

And there's another valuable resource you will learn about at the end of this report that addresses not only health issues but also your total life issues.

It's an effective self-study course that teaches you how to quickly program your mind and body to automatically lose weight, improve your health, achieve more success, reduce cancer risk, have better relationships and enjoy life more.

There are also many free bonuses included in this offer that are just fabulous. It's a fantastic guide that will be helpful for reaching all your goals. There will be more information on this special resource at the end of this report.

# ACTION GET'S THE JOB DONE



## T – TAKE ACTION NOW

**Get moving.** If there is no doubt in your mind now that you are finally ready to take charge and implement proven methods for becoming healthier; if you have taken the time to analyze all the reasons to proceed with a healthy plan; if you are totally convinced you are going to follow a healthy plan and stay with it; then don't let anyone, including your doctor, to convince you otherwise.

**Here is how to get started.**

**These are the six health issues you should address to propel you towards developing a healthier body and mind condition.**

**Diet:** Your first priority should be to eliminate fast food and processed food from your regular diet. Then discover what a healthy diet is and develop and implement it into your healthy regimen everyday. It should include some portions of protein and plenty of fruits and vegetables too. It's also wise to keep sugar and salt intake to a bare minimum.

**Weight management:** This is vitally important to your health condition. An overweight condition and lack of exercise can have a dramatic negative affect on your entire body and mind. It should even be a more serious concern because of the danger to your

heart. This is one of the key factors that cause heart attacks and stroke. So I believe it needs to be addressed sooner than later.

**Mind Control:** The power of your mind is one of the greatest assets you possess. Use it to improve your health, accomplish goals, build fulfilling relationships and achieve prosperity. The Jose Silva Ultramind Course is a fantastic way to develop your mind to the fullest.

**Unhealthy habits:** Alcohol and drug addiction are serious habits that can be very detrimental to your overall health condition. If you are experiencing either of these habits there are programs to correct them now.

These should be addressed immediately if you don't want your health to deteriorate any further. These habits are probably some of the toughest one to break. By developing a positive attitude for eliminating them you will be well ahead of the game.

**Stress management:** If you are highly stressed regularly or even occasionally it's still important to learn how to eliminate or manage it. Most people will experience some stress and anxiety periodically. The one thing to be most concerned about is how severe your stress is. Once you learn the process for controlling it your life will run smoother and you will be able enjoy it more. A calmer attitude has many merits.

**Nutritional products:** Whether you believe nutritional supplements are important or not, believe me, they are critically important. Even if you are maintaining a healthy diet it won't necessarily meet all your nutritional needs.

Every food cannot supply you with enough of various nutrients to satisfy your needs. That's why you need to add certain nutrients yourself. You can either learn which ones you need from your

doctor (that is, if he/she is fully knowledgeable about nutrition) or preferably find a home owned nutritional supplement store in your area that supplies them.

**If you will utilize the information above, you will be well on your way to creating a healthy body and mind. And to assist you, at the end of this report you will find a link to those proper resources that will help you enhance each of your personal health issues.**

This next step is really going to be extremely helpful for you. In your journey towards achieving a goal for a healthy lifestyle here's some ideas to make it easier for you to cope with any challenges you may experience.

## **THE ROAD TO SUCCESS IS CHALLENGING SOMETIMES**



### **H - Handle difficulties and challenges easily**

**Keep focused** on your long- range goals to create a healthier body. Don't ignore any challenges you may be experiencing.. Just address them immediately. Learn what is necessary to overcome

any adversities that come about. Making a choice to finally take charge of your health or anything else in your life is usually challenging.

However never get discouraged or quit doing what is necessary to enhance your overall health condition. In the long run overcoming a persistent and frustrating ailment is going to be very rewarding in many ways.

Stay strong in your beliefs. Just don't let anyone or anything at all keep you from continuing with your plan. And only converse with those people about your goal who are very supportive and will encourage you to complete it. Also end any conversation immediately with anyone who is not supportive of your intentions to improve your health.

