

ACCELERATE HEALTH

acceleratehealth.weebly.com

Your Path to Wellness



Are you living with constant pain, chronic fatigue, or excessive weight?

Is your diagnosis one that holds the possibility of losing your sight or limbs, impending surgery or even threat of death?

Have your prescriptions gotten expensive, lost their effectiveness, and caused as many side effects as they cure?

Are you ready to look and feel better?

Do you need to change your lifestyle but lack the direction to succeed?

We Can Help...

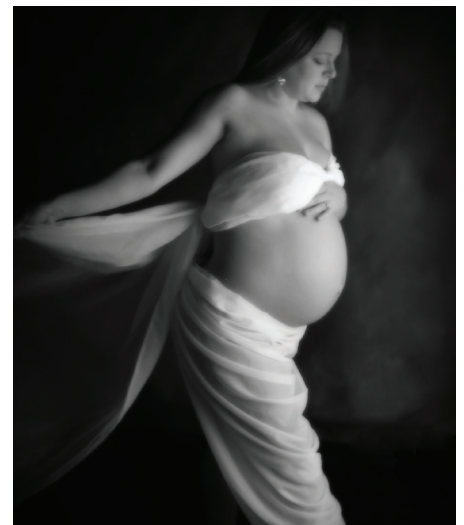
We will:

- Give you the knowledge to improve your life.
- Come to you and help you to design a personalized plan using successful techniques.
- Enable you to head straight into a healthier, happier life.

BE STRONG

FOLLOW YOUR DREAMS

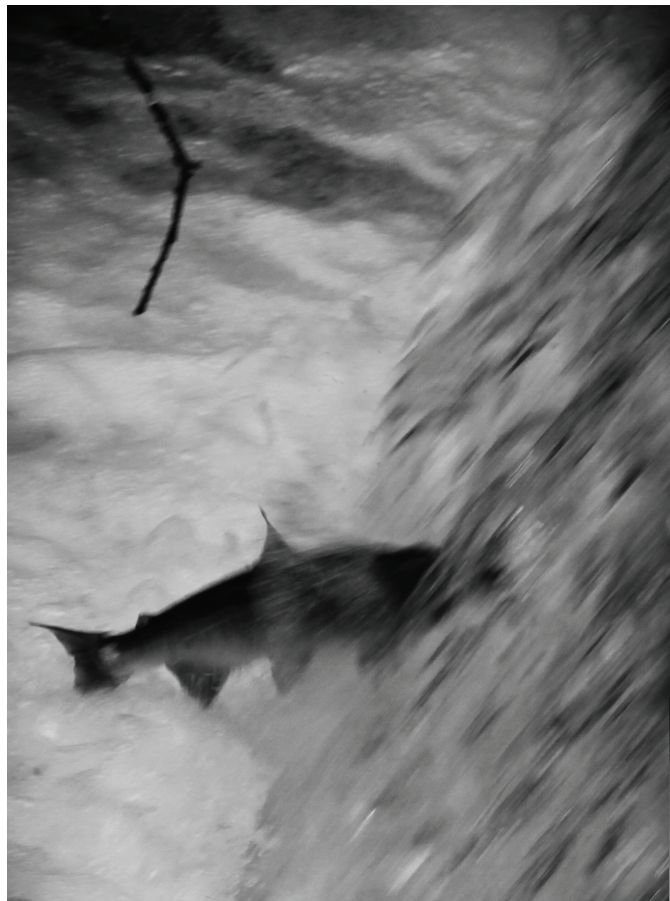
CREATE A HEALTHY FUTURE



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Are you ready to look, think and feel better?

Do you dream of increasing your health and your enjoyment of life but lack direction?

Considering a change but frustrated already?
Need a transformation but don't believe that you can achieve it?

How strong is your Commitment to Change?

Now is your time for change.

You just can't postpone it any longer.

Jump into Action

Let us help you take back the *joy* in your life!

Contact us at

acceleratehealth@yahoo.com

We will help with proven techniques that ensure success!

- THE KNOWLEDGE
- THE SKILLS
- THE ENVIRONMENT
- THE PRACTICE
- THE ADAPTATION
- THE SUPPORT
- THE SUCCESS

You can change the way your genes are used to prevent and treat cancer, heart disease, pain and inflammation just by changing your lifestyle.

Learn to optimize your:

Nutrition for Health

Environment for Ease

Herbs and supplements for Vitality

Activities for Joy

Affiliations for Love

And Stress for Tranquility



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**Together, we create an environment free from pitfalls
You can eat great foods and even desserts!
Let us show you how**

You will gain the knowledge and the skills to establish and reach your SMART goals:

Simple, Measureable, Attainable, and Realistically Timed Goals

Your personalized plan enables you to feel great and enjoy where you live, work and play.

You practice the skills, evaluate them, and adapt
ensuring that your SMART goals are achieved.

Even deviating from your plan is evaluated and learned from
increasing your freedom of choice.

Your life is optimized for fun and success because you are in control.

With our proven method of performance, evaluation and adaptation,
you save time, money and frustration.

We support you as you feel, look, and think better.

Can you do it?

Without a doubt.

Expect success and you just can't fail!

We are committed to your success, are you?

Soar into Success

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We realize that this is not a job that you do alone!

We are here for you...

Are you ready for your life to change?

Your personalized plan goes like this:

Part I

Questionnaire telling us about you: your goals, cravings and other favorite things

Personal time with us in your environment; we come to you

Assessment of where you are today, and laying the foundation for your tomorrow

Adapting the structure of your home, work and play to ensure success,

Practicing of new skills and behaviors

Part II

Homework including recording your successes

Calling or blogging your success companion

Skyping with us to assess for successes, evaluation, and revision

Continued learning and adoption of successful behaviors

Part III

On-going commitment to success and wellness



Let us share our experience with you!

Learn how to *control your health*
using today's *cutting edge research*
in your environment.

Even if you have tried before,
Accelerate Health puts you in control
of your life and wellbeing.

Are you ready for Success?

Email us at

acceleratehealth@yahoo.com