

## **Total Health and anti-ageing**

When you bought your Total Health supplement, you may have believed that what you were buying was something that would just help relieve some of your prostate symptoms. But I have news for you. Total Health is actually much more. You see, we have been brainwashed by the medical establishment to understand that medication deals with symptoms. Treating symptoms is what allopathic medicine does.

Conventional medicine does not concern itself overly with causes or curing an underlying disease. They are purely focused on eliminating or masking symptoms.

In other words, when you take a prescription drug to relieve a headache, the pharmaceutical manufacturer has no interest in what is causing your headache. The pills just relieve symptoms and that means that whatever is causing your headache continues. Total Health for the prostate does not act upon symptoms at all. It is not medication. It is nutritional healing. Total Health works holistically to improve the health of your prostate, which in turn then reduces the symptoms. So the Total Health supplement is focused on health rather than disease symptoms. That is a very important difference. Because you have actually bought the first step towards reducing your biological age. Total Health moves you towards looking and feeling younger. I get so many messages from my customers each year telling me that that is exactly what has happened to them. But there is a lot more that you can do to reinforce that process of anti-ageing. Much of what can help to make you feel healthier and younger is under your control and relates to how you live, what you eat, how you exercise, whether you are stressed or

relaxed. All of those things have an impact upon your biological age. And when you reduce your biological age, that is another way of saying that you have improved your health.

So when you have bought your Total Health supplement, you have actually bought the first step to living better and longer. And, you have also bought my support and knowledge on how to become younger, healthier and fitter. The supplement is just the beginning of how I wish to help you. In contrast to my safe and beneficial supplements, every prescription drug is a poison. The more prescription drugs you take, the more poison you are introducing to your body. Of course, each drug makes you weaker and each greater combination of drugs introduces new and unpredictable consequences. They are ageing rather than anti-ageing. Correctly prescribed prescription drugs account for more hospitalizations and deaths than most other causes.

If you decide that you really wish to come off all your prescription drugs, I can help you or my staff can help you. I have in my team a qualified clinical nutritionist with a Masters degree in nutrition and she is also a very experienced registered nurse. You can switch from drugs to nutrients and you can even buy individual meal planning. The cost of that program is just \$495 per month. If that interests you, just email me. You have a choice to make. Would you like to make the effort to look and feel younger? Because make no mistake, it will be an effort. Making changes are always an effort in the beginning. But the good news is that it gets easier the longer you do it, and the benefits you will see and feel are sure to keep you incentivized.

The rest of my tutorial videos which follow will explain to you how and what you need to do in order to maximize the benefits that you will

gain from taking Total Health. In my next videos I talk about the ideal diet that will give you the optimal result for your Total Health supplement.