

A Prescription for Outrageous Health

Health Empowerment Seminar Series

October 28 to November 10, 2012

Subject	Titles	Short Descriptions
1 Fundamentals of Nutrition	Let Your Food Be Your Medicine	Understand the proper role of nutrients in your diet and you can eat healthier starting with your next meal ... featuring a unique perspective on diet with The Hierarchy of Nutrients.
2 Protein and Dairy Requirements	Does the Vegan Diet Meet My Protein Requirements?	Covers the myths and misconceptions about protein requirements, scientific basis, best sources, ...
3 Processed and Sugary Foods	Ten Deadly Foods to Avoid	Are you eating deadly foods, or feeding them to your children or your pets? Find out what never to eat and the best foods to eat to stay healthy.
4 Disease Prevention	A Prescription for Outrageous Health	Steps to live by that prove to prevent disease every time ... 8 “doctors” for preventing and reversing all diseases from from A to Z ... AIDS, blood pressure, cancer ... to zits
5 Conventional vs. Alternative Remedies	Gaining the Victory over the 7 Major Health Hazards	Do you know when to choose Alternative health measures and when to choose Conventional? ... powerful natural alternatives to chemo, radiation, surgery, hbp meds, prednisone, flu shots, etc etc
6 Colds & Flu	Natural Remedies for Colds & the Flu	What’s the difference? How to prepare and 12 natural remedies for prevention and reversal
7 Frontal Lobe of the Brain	Diet and Lifestyle Affect on the Brain and Spirituality	Discussion of the dietary and lifestyle factors that impact the frontal lobe of the brain which governs both mental and spiritual wellbeing
8 Supplements	The Truth & Lies About Supplements – Do You Really Need Them?	If you know this you’ll save money on supplements, know the best choices and why they work
Eating & Food Combining	Food Combining Made Easy	Find out what foods you should never combine and what foods are best together.
10 Cleansing and Fasting	Fasting Made Easy	Powerful cleansing tools, 4 types of fasts, benefits and recommendations for all types of health endeavors
11 Weight Management	The 21 Irrefutable Laws of Natural Weight Management	Lose weight and improve health and vitality with these 21 simple principles
12 Vascular Diseases	Gaining the Victory over HBP, Diabetes and all vascular Diseases	What is it, what causes it and powerful natural approaches for preventing and reversing it ... herbal antihypertensive
13 Cancer	Gaining the Victory over Cancer	What is it, what causes it, powerful natural approaches for preventing and reversing it incl natural Chemo, radiation & surgery
14 Making the transition to Outrageous Health	Putting it All Together	If you liked the previous information and principles, and found them helpful here’s how to make the transition