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What is Growth and Health for a Lifetime about? Well, it's not a formula, a dogma or a cult... It's more of an active investigation of the development of your state of being, that starts by self-reflection and examination of where and when your reactions to life formed.

We designed the format to help you understand the relationship between your experiences and your mindset, because we want you to understand how those elements impinge on your personal growth and physical health. You need to know how those issues relate to your family, your community, your country and your world.

The first section of the Workbook provides emotional insights into the author's examination of his formative years... how he and his family got confused by false promises, neglect and betrayal. It is intended to illustrate the process that everyone will eventually go through to find their road to truth and self-empowerment. In section two, the author describes the experiences he had as a teenager and young adult, that opened up his mind to an ancient culture that embodied a holistic society quite at odds with the world of today.

The Workbook focuses heavily on the essentials of learning to grow... to become qualified to be a parent to a growing child, and to understand how to shepherd that child through the decision-making process. The parent in you needs to access the right information, at the right time, to enable the child to cope with the growth process.

Later sections of the Workbook encourage you to consider your wider role in humanity. It looks broadly at the exchange made between individuals when they enter into the world of trade and

industry, where 'emotional debt' is often not properly weighed or considered. The effect of the anxiety that may be created by long standing emotional debt is discussed as the precursor of disease at the cellular level, and how prevention of that fear and anxiety can lead you to better health. The program challenges you to consider your development as a cosmic spirit, in which the choices you and society have made during your lifetime help your soul to grow.

If one word could embody the concept of the Growth and Health program, it would be *prevention*... the preemption of every "dis": disease, disorder, disharmony, etc. Becoming involved in this process will require courage, since you will begin to comprehend a wider view of your consciousness than life may have afforded to you up until now. It will also ask you to pay the emotional costs of truth that will enable you to discover the deeper meanings of life.

The Growth and Health program encourages individuals to take complete charge of their lives... To become leaders in transforming the world. To become wise:

- Champions of positive parenting.
- Healers of anxiety and chronic disease.
- Architects of chronic disease prevention.
- Promoters of honesty and fair trade.
- Advocates for a common global currency.
- Builders of appreciation for the human race.
- Energizers of the evolution of free spirits.
- Encouragers of self-respect and self-reliance.
- Supporters of free choice in service to others.
- Enemies of the human's animal nature.

Wisdom is more than respected knowledge we find, it is what enables the best of us to take the initiative to understand each

other, act wisely, and make that knowledge the center of a plan to live healthier and more successful lives.

## **How We Developed the Program**

We didn't need a doctoral thesis to translate our cache of worldly wisdom into a plan to put responsibility for preventing disease back into the capable hands of parents. In fact, we confess to being surprised to find so little that modern science could add to our comprehensive health equation. Yes, it's been hard to believe that such extraordinary wisdom, scope and value - such a complete, systematic prevention plan - was actually taught and practiced by our ancient ancestors more than 200,000 years ago!

By examining the premise of those ancient times, we discovered that eating well and avoiding catastrophic injury have been activities that the best of us routinely practice every single day! So, by our logic, there's never been any excuse for exaggerating these routine costs of living, or for shifting the ultimate problem solving responsibility away from the parents. For us, preventing disease has always been, and will always be, the very center of all such civilized and practical family activities.

The anxieties and chronic diseases of modern times however, are most certainly NOT the products of anyone's wisdom or respected knowledge... our's or anyone else's. Disease is simply the healthcare industry's justification for acquiring the new technologies that are planned to become an integral part of the modern world's paradigm of treatments and cures. Based on this new model, not considering the current costs of military defense services, chronic disease is now the most costly problem in the world!

"It's an unnecessarily complex and expensive problem." we are inclined to say. "You and I don't need a medical lobby to understand how to avoid getting sick! The ideal health solution has always been childishly simple: preventing disease virtually eliminates the need to

pay for expensive treatments and cures. Hopefully, leaders in the world of treatments and cures will soon learn to respect the higher values of prevention."

We currently offer the Growth & Health for a Lifetime program directly and on-line, thereby providing the public with a 7-step workshop, seminar and/or computer download program, that will teach them how their thinking, behavior patterns and lifestyles effect their health. The public then will know precisely what steps they can take to make immediate and substantial improvements in their lives and in the lives of their children. Finally, we offer a number of proprietary evaluation, training and support systems that will add value and profitability according to individual needs.

Based on more than 10,000 individual case studies, our award-winning program enables qualified parents to start preventing growth-related problems in their child's formative years. When initiated later in life, the program enables individuals to more quickly "unhook" from the root of their anxieties, giving them more time to enjoy commensurate success, on their own, in their own right. The program has proven to be most effective and profitable when applied through therapeutic, coaching, career counseling and/or leadership venues.

We have found that childhood anxiety is the root cause of virtually all chronic disease and that all such problems are more quickly resolved by encouraging both physical and behavioral scientists, in all related fields, to cooperate in finding more common ground.

As to future growth; we are currently rolling-out our state-of-the-art Growth & Health for a Lifetime program throughout the world. To facilitate these efforts, we offer qualified coaches and counselors a brand license, alliance and/or equity ownership in the company.

*Are you willing to take the challenge?*

We hope so.