

Nutrition-for-life.org - *Waupun classes**

God's plan for your healthy old age!

It begins at a young age but that's another story. Whatever your age now learn God's plan for your healthy old age in FREE CLASSES that begin Jan 4 2024 at 10am in the Hillyer room at Waupun Public Library. Space limited - register early. Use coupon below to register or download from www.Nutrition-for-life.org "Waupun Classes" page - see complete 2025 schedule. Self-study kits described on homepage are recommended but optional. If these days and times don't work for you register anyway as other options may be offered. Get answers to the **QUESTIONS BELOW** that were *life-saving* for me years ago.

Jan 4 - KEY SYSTEM pH: why "everything points to pH"? (Dr. Ted Morter). How does your body beome your teacher? What is the 1-2-3 perfect health system? How do you fill the gap between modern and naturopathic medicine? Does balancing one body system help to balance the others? What is pH? How measured? Balanced? What are good numbers for blood, saliva, and urine?

Feb 1 - KEY SYSTEM pH: what is the most dangerous "profile" for urine and saliva pH numbers? Why? How does this relate to body systems, glands, hormones? Why is it an "end stage" profile? Can it happen at younger ages? What two elements are the first to leave the body under stress? What vitamin and what foods are the most relevant to turning this situation around?

PRESENTER: Jim LeBeau Certified Natural Healthcare Practitioner. Sarasota School of Natural Healing Arts 1980; founder The Perfect Health Foundation 1990; creator of Nutrition-for-life kits teaching God's plan for the wellness of body and mind from birth to old age using powers of nature or creation. Good health is your best guarantee of independence in old age.



When: 1st Saturday of each month **Where:** Hillyer room Waupun Public Library

* Classes and all materials are for informational purposes only. You are advised to consult a qualified licensed health professional of your choice whenever there is any indication of a need for such services.

Mar 1 - DIGESTION: why can't digestion work right if pH is off? What conditions are necessary for digestion to work right? What key body systems connect digestion to pH? What factors control the activity of enzymes? What is the tendency in aging for overall body and blood pH? For pH of stomach juices? Why is this important to watch, especially in old age?

April 5 - BLOOD SUGAR: what two little known facts explain why blood sugar levels are the most relevant to *how good you feel at any given moment*? How do mitochondria fit in? How many are there? What is "insulin resistance"? How does weight fit in? How does exercise work to help balance blood sugar?

May 3 - METABOLISM: what are the two major deviations from healthy? What is "good energy"? How do you avoid extreme hyper? Hypo? How do these extremes relate to age? Stress? pH? Digestion? How can you self-test for metabolic balance? What are tips to maintain balance?

June 7 - BLOOD PRESSURE: what is the "life-death" ratio? Why is it called that? How does blood pressure an indicator for the health of this ratio? How does this relate to hydration? Aging and structure of cells? Everything? How does magnesium fit in? What two things explain why so many deficient in magnesium? What are some tips for keeping blood pressure healthy with age?

A few among many unsolicited comments from health professionals

Medical doctor "Your system enables patient to monitor everything him/herself. Great!

Nutritionist Donna Pessin "I have seen remarkable results".

Registered nurse from New York: "I have seen pH balanced chemically and seen people feel better. Then shortly after discharge they start getting sick again."

- - - - - cut and mail - - - - Registration coupon - - - - - cut and mail - - - - -

Complete all parts - mail to Perfect Health P.O. Box 132 Waupun, WI 53963-0132

Name _____ phone OR email _____

Address _____ How many? _____

City _____ Need alternative day or time options? _____