

UNDERSTANDING HEALING

at the cellular level



All life begins and ends at the cell level.

WHAT IS THE SMALLEST LIVING PART OF EVERY ONE OF US?

The cell.

Your whole body is made entirely of cells. Blood cells, bone cells, brain cells, skin cells, gut cells. These cells are the smallest living parts of us. You can think of them like our building blocks.

All life begins and ends at the cell level.

Similarly, all function begins and ends at the cell level.

If you have **ANY** symptoms of ill health, such as...

- Brain fog
- Low energy
- Autoimmunity
- Thyroid problems
- Weight loss resistance

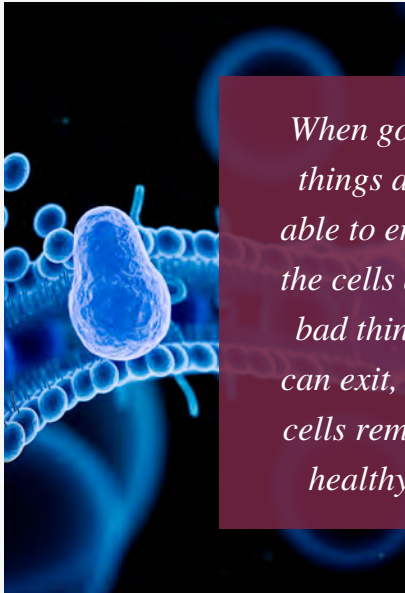
...then it is traceable back to the cells of your body.

So, how do our cells start to become damaged, resulting in the symptoms like those listed above?

To understand that, we must first talk about what enters and exits the cell.

Our cells need oxygen, nutrients, and hormones to function properly. They use these things to make energy. But when energy is produced, you also get waste. These waste products have to be able to get flushed out of our cells for us to remain healthy.

You can compare it to the idea of lighting a fire in your fireplace. Without the chimney, you would still have heat (which is energy), but you would have a lot of smoke clogging up your house, too.



When good things are able to enter the cells and bad things can exit, our cells remain healthy.



LET'S TALK ABOUT THE FACTORS THAT NEGATIVELY AFFECT OUR CELLS' ABILITY TO STAY HEALTHY.

Factors that likely affect your life include:

- Poor sleep
- Stress
- Nutrient deficiencies
- Toxins

When our cells are inundated with these, waste will accumulate in the cell. **The result? Chronic inflammation.**

That inflammation happens in the cell membrane, which is supposed to allow good things in and get the bad stuff out. When the cell membrane is inflamed, however, these processes can't happen as they should.

That's when we start to experience anxiety, mood swings, Alzheimer's, chronic fatigue, depression, brain fog, and even thyroid problems.

Why thyroid problems? Because your brain coordinates and controls everything. So if your brain cells are inflamed, unable to let the good in and the bad out, your brain won't be able to tell your thyroid what to do and when to do it.

The thyroid is far more important than most people probably realize. It's responsible for giving us energy, proper sleep, a stable mood, good digestion, brain function, dropping unwanted weight, and having healthy hair, skin, and nails.

Our thyroid cells are responsible for the major metabolic hormones, too, so the ***thyroid affects all the cells in the entire body.***

If a person is struggling with sleep, mood, digestion, concentration, weight loss resistance, or has brittle hair or nails, or hair loss, it's a good bet: their thyroid cells are being impacted by inflammation.



QUICK RECAP:

Our cells are our building blocks. They're our foundation. Life and health begin and end at the cell level.

Over time, stress, poor sleep, bad diet, and a toxic environment can damage and inflame our cells.

Cellular damage, or inflammation, triggers symptoms and disease.

HOW MANY OF YOUR DOCTORS HAVE EVER SAT YOU DOWN AND TALKED WITH YOU ABOUT THE HEALTH OF YOUR CELLS?

They all know the cells are our building blocks. They all know that that's where life and health begin and end.

The answer, probably, is not many. To get well and feel well, you have to fix the cells.

From what we've discussed so far, you know that reducing stress, sleeping well, eating well, and living in a nontoxic environment would all be safe bets.

But it's virtually impossible to do all those things, all of the time!



What are we to do?

Well, it's actually pretty simple.

You have to be willing to do three simple things.

