

HEALTHY LIFESTYLE

Do you want to experience miracle of radiant vibrant health?

Then this home study Course is for you

Good health is often not valued until you have lost it!

GOOD HEALTH IS THE ULTIMATE CONDITION FOR HAPPINESS, WEALTH and PEACE OF MIND

HEALTHY LIFESTYLE is your 1st step to health

Without good health, life becomes a severe challenge.

Restoring a neglected life can be very difficult and expensive.

The good news is that

Good health is the natural outcome of a

HEALTHY LIFESTYLE

**And that being healthy can be
extremely simple and inexpensive!**

**In the Home Study HEALTHY LIFESTYLE COURSE, you will learn how easy and simple it is
to adapt to a HEALTHY LIFESTYLE and to make your home a WELLNESS CENTRE.**

For the first time ever available to you, a **HOME STUDY COURSE** of eight DVD-recordings, which will bring into your home a **LIVE REPRESENTATION** of the celebrated **HEALTHY LIFESTYLE COURSE** developed and presented by **HEALTH WAKEUP MERGER**, Johannesburg, South Africa.

Never before has such a wealth of research concerning INTEGRATIVE/COMPLEMENTARY HEALTH in this way been disseminated into every household in this part of this world.

For more than twenty years, Frikkie and Reneé van Kraayenburg have made this information available to thousands of people in exclusive presentations but now it is *literally* and *visually* brought into the intimate circle of every family in the world.

A kaleidoscope of researchers, authors and life-essential topics will be introduced. The most significant names mentioned during the course, have shared views globally to audiences interested in integrated health, have done life-long studies and research within the field of health and wellness.

A distilled rendering of this once in a life-time accumulation of knowledge is awaiting everyone who avails themselves of the

Healthy Lifestyle Home Study Course.

This most comprehensive Home Study with live presentation eight DVD's (± 10 hours) and supporting manual is made available to you at the most affordable price of **R1,500 or €150 or \$210.**

To order the most important package of your life.



The most significant vantage point of the course is that the **Whole Person** (body, mind, emotions and spirit) is being taken into account in every topic of discussion.

Disease is not a reality of human nature. **HEALTH** is the reality!

Dis-ease appears when the four aspects of human nature get out of balance.

Health with its companions of happiness and harmony is the result of the balanced development of body, mind, emotions and spirit. **Disease disappears** when the harmonic flow between spirit, emotions, mind and body is restored.

A **key question to be addressed** in the course will therefore be:

WHAT CAUSES THE MIRACULOUS HUMAN BEING TO LOSE ITS INHERENT HARMONY AND HOW CAN THIS EXISTENTIAL BALANCE BE RESTORED?

Another way to put this question would be:

HOW IS IT POSSIBLE THAT THE MIRACULOUS HUMAN BEING CAN GET TOXIC AND HOW CAN IT BE DETOXIFIED?

The **Healthy Lifestyle Home Study** is directed at giving you an answer to this most important question in your life. There are files of evidence available at HEALTHWAKEUP to prove that there is indeed an answer, and not at all a difficult answer, as many grateful people will testify.

The good news: Just about, **every dis-ease is curable and preventable!**

The human body-mind-emotions-spirit operates on every level, in a universe of absolute laws and in every detail with absolute precision.

This rather esoteric-sounding statement is dealt with in most down to earth practical terms.

You will be bluntly reminded that you are **THE SUM TOTAL OF WHAT YOU HAVE BEEN EATING** most of the time.

The **Healthy Lifestyle Home Study** will introduce you to:

- The four natural laws of the body: **nourishment, movement, recuperation, sanitation.**
- You will be introduced to the importance of nutrition,
- the benefits of organic food,
- health-enhancing food and food combinations
- the existential role of oxygen and clean water,
- moreover, the delightful wholesomeness of plain cooking.
- Importance of the pH-factor
- Detoxification of the vital organs: liver, kidneys and foremost the **colon.**
- Constipation or clogging up of the colon is the beginning of all dis-eases.

However, you are not only the sum total of what you have been eating.

You are also the sum total of WHAT YOU HAVE BEEN THINKING.

In the **Home Study Course**, you will learn that the **MIND** like all the other aspects is part and parcel of your well-being. My health, my wealth, my happiness is a mirror of my consistent thoughts.

- I am not a victim of mind toxification,
- I am the cause,
- I can detoxify myself,

- I can substitute positive thoughts for old negative patterns of thinking.

Stress is emphasised as a symptom of mind toxification.

- The various reasons for stress are being discussed:
- mental negatives,
- the air we breathe,
- the water we drink,
- the way we live in our houses with all the synthetic pollution,
- the ways and means of agriculture with all its pesticides and artificial fertilizers, and of course the foods we eat.
- all these things contribute to STRESS the number one killer disease. However, as the body can be detoxified we can also manage and overcome our stress.
- stress symptoms and the necessary steps to manage and overcome our stressors.

You will become aware of: We are more than the sum total of what we have been eating and what we have been thinking. We are also the sum total of our FEELINGS and EMOTIONS.

The significant emotions, which can seriously affect our health, and provide us with anti-dotes for negative feelings:

- **faith** instead of fear;
- **generosity** instead of selfishness;
- **patience** instead of anger;
- **kindness** instead of greed;
- **forgiveness** instead of prejudice;
- **Love** instead of hate.

The same way that we can **detoxify** our **body** and our **mind**, we can **detoxify** our **emotions** by **releasing** them.

Releasing of emotions is a usually absent component in health courses and the explicit inclusion of this essential mode makes this course invaluable.

