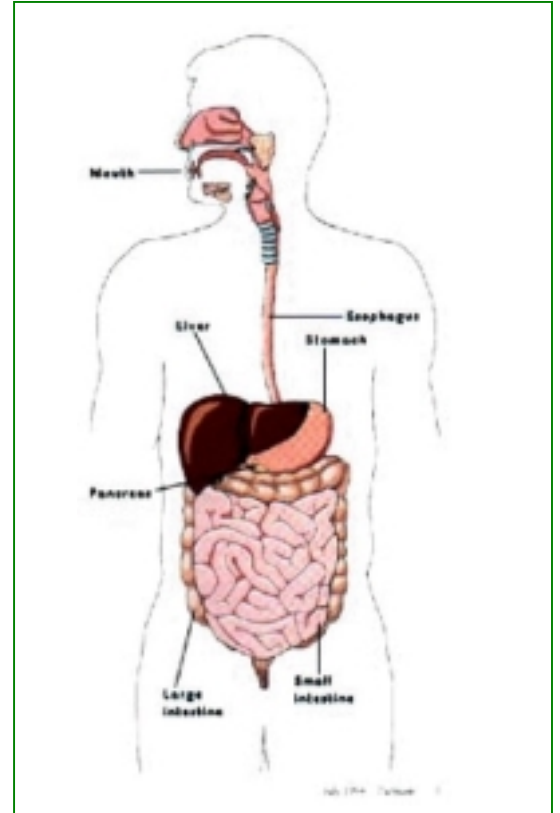


# Reversing Disease By Watching What You Eat



## Self Treatment Arrest Reversal Therapy

- Beat Diabetes
- Lower Cholesterol
- Eat More, Weigh Less, True Weight Management
- Reverse Heart Disease
- Slow Down the Aging Clock
- Regain the Energy of Your Youth

A 4-Sessions  
Lifestyle  
changing  
program that  
has helped  
thousands of  
people take  
charge of  
their lives  
by restoring  
their energy  
and vibrant  
health



A quote from Aileen Ludington, MD and  
Hans Diehl, DrHSc, MPH's book:

## **“Health Power”**

### **Health by Choice Not Chance**

**Take responsibility for your own health  
and ...**

- **Beat Diabetes**
- **Lower Cholesterol**
- **Eat More, Weigh Less**
- **Reverse Heart Disease**
- **Slow Down the Aging Clock**
- **Regain the Energy of Your Youth**

Distributed by:  
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360-437-5143

Acknowledgments

We gratefully acknowledge the people, their videos, articles and programs that we have included in the "START" program and urge you to visit their website to purchase their books, videos or services. They are:



thedoctorwithin



VITALITIES

1. Michael Klaper, MD. Institution of Nutrition Education and Support. "A Diet For All Reasons".  
<http://www.vegsource.com/klaper/>
2. Center For Conservative Therapy, or True North Health Douglas Lisle PhD, Alan Goldhamer DC  
<http://www.healthpromoting.com>
3. Joel Fuhrman, MD  
<http://www.drfuhrman.com>
4. "CHIP" Hans Diehl, DrHSc, MPH  
To order books and videos contact "Better Health" Darrel Ludington at: 1-909-825-1888 or you may email: [betterhp@aol.com](mailto:betterhp@aol.com) <http://www.sdachip.com>
5. Diet For A New America, hosted by John Robbins  
<http://www.pricegrabber>
6. Nomi Shannon "The Raw Gourmet"  
<http://www.rawgourmet.com>
7. Tim O'Shea book: "The Sanctity of Human Blood"  
<http://www.thedoctorwithin.com>
8. Vitalities Inc. 8700SW Borders Portland, OR 97223  
<http://www.vitalities.org/video.htm>

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<p>“A Diet For All Reasons” video by Dr. Michael Klaper MD, discussion on: Important Facts About All The Major Diseases of Western Society</p>	<p>Two Hours Meeting #1</p>
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<p>“The Greatest Diet On Earth” video by Dr. Joel Fuhrman, discussion on: Disease-Proof Your Body With Superior Nutrition</p>	<p>Two Hours Meeting #3</p>
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<p>“Unlocking Secrets To Better Health” video by Wm. Fowler, National Coordinator “START” a discussion afterwards on the advantage and disadvantage of eating Organic Whole Food</p>	<p>Two Hours Meeting #5</p>
<p>“Living Food Potluck Dinner” Plus a one hour video on living food preparation. Every one makes a dish or pays \$10—\$15 to eat</p>	<p>Support meetings held through out the year</p>
<p><b>Additional Video Programs Available</b></p>	<p>By request only</p>

“The Good, or Best Life” video by Hans Diehl DrHSc, MPH,

“Portrait Of A Killer” video by Hans Diehl DrHSc, MPH, discussion on:

“Eat More, Weigh Less” video by Hans Diehl DrHSc, MPH, discussion on:

“Disarming Diabetes” video by Hans Diehl DrHSc, MPH, discussion on:

“Beating Hypertension” video by Hans Diehl DrHSc, MPH, discussion on:

“Lowering Cholesterol” video by Hans Diehl DrHSc, MPH, discussion on:

“Reversing Heart Disease” video by Hans Diehl DrHSc, MPH,

“Diet and Disease” video by Hans Diehl DrHSc, MPH, discussion on:

“From Despair to Destiny” video by Hans Diehl DrHSc, MPH.





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## "START" Self Treatment Arrest Reversal Therapy

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
**Meeting  
Video & Discussion**

Authorized by \_\_\_\_\_

Date:  
Time:  
Location:

Redemption value not to exceed \$10 per person.



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