The three pillars to successfully fixing your cells are:

1. You have to be willing and able to find what the cells of your body need and love.
2. You have to be willing and able to find what the cells of your body hate.
3. You have to be willing to do more of what the cells of your body need and love and less of what they hate.

Sounds too basic, right? Too good to be true?

It is basic, but it isn't too good to be true. And I'm going to prove it to you.

First, as humans, our bodies were designed to heal and survive. Think of if you get cut with a knife. Instantly, your body will go to work healing the cut. Or think of the last time you got a cold or flu. Your immune system went to work to get rid of the sickness. If you break a bone, your body will instantly go to work to help it mend. No doctor, drug, or supplement can duplicate that. It's how God made our bodies. Scientists refer to it as homeostasis.

Though our bodies want to keep us well, we still have to do our part. There have been huge strides recently in understanding how to find what your body needs and what it doesn't need.

If you're willing and able, you can apply the tactics that we know work in a specific way that is tailored to you.

That tailoring is key. Your body knows how to get well. Hypothyroid, Hashimoto's, hyperthyroid, Grave's disease, high blood pressure, high cholesterol, Type II diabetes – your body wants to heal from these. And fortunately, in nearly all cases, these things can be reversed or avoided.

Some of you may have a diagnosis like the ones previously mentioned. Others may not have a diagnosis yet, but still have tons of symptoms.

That doesn't matter! Use the same principle of doing more of what your cells love and less of what they hate, and the body will have a chance to heal.

HOW DO WE DO THIS?

Be willing to unlearn some things
Be willing to relearn some things
Be willing to learn some totally new things

LET'S TAKE A CLOSER LOOK

First, you have to be willing to unlearn some things. Unfortunately, we had some things completely wrong when it comes to health and wellness based on the faulty information that we had at the time.

Then, you have to be willing to relearn some things. This means that we had some things partially wrong when it comes to health and wellness based on the incomplete information we had at the time.

And finally, you have to be willing to learn some new things. We're discovering all kinds of new information, meaning that there were some things we didn't know about health and wellness based on the information that we had at the time.



Let's talk about what needs to be unlearned.

First, aging doesn't doom us. I've got an 84-year-old father who still golfs, rides quads, and goes hunting. He also built a deck on our cabin last year. He's fully functional at the age of 84. There are people half his age who can't do what he does.

It's our cellular age and health that ultimately matters.

Also, genetics doesn't doom us. We previously thought our genetics were our destiny. Now we know that genetics control only about 10% of our health. Environment and lifestyle control the other 90%.

In other words, there are factors we can do something about! Our environment, like the town we live in, our home, our work, friends, family, lifestyle, diet, supplements, exercise, and medication.

You can even turn genes on and off. It's a field of study called epigenetics. *Bad genes might load the gun, but what you do every day in your life determines whether you pull the trigger.* We know bad genes need to be turned on, but they can also be turned off. That means genes are not necessarily your destiny, which is good news for those who have seen their parents and grandparents get sick or fight disease.

What needs to be relearned?

We can do better than just managing health. Medication is important to manage problems so they don't worsen, **but medications don't address the reason why you're having a problem to begin with.**

Finally, what needs to be learned?

There are only two options to get this information:

option one
GO IT ALONE

option two
GET HELP



Here is the problem with going it alone, as you may already know: *it's complicated.*

You can't just eat the right foods, take some supplements, and get better. What are the chances that you are eating exactly the right foods, and exactly the right supplements, for your body? Not very good. And not to mention the lack of accountability that makes it tough to stick to a new plan!

You could read a manual about flying a plane and then jump in a cockpit and try to pilot it yourself.

Apply this same thinking to your health.

In today's modern world, we encounter things in our foods and environments like no time before. Our bodies weren't supposed to be dealing with much of what they are and that is one reason regaining health is so complicated.

*I'll say it outright: I'm the right person to help you.
Why? Because I did this myself and regained my health.*





I was a busy father, husband, and chiropractor, running a high-volume practice to provide for my family. I tried to raise my life insurance, and guess what?

I failed my life insurance exam.

