



Energy Health

Practical Wisdom Tools That Fuel Top Performance

Discover the ultimate optimal health treasure: abundant positive life energy. In this fascinating training, you will learn how to recharge yourself with energy and gain the extraordinary benefits of a vital life force.

Our culture now depends on getting personal energy from adrenal glands artificially triggered by caffeine and short-term sugar rushes. Designed for emergency use only, overly stressed adrenals cause rapid aging, blood sugar problems, immune weakness and fatigue. The pre-eminent medical researcher of stress, Dr. Hans Selye, described the ability to handle stress and change as a function of one's "Adaptation Energy Supply". When stress damage drains that limited supply – without recharging – illness, burnout, disease and exhaustion (death) result.

You will learn healthier ways to energize that nourish your adrenal glands. You will gain a fascinating science-based understanding of biological energy and its importance for immune strength. Like the movie "Ghostbusters", your energy field can become polluted, sickened and drained. Negative interactions with people and over exposure to electro-magnetic fields of computers, cellphones and fluorescent lights can weaken this natural layer of protection. Learn how to prevent illness, flu and colds at the energy level before they ever become physical. Greatly improved health, awareness and well-being result.

Lifelong Skills & Valuable Benefits:

- Recharge your vital life force and strengthen your energy field
- Cleanse your energy field of colds, flu and illness before they can develop
- Develop higher, healthier personal energy levels
- Feel the benefits of a vitalized life force in all areas of your life
- Gain the perceptual advantages used by highly successful people
- Uplift your personal moods and improve interactions with others
- Protect & nourish yourself from burnout and draining interpersonal exchanges
- Enjoy feeling good inside even when life is not perfect
- Recharge your body with nourishing "earth energy"
- Activate your "Life Gate" – the power generator for vibrant kidney/adrenal health

Methodology

Practical application of physiology, bio-physics, attention-focusing, electromagnetic field theory and knowledge of ancient wisdom traditions – to the scientific understanding and direct experience of producing greater life energy, more vibrant well-being and optimal health.

*Producing
Healthier
People*

"If you're not satisfied with your physical, mental or emotional health, this program is for you. All you have to do is try it. It works."

Elmer E. Green, Ph.D.
*Formerly Founder & Director
Emeritus, Menninger Clinic, Center
for Applied Psychophysiology,
Topeka, Kansas*

"It is rare to find such a wonderful learning experience in today's world."

A.K. Zebdi
*Software Engineering Consultant,
Insightful Corporation*

"This very special class has helped me so much I've sent friends & coworkers, all of whom have benefited enormously. I'm here to tell you, you're not even aware of how much stress you carry, nor how easy it is to remedy."

Doug Hotei Rice
*Program Manager, King County
Dept. of Natural Resources*



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Training Time: 4 hours