## **THIS IS NO FAIRY TALE**

I want to remind you once again that during my many hours of research I found story after story of people who restored their health back from even some of the most devastating diseases like cancer, diabetes, heart failure and many others.



**This is no laughing matter.** There were plenty of cases I found of people being told they only had only a few months to live but

decided they were not willing to accept that ultimatum. They searched for and found alternative treatments that eventually helped them cure their disease.

It's very satisfying to know there are alternative methods for curing any of your illnesses or diseases without resorting to prescription drugs.

Once you apply these methods to solve your own health condition you are going to be glad you did. You won't have to contend with all the side effects from prescription drugs any longer.

Using these methods to solve all your health issues will make the transition from sick to well so much easier than gobbling down a bunch of poisonous pills everyday.

You should know, if you don't already know, that most politicians are not your friend when it comes to your well being. While there are a few of them who do have an interest in your well being; there aren't enough of them to get the proper legislation passed on alternative health issues.

This is one the most critical issues that needs immediate attention by members of Congress. Yet the alternative health legislation we truly need is always blocked by the FDA and Big Pharma.

They definitely don't want laws that aren't favorable to them. If it should happen to them, their profits will take a steep dive and they won't be earning millions any more.

However I got some good news for you. Their profits **HAVE** dipped somewhat lately. And it's well known they are negotiating for commercials with tougher sales messages. Can we put an even tighter squeeze on them? I hope so. Let's try it.

Some doctors got tired of the pressures from drug companies and their own profession how they should take care of their patients. They were told it should be the conventional way not the alternative way.

So what happened, some of them actually suspended their practice, and start publishing a newsletter. The information in their newsletter reveal a great deal of information about alternative methods for cures and remedies for many ailments and diseases.

Some of these doctors have even begun to sell nutritional supplements or connected with a supplier of them, They usually supply some very helpful advice on the best supplements to take too.

Now there is a sizeable number of the general public starting to become more suspicious than ever of the claims being made by the drug companies for curing their illnesses. They are not believing the claims as much as they use to.

They also don't understand why their doctors aren't properly curing their ailments. Patients are wondering why their doctor is not getting down to the real cause of their ailment.

Doctors just keeps pumping patients full of poisonous medicine and within a few days they may begin to feel worse then before they took it. So the patient returns to the doctor, once again, and this time gets a replacement prescription or an additional prescription.

Before long some patients end up taking multiple prescriptions. I have had some friends of mine telling me they take nine or more prescriptions every day. This scenario plays out thousands of times every day in America.

The only way you will ever stop this nonsense is to take complete charge of your personal health. So why not start now and stop being sucked into a system that doesn't truly care about your health at all.

You can be in total charge whenever you choose to do so and we will help you along the way. We guarantee that. With the proper support and guidance we furnish you will accomplish your mission without fail.

**A HEALTHY BODY AND MIND IS  
WONDERFUL**



### **Y – Yearn for a healthy body and mind**

Shout out to the world if you are ready to make a change in your overall health condition. Yearn for a healthier body and mind and do what is necessary to make it happen.

If you have now decided without any reservations at all that you are definitely ready to implement the action steps suggested then make that commitment now.

If you definitely follow through on your commitment you will be unique. It takes a lot of will and persistence to make a decision to change.

Only a small percentage of people will take charge of their health. Many people just don't have that much drive or courage to take the necessary action to improve their health.

Now once you get started it's important to stay with your commitment. And when you do you will see even more value everyday in your decision to take charge of your health.

By adopting these principals as part of your daily health regimen you will finally realize it's one of the smartest decisions you have ever made. It's a commitment that will be beneficial for you for the rest of your life.

Please don't stop yearning for a healthy lifestyle; it's better than a drug dependent life; and it's going to pay off for you in the near future. Here are some things you can expect real soon:

- Periodic visits to your doctor shouldn't be as frequent any longer. (A yearly visit might be the only one you will ever need now)
- It won't be necessary to get hooked on prescription drugs any longer either.
- You shouldn't be feeling lousy any longer like in the past.
- You should soon be able to say WOW! My health problems have finally been solved.