- We learn the basics of how to let go of bad past memories, which are still affecting heavily on our bodily, mental and spiritual health: deprivation, anger, blaming others and ourselves.

- We learn to let go of all self-destructive feelings, which we have nourished through our lifetime, all our past conditioning, our urge to control and dominate others.
- We learn how important the spiritual dimension of being human is, the role of LOVE in our quest for a healthy lifestyle.

The more practical aspects of a healthy lifestyle and the immense contribution, which complementary treatments are achieving, are set out in detail in the accompanying manual.

Special attention is being given to the ‘five sins of civilization’: *wheat, dairy products, heated fats & oils, commercial salt and sugar.*

The information covered in this **Healthy Lifestyle Course** is **evidently overwhelming**. That is one reason why *Health Wakeup Merger* decided to make it available in a live-recorded **Home Study** format.

Now you can have it available all the time. It can be replayed and listened to repeatedly in the comfort of your own home.

The **Home Study** DVD course relieve you from the burden of attending a live course which entails a fixed date, travelling, accommodation if not near your home and and not being able to share with family and friends.

Special attention is being given to the ‘five sins of civilization’: ***wheat, milk, cooked fats & oils, commercial salt and sugar.*** The dangers of refined sugar are especially emphasised and the natural substitute for sweetness, Stevia is introduced. The benefits of Himalayan Crystal Salt instead of commercial table salt are discussed as well as the positive effects of Himalayan Crystal Salt Lamps.

You can attain enough knowledge about complementary health to turn your home into a wellness centre and to become a complementary health practitioner in your own right or in cooperation with *Health Wakeup Merger*.

To order the most important package of your life.



TESTIMONIALS

Mr H. Grobler is 69 and was suffering from arthritis before doing the 7-Day Tissue Cleansing Programme. He now has a very healthy glow to his skin, a youthful sparkle in his eyes and is free of pain.

Dr M. Wetzler *"I must say that this journey has convinced me that the gut is worth caring for, so that our bodies can be healthy enough firstly to enjoy life to the full, and secondly to do the soul work that each of us in a sense is called to do..."*

Mr P. Theunissen *"It was like moving back into my body at age 21..."*

Mrs Malan *"I FEEL SUPERB! – Thanks to the superb programme."*

We, at **Health WakeUp Merger**, are delighted to share vital information with individuals like you who are interested in a **SPARKLING, PAIN FREE, HEALTHY BODY AND PREVENTING THE DEVELOPMENT OF A CHRONIC DISEASE** and who are prepared to **take responsibility for your own health**.

We often do not value something we currently have and take for granted like a friend, partner, or our **health**, until we lose it. We then desperately try to regain it.

Being pain free can be very complex and expensive when you rely on prescription drugs and medication, yet it can be extremely simple and inexpensive. It depends on your relative point of view.

We provide the **information** and **know how**. You must provide the **will, want** and **motivation** to put the information into practice.

To order the most important package of your life.



to enter our shopping cart

FOR THE COST OF ONLY R1,500 or €150 or \$210, YOU WILL RECEIVE:

- **Eight DVD's** of a live **Healthy Life Style Course**
- **A comprehensive Healthy Lifestyle Manual (114 pages in full colour)** to guide you through all relevant aspects of nutrition and detoxification
- **An exclusive collection of 100 plus pages of Subsidiary Notes** on Health Coaching
- **An invaluable Health WakeUp publication (82pp)** giving you a detailed description of available **Herbs and Supplements with the suggested dosage**. All these products being registered with the Medical Control Council and having a bar- and nappi code.

The **Healthy Life Style Home Study** is unique and remarkable in its own right. Considering the **BONUSES**, which you receive with it, this **HOME STUDY** is turned into the most irresistible health offer ever made in South Africa.

Consider the following two top of the range cutting-edge DVD's which will exclusively be yours when you order this **HOME STUDY COURSE NOW!**

- **Dying to have known:** *“Jutting above the cloud of contemporary human misery rises a breathtaking mountain peak, and one filmmaker’s extraordinary desire to climb it. For hidden in the snowy crevasses near the top, lies the prize that many have died searching for. The path to this golden treasure is tragically overshadowed with the dead and maimed that could not find their way when the winds of disease and confusion blew in. **This is the true story of that journey to recover this treasure, of the cure for cancer and chronic disease that millions were, or are, “dying” to have known.**”* (Running time: 80 minutes)
- **Cancer is curable NOW:** With 31 leading global cancer experts, scientists, doctors and authors **“CANCER is curable NOW”** is the most comprehensive and conclusive documentary about **CANCER and HOLISTIC CANCER TREATMENTS**. Additional to a multitude of physical and dietary treatments this groundbreaking documentary uncovers the various problems, physical and emotional, that promotes and cause cancer. **“Find the CAUSE, remove it and your body will heal!”** (Running time: 115 minutes)

IT IS THE FIRST TIME IN HEALTH HISTORY THAT THESE DVD'S WILL BE INCLUDED IN A HEALTH HOME STUDY COURSE.



this life-saving information in your hands!

R1,500 or €150 or \$210 (Postage excluded)

You will be guided to our shopping cart and can pay by secured credit card VISA/Master or Electronic Bank Transfer, contact us for details:

info@healthwakeup.co.za

visit our website:

www.healthwakeup.co.za

International Money back guarantee

If within 30 Days of your initial purchase date and for any reason, you are not completely satisfied with your purchase of the **Healthy Life Style Home Study Course**, you are welcome to return it for appropriate refunding.