

LIFE & HEALTH....

is like rowing a boat down the river!



Hopefully at first it is one big joyous carefree game!

**Having fun finding out how to row the boat!
And excited about the forthcoming adventure**



The visuals are so beautiful
we don't listen to a noise that is in the distance.



We enjoy our friends, family, and striving for success

Getting distracted and not paying attention to the noise that is getting louder



We start to finally notice that the boat is moving faster with a strong undertow, moving us along faster and making it harder to slow down, and change course.



The noise has become so much louder,
that we can no longer ignore it,
and the current so much stronger,
we try to change course – with difficulty.



**Because we finally realize too late
that around the corner...**



**is the crisis we now face, that was creating the noise
we had ignored for too long!**

Where are you in this
“river of life” analogy?

**DON'T WAIT UNTIL YOU ARE
IN A MAJOR HEALTH CRISIS!**
(Its too painful for you and your loved ones.)

If you start **early** to listen to the “noise”
(of your body letting you know with its aches and pains!)
and give it what it needs along the way OR
if you are already feeling the strong “undertow”
**the sooner you pay attention and
make important changes, the better!**

If you are interested in reviewing
a selection of educational and
visually easy-to-go-through files,
to improve ones health,

I'm here to help.

... because there ARE solutions which are
not complicated to follow, that turned my
own health around, and hundreds of other.

So if they can help you
then we are both blessed!

Phone or text me with your email address.

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