

Smokers, Obese Workers Get Higher Health Premiums – NYT: 19 percent of major American employers now penalize employees with unhealthy habits:

If you think because you have few or no symptoms of overt illness that you are fine and your health is good . . .



think again . . .

Symptoms come after damage has occurred. No symptoms does not mean no problems if your lifestyle is destructive – no symptoms right now means not yet enough damage has occurred to overwhelm your body's ability to withstand the damage which is when symptoms appear, after enough damage has begun to break down your inner resources. . .

The very reason why I chose to take my training in science and medicine in Germany instead of the US is because in Germany one is trained to understand the truth of science,

how the body works, and how healing is working in harmony with the laws of nature as the body was designed to do. American health care is controlled by the drug companies and intentionally designed to misinform and mislead both doctors and patients about the truth.

The truth which science has confirmed is that 90+ % of all the health problems you will ever face are not crises requiring heroic life savings measures like emergency heart surgery, but rather the end result of many years of a self-destructive lifestyle that eventually produces a chronic breakdown and compromise of your health and results in things like diabetes, heart disease, cancer, depression, arthritis and more.

Your health belongs to you, you alone, not to any doctors, nurses, insurance companies, or governmental agencies – your health and life are priceless, precious gifts which are given to you for safekeeping. What you respect, you will protect. We ask that you respect yourself enough to protect your health so it can then protect you.

Our work is in finding out what went wrong inside, then teaching you about it, and giving you the tools, guidance and support needed to help you make the changes which can produce healing and restoration of optimal health once more.

No one should abuse themselves, and if they do they should have their own inner motivation to clean up, not wait until they are threatened either with symptoms of impending health breakdown or with economic threats from an employer or insurance company – they do not own your health, you do, it belongs to you but so does the responsibility to honor, respect and protect it, to understand it, to preserve it, to restore it.

Is it worth dying for, your donut, your alcohol, your cigarettes, your triple Whopper with super-sized fries? Time to reconsider your options? Time to clean up? Contact us, we can help:



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