

How to take Total Health?

Let's start by talking about how to take Total Health. You should take six capsules each and every day. For most men the best way to do that is to take all six capsules just before breakfast with a full glass of water. But you can experiment and see what suits you best, both for your convenience and also what makes you feel better. You can take two capsules of Total Health with each of your three meals. Or you can take them all with your evening meal.

If you have a particularly sensitive digestion, the shells of six capsules may give you some discomfort. The best way to combat that is to ensure that you take food after the capsules. If you still get some discomfort, the only other option is to break open the capsules and add the contents to your food.

It is very important for you to take "Total Health" as regularly as you can. Stopping them intermittently can reduce their effectiveness. Also, let me caution you that some men who have seen dramatic improvements in their prostate health have thought that they no longer need to take "Total Health". If you do that, you will probably return to your previous problems. And even if you restart taking "Total Health", I have discovered that it will never be quite as effective as if you had continued from the very first time. In my next video I talk about the unique ways in which we scientifically quality control "Total Health" and all my other supplements.

Quality control for Total Health and other supplements

My factory is FDA monitored and audited. But I go far beyond FDA requirements in terms of quality control. Our objective is to ensure that every ingredient is fully tested for optimum quality and that whatever the label says is fully matched by the reality of the content. When you buy our Total Health supplement for the prostate, or any other of my

supplements, you can be utterly secure in the knowledge that we have controlled the quality rigorously. Every raw material we purchase is tested using The United States Pharmacopeial and/or American Herbal Products Association recommended standards. If they do not pass, we simply won't use them. We also guarantee that all our botanical and herbal ingredients are radiation free.

In our factory we conduct in house 100% testing using United States Pharmacopeial method 1119 Near-Infrared spectroscopy, a scientific process that uses chemometric models to identify all raw materials. Our reference standards are third-party laboratory-verified, certifying their validity. Our hand selected third-party laboratory holds the international ISO 17025 certificate. We use the same infrared spectroscopy on the finished product to assure that each product meets all intended identity, strength and composition specifications unique to each finished product batch.

Finally, every finished batch is tested again for microbial adulteration, thus assuring that every batch meets our rigorous purity standards. And we archive a number of bottles from each batch in order to prove that each batch has been properly tested and audited. The bottom line is that there is no other prostate supplement that is more scientifically and rigorously quality controlled than total health. In my next video I talk about anti-ageing and how Total Health takes you on that first step, but also what else you can do to improve anti-ageing.

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.