

# The Natural and Safe Way to Better Health

Discover the benefits of getting your body into a natural balance. Imagine experiencing vibrant health; no more pain, aching joints, diseased body and uncomfortable symptoms – only increased energy level.

## People who had these Symptoms are now experiencing Vibrant Health.

- Thousands across the country have achieved
- Insomnia
- Weight Problem
- Forgetfulness
- Poor Concentration
- Leg/muscle cramps
- Indigestion
- High/low sugar
- Ulcers
- Cancer
- Fatigue/Tired always
- Constipation
- Headache, all kinds
- Allergy
- Asthma
- High Blood Pressure
- Arthritis,
- Bloated Abdomen
- And much more

vibrant health through giving the body what it needs to make healthy cells: vitamins, minerals, enzymes, natural foods and juices.



- By doing a simple body chemistry analysis, you can know how well your body is functioning nutritionally and what nutrients are deficient.
- By the analysis of the urine and the saliva you can know for sure which vitamins, minerals, and enzymes are deficient.

## Common Impurities

Impurities and toxins in the body will certainly undermine your health.

### Old Feces

Constipated bowel usually causes various illnesses, including low Energy.



**Normal Bowel:** 2-3 bowel movements/day or 1 after each meal.

### Liver/Gall bladder Stones



- Gallbladder Surgery is the most common surgery in North America.
  - US-over half million/yr
  - Canada– over 50,000/year
- Approx. 80% of all gallstones show no symptoms and may remain silent for years.

### Round Worm

A common parasite that lives in the colon

“We have a tremendous parasite problem right here in the US-Its just not been identified.” *Peter Weiner, Ph. D., Chief of Pathobiology, Walter Reed Army Institute of Research,*



“Overall, about 1.5 billion people have roundworms, making it the third most common human infection in the world.” NUICEF. *The*

*State of the World's Children.*

## On your first office visit:

- Urine and saliva analysis is done
- The result is explained.
- We show how nutrition and your present living habits are impacting your health.
- A Printed Recommendation is given you to follow at home.

### STEP I

#### Remove Toxins and Impurities

A cleansing regime is generally included in the first recommendation. However the degree of cleanse depends upon your symptoms, body chemistry number and your ability to follow the recommendations. The Cleansing may last from 3-10 days and may/may not include the following: fasting, juicing, herb teas or capsules, raw foods, enzymes, Colon hydrotherapy, sweating, lymphatic exercise, resting, etc.

### STEP II

#### Nutrition and Cell Building

With the impurities removed, the digestive organs will work more efficiently, more nutrients will be adsorb, nature will build healthy cells and restore the body to wellness at the fastest possible rate.

### STEP III

#### Awareness

We'll try to help you to become more aware of better choices:

- Choose more nutritious foods.
- Develop healthier lifestyle habits.
- Improve your ability to handle stress

## Assessment of each Client

We can know how your dietary and lifestyle choices are affecting your present symptoms and health condition, through a simple:

- Body Chemistry Analysis
- Or Health Questionnaire

Every one in perfect health will have perfect body chemistry numbers as shown below:

Sugars	pH urine	salts	albumen	urea
1.5	<u>6.40</u> 6.40	6.5c	.04M	<u>3</u> 3
	Saliva pH			

A sick person may have the following numbers:

6.7	<u>5.40</u> 5.90	35C	4M +++	<u>13</u> 12
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## Understanding the body Chemistry

This chemistry reveals a long standing mineral, vitamins and enzyme deficiency: very low in calcium, oxygen, vitamin A and C, iron, magnesium, manganese, potassium, and some trace minerals. These deficiencies would especially affect the muscles, lungs, brain, eyes, skin, liver, digestive organs, heart, blood vessels, lymphatic system, reproductive organs and the bones.

## Symptoms

These symptoms are typical of this chemistry: eye troubles, weakened immune systems, leg cramps, aching bones, bones losing minerals, nervousness, fatigue, low energy, breathing problems, chest pains, pains in left arm, all kind of digestive problems, absentmindedness poor concentration, headaches, etc

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” Thomas Edison

## The Bottom Line

This test enables us to know the nutrients that are needed in your diet to balance your body chemistry; and which foods will adversely affect you. This eliminates the need to guess with your health.

## Important Consideration

You may not have any symptom of illness, but you owe it to yourself to give your body a tune-up, before signs of illness appear.

### Office Visits:

- First visit:— last about 45-60 minutes
- Donation: \$65.00
- Follow-up: -last about 30-45 minutes
- Donation: \$45.00

### Office Hours:

Monday — Thursday 9:00 — 5:00 p.m.  
We'll try to accommodate you at other times

## To make an appointment contact:

Peter Lewis, CNC  
Cossil Lewis, ND, MS, CNC  
Certified Nutritional Consultants  
Natural Health Consultants

### **C.H.E.M.**

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# An Ounce of Prevention



**“a better way to live”**

*The safe common sense approach to  
health and wellness*

**731-584-2153**