

Being Healthy is not Accidental. . .The Plan That Can Renew Your Life!

**Author of "THE HEALTH DIET"
tells your audience:**

Instant, safe remedies for:

Flu
Colds
Food Poisoning
...and many more

Why the Body is more than just the
Physical form that we see

Why being "model thin" can be
hazardous to your health

How your Soul can be "anorexic"
or "overweight"

How your Spirit can be "anorexic"

How you can know if your illness is
from Toxicity

Why going to the Dentist can cause
health problems

How Seven Simple Recipes can make
you a great cook

How Speedy House Cleaning Tips
can reduce your stress

...And much, much more!

• **Spiritual Health is important**

The Spirit of God is what makes situations endurable, instead of being seen only through a world view where money, worldly success and power are the only goals. With the Spirit of God, we can see situations with an eye and a mind that transcend the physical world. Find out how.

• **Who cooks at your house?**

Seven Simple Recipes can make you a Chef in your own home. Who needs for cooking to be a hassle? Even a child can easily master these recipes.

• **Who cleans at your house?**

Maintaining a clean home can be "almost fun" with Tips from a former House Cleaning Professional. The right equipment, techniques and 10-15 minutes a day are all that are needed.



When Dr. Pat Boone finally recovered from the Toxicity that had suppressed her life potential, she determined that no one else should have their life potential suppressed just because they didn't know that an "unexplained" illness could be a sign or symptom of toxicity.

After the cause of her toxicity was finally diagnosed in the office of Julian Whitaker M.D., Dr. Boone found that trying to "unscramble the egg" of toxicity required a multi-disciplined health approach, not just a "drive-thru" quick fix that could make conditions worse.

As her recovery continued, she found out more about her body's immune system and how to maximize its performance. She also discovered Natural Health Remedies that worked for her after spending thousands of dollars on prescription and over-the-counter drugs.

Because cooking and cleaning can be stressful and can affect your health, she has also included quick tips for these responsibilities.

But even more importantly, Dr. Boone, with a doctorate degree in Biblical Counseling, has told us very simply how a neglected Spirit and Soul (our Mind, Will and Emotions) can be "anorexic" or "overweight" and how important and fun it is to renew these parts of your body.

• **Natural Remedies are great for Travel**

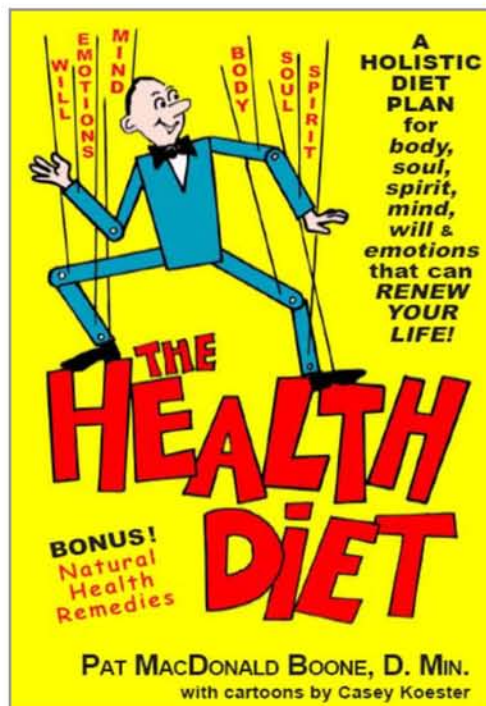
Natural Health Remedies are not just great for every day use, they're great to take along for travel when space is limited. Nothing can ruin your trip like the Flu, a Cold or "Montezuma's Revenge."

• **The First Layman's Guide to Dental Procedures**

Even though almost everyone goes to the Dentist, have you ever seen a book detailing common dental procedures and what their consequences can be? For the first time, in layman's terms, Dr. Boone tells you about what can happen in the dental office.

• **Soul Health is important**

Our Soul (our Mind, Will and Emotions) demonstrates itself through our Thinking, Actions and Feelings. Find out how to keep your Soul healthy, instead of "anorexic" or "overweight."



**"THE HEALTH DIET" is available for \$19.95 at amazon.com
or call: 1-877-Dr Pat Boone**