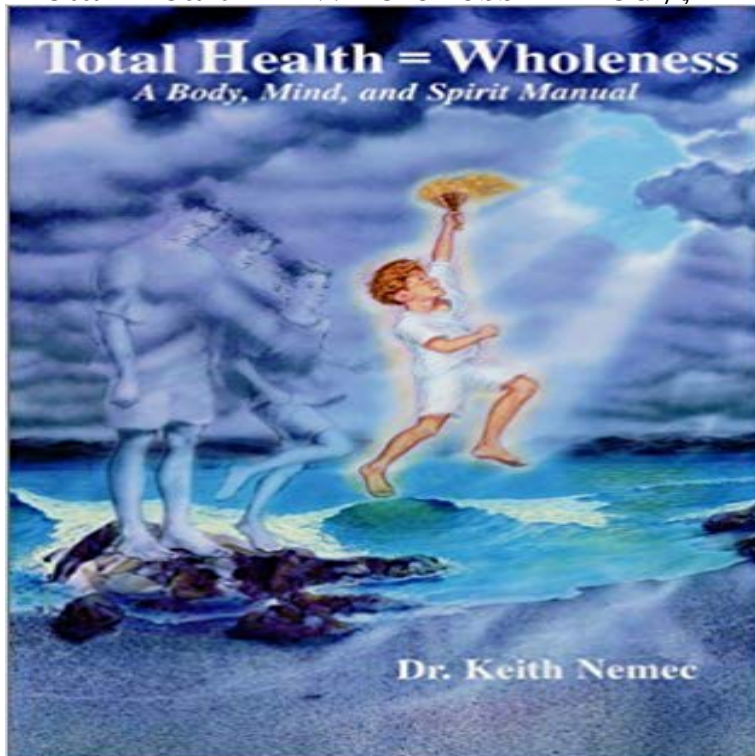


Total Health = Wholeness A Body, Mind, And Spirit Manual



Your Body is Talking To You...Find Out What Its Saying! If the old adage is true, An ounce of prevention is worth a pound of cure, then youll definately want to add this to your reading list! PREVENT ILLNESS & DISEASE! Author, lecturer and researcher, Dr. Keith Nemece explores total health in his new book Total Health = Wholeness: A Body, Mind, And Spirit Manual. Born out of a search for answers to a life-threatening illness that afflicted his wife Laurie, Dr. Nemece has spent years researching and developing the seven life-changing steps to total health he explains in the Total Health Manual. Total Health = Wholeness teaches:

1. Health-Promoting Life-Style
2. Health-Promoting Thoughts and Emotions
3. Health-Promoting Exerise and Environment
4. How to achieve an optimally functioning nervous system without interference to the glands and organs.
5. Balance of Energy in the Body
6. Revelation of the Importance of Getting the Good in the Body and Mind (using proper diet, thoughts and emotions) along with getting the bad out of the body and mind (with natural detoxification methods, meditation, and prayer)
7. Empowerment of the Spirit to heal the Body, Mind, and emotions.

Disease, simply put, is a departure from Health. The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. --Thomas Edison

Why wait until youre sick to make changes to your diet and life-style? OUR MISSION: To touch the world with the revelation of the total health of the body, mind, and spirit one person and one family at at time. God created man-kind to live in the full-in total health of the body, mind, and spirit. At Total Health Institute (and as taught in Total Health = Wholeness A Body, Mind, And Spirit Manual), we believe everyone in the world can

experience this abundant life, if they get back to the basics. Once the revelation of the basic seven areas has been received, total health flows, not only to that person and family, but it also becomes a gift that can be shared with everyone they come in contact with. The gift will then spread like fire throughout the world and to the future generations. --Dr. Keith NemeC and wife Laurie host Your Total Health, a radio ministry that can be heard in Chicagoland on 106.7 WYLL Chicagos Word Dr. Keith NemeC is the doctor of the future...

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