## **Conclusion**

Well I have done my best to provide you with much evidence of the merits of taking charge of your health. Now it's time for you to decide if you are ready to take on that mission. So here is my question for you.

**How Would You Feel If In 90 Days Or Less You Could Become Healthier Than You Ever Have In Your Entire Life?**

**Well You Can Make It Happen Now By Applying The Six Health Issues Suggestions We Outlined In The Special Report.** However now you will have some added resources to apply to them that addresses each health issue. These resources are going to guide you to more specific steps you need to apply each day to develop a healthier body and mind.

# SonnyJ Total Health Control Plan Is Here To Help You

[Click Here](#) Now For Sonny's Top Recommendations

Are you ready to apply those specific steps? Do you have a strong and burning desire and even the persistence to take charge of your personal health today? If so here's what you need to do next.

Start applying the techniques available with these resources and you will find it's not that difficult to change your overall health condition. You will be able to do it with much more ease than you ever thought possible.

The suggested steps within these resources are proven methods for enhancing anyone's total health condition. **(There are many testimonials to support these claims)**

## **Here is what is included in my Total Health Control Plan:**

- Valuable Resources To Address Each One Of Your Personal Health Issues.
- Available Programs For Proven Cures Of Several Illnesses and Diseases.
- Money Back Guarantee On Any Resource You May Not Be Satisfied with.

**S.A.& Associates  
Sonny Julius**

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by Will Edwards

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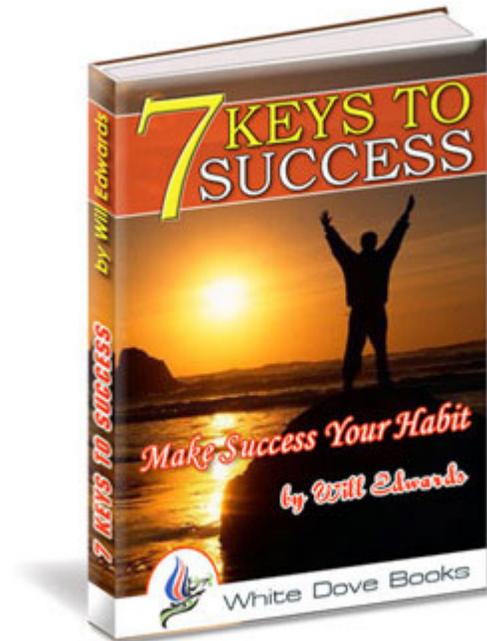
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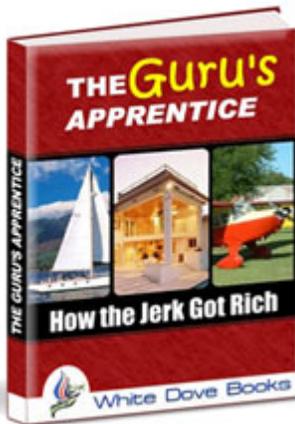
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## About White Dove Books



Will Edwards is the founder of [White Dove Books](#) - the internet's leading website for Self Improvement and Personal Development. A graduate of the University of Birmingham, he develops and teaches Personal Development workshops and is a published author.

Within its first three years, White Dove Books was recognised as one of the internet's leading sites for self help and personal development; breaking into the top 100,000 sites on the internet at the end of 2005.

The INSPIRATION newsletter was started in 2005 as a way of providing helpful information including tips, articles and free inspirational eBooks to our visitors.

Today White Dove Books works in partnership with many authors and on-line publishers of inspirational material to provide a quality on-line service that serves thousands of people in many countries across the world.

Our mission is to help people to develop their own unique talents, abilities and passion in order that they may lead more meaningful, joyful and fulfilled lives.