I was diagnosed with:

- High blood pressure
- High cholesterol
- Fatty liver
- Prediabetes
- Hypothyroid disease

What these tests couldn't show was how awful I felt. I had crushing fatigue, brain fog, panic attacks in the middle of the night, couldn't lose weight, battled skin and digestive problems...

...the list goes on and on.

I kept making excuses, saying I was too busy, but I'd get to feeling better eventually.

Failing that exam was the kick in the pants I needed. I started applying the principles I already knew but hadn't been practicing.

In six months, I transformed into the picture of health. Sure, my outward appearance changed quite a bit. But more importantly, my insides changed. All my symptoms were gone!

And it was because I addressed the real reasons why I was sick. That's the only way a person can ever get their health back. Masking over symptoms will never get results. I knew pills, powders, lotions, and potions were, at best, only going to give temporary, small results.

Since that time, I've helped thousands of people do the same thing for themselves.

You might think, "If this is so great, why isn't everyone doing it?" Well, plenty of people smoke even though they know cigarettes kill. We all know that exercise is something we should do each day, but tons of people don't.

We're human, right? We all have beliefs based on our past experiences that either empower us to take action or limit us and stop us from taking action.

If our limiting beliefs are stronger than our empowering beliefs, we stay stuck.

My goal is to empower you with the information you need to break free from those limiting beliefs and be able to take action.

Because I know that if you do, you'll go from where you are right now, which is probably having tried so many different things that don't work, to following simple and proven truths. With that, you can create instant transformation in your health, in your mind, and in your body.



Most of my patients start seeing results within days.

When you get those quick results, you build momentum that boosts your motivation and carries you through to the finish line.

THAT is how you reach your goals and get well.

This isn't about perfection, though. It's simply about progress. I've helped thousands of men and women regain their health, and not a single one has ever been perfect throughout the process!

Yet I have over a **90% success rate**, which is unheard of in our industry.

If you have failed in the past, it's not your fault.

You just need someone to set you up for success. It doesn't matter if you're a busy person, or always on the road. I can show you how to get better from virtually anywhere.

NOW is the time, though. There's never a perfect time for anything. I was always saying, "I'll get to it" until I failed that life insurance exam and it was finally time to take action.

It's easy to make excuses. But the people who win are the ones who take action, plain and simple.

Are you one of the ones ready to take action? To get started, book your assessment to receive the following offers:

- ▶ **Cellular Health Assessment Webcam Call:** Over the last decade we have been one of the leading functional medicine health centers in the world. This private 1-on-1 online visit is your chance for us to design a clear strategy for reclaiming your health while also having a chance to review your assessment results. (\$297 value)
- ▶ **Whole Body Inflammation Evaluation:** Go one step further and find out where you are at on the inflammation spectrum with this informative assessment that pinpoints the exact areas of your body where you are experiencing cellular damage and inflammation the most and how that translates into the specific symptoms you are struggling with. (\$80 value)
- ▶ **The Cellular Aging Assessment:** Here we're finding out how badly your cells are under attack from chemical toxins (mold, heavy metals, pollution, etc.) and how well your detox pathways are handling the onslaught by taking a look at your ability to process and eliminate toxins. We will also get an understanding of where and how these toxins are affecting the different sections of your body and in your day-to-day life. (\$40 value)
- ▶ **Gut-Biome Integrity Assessment:** Leaky Gut is real and definable: a condition where the cell lining of the small intestine becomes damaged, causing undigested food particles, toxic wastes, and bacteria to "leak" through the intestines and flood the bloodstream setting off a cascade of protective immune responses. This assessment will help you determine if further action is required. (\$40 value)



NOW IS THE TIME FOR HEALING

If you add it all up, the value of these tests and consultation is \$457. But I'm not going to charge that, because I've educated you about what we do.

Instead of paying \$457, if you take action today, you will pay just \$97.

As a functional medicine practitioner who has helped thousands of men and women change their whole life, my goal is to reveal the secrets that will unlock your body's natural ability so that you can radiate health and vitality.

It's my mission to help you understand that simple truths actually work. They work to create the transformation you want in all areas of your life.

This offer is only available right here and right now, though. Put yourself first. We're only looking for action-takers who are ready to transform their lives, RIGHT NOW. Don't miss this opportunity.

**REGAIN CONTROL
OF YOUR HEALTH**

START TODAY

