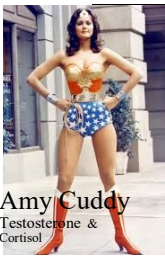


WELLNESS at Work & Play: Experiencing Rejuvenation
 NATIONAL EMPLOYMENT COUNSELING ASSOCIATION <http://employmentcounseling.org>



Aging is an accumulation of damage to macromolecules, cells, tissues and organs.
 If any of that damage can be repaired, the result is rejuvenation.

Universe Filled with Interconnected Forms of Energy

What if you have the power to heal your body just by changing the how you think and feel? Lisa Rankin MD
There is no illness of the body apart from the mind ~ Socrates

Types of Knowledge:
 Theoretical
 Scientific
 Intuitive

Endorphins = Endogenous Morphine
 Triggers: Sunshine Exercise Meditation
 Massage Laughter and Smiling

Toxins in combination with unhealthy cellular terrain.

VEGUS Nerve Andrew Weil MD
 Gut -> Heart -> Brain
 Yoga Breath 4-7-8 Twice Practice

Physical & Emotional
DETOXIFICATION CELLS

Holistic Integrity
Acting in tune with your Values.
Mind Body Spirit

Probiotics <http://www.bluebiotics.com/> Yogurt, Kefir, Sauerkraut, Dark Chocolate, Microalgae, Miso, Pickles, Tempeh, Kimchi, Kombucha Tea

Intermittent Fasting
 Organic Local

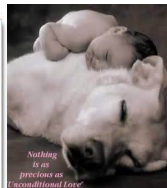
Pasteur vs Bechamp

Healthy at 100



Human Genome Project US Department of Energy
NEUROPLASTICITY
 SNP (snip) Permanent Genetic Change Epigenetic Tags

Beware Greenwashing
 Trust?



Breathe
 Unconditional Love
 Bathe

BENEFITS OF JUICING
 Weight Reduction
Improves Metabolism
Reduces Hunger
Detoxes
Balances Hormones
Controls Blood Sugar
Reduces Inflammation
Reduces Body Fat
Increases Energy
Reduces Body Odor
Improves Hair & Nails



Peace
 Knowledge
Success
 Prosperity
 Long Life



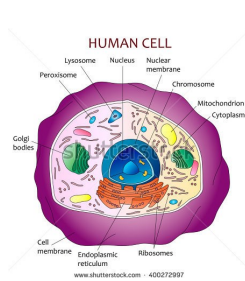
TUMERIC
<http://www.nutrition-and-you.com/healthy-herbs.html>
 Sugar -> Carbs ->
 Fats -> Ketones
 Cold Pressed COCONUT OIL

<http://orthomolecular.org/>

Cholesterol Linus Pauling Vit C

Integrative Medicine <http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>
 New Age Doctors & Healers Association <http://www.nadanet.org/> <http://www.wellbeingjournal.com/>

Price-Pottenger Journal of Health & Healing Heroes Against Cancer Newsletter



Graceful Aging Cell Regeneration = Quality Control Self Repair or Apoptosis
 Healthy Cells are Well Protected Expired Cells are like having a leaky roof

Cellular Waste & Toxic Debris
 Accelerates aging
 Damages immune system
 Promotes Cancer

Healthy Cells
 Absorb nutrients
 Convert to energy

Senescent Cells
 No longer function
 Do not repair or self destruct
 Clog the system

Poor Diet, lack exercise & Stress
 Generate inflammatory Cytokines
Cytokines signal other cells

Low Glycemic Diets
 with Vitamins, Trace minerals, Phytochemicals, Antioxidants
 help body generate Adenosine Triphosphate
 ATP Universal Cell Energy <= Mitochondria

Glutathione Peroxidase the Essence of Cell Vibrancy Super Antioxidant

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