

# The World's Best Kept Health Secret Revealed...

Dr. John Zielonka  
Best Selling Author,  
*The World's Best Kept  
Health Secret Revealed*

Dr. John Zielonka's new book is helping thousands increase their health and energy while maintaining youthful vigor for life. Dr. Zielonka's live program concentrates on teaching total wellness in addition to new information and new techniques which are proven to minimize the negative effects of stress on the body, mind and spirit.

Dr. Zielonka's newest book has *pre-sold* more than 70,000 copies. Now, as one of Canada's #1 health experts, he will reveal his proven health systems and this new information based on scientifically supported studies. Your audience will learn how to re-energize their lives and reclaim their youthful vigor by easily and painlessly removing the underlying cause of what is preventing them from living at their optimal level. The results are that audience members learn how to naturally look better, feel great, think clearer, get more accomplished, have more energy and maintain higher levels of health.

The World's Best Kept Health Secret Presentation includes:

- What everyone should know about the role that your brain and nervous system plays in your overall health?
- How this role can be disrupted by everyday stresses and can negatively affect your health without you even knowing?
- What are the tell-tale signs and the primary causes? How everyone can easily be checked.
- What are the 5 Keys to Health that everyone should know.
- How to take charge of your health beginning today.
- Detailed information about Dr. Zielonka's health principles and the solid foundation of scientific research to support them.

With the new information Dr. Zielonka shares, you can still live your busy lifestyle, improve your energy and super-charge your body's ability to deal with and overcome the stresses of life.

By optimizing normal brain and nervous system function, you could reduce the risk factors associated with certain major health problems including chronic conditions. You could increase your energy level while improving your overall health and well-being. After Dr. Zielonka's presentation, you'll be able to apply the knowledge and tools you need to truly achieve and sustain on-going optimum health for the rest of your life.

Just a few of the Health-Creating and Stress-Busting Strategies Your Attendees could learn in their time with Dr. Zielonka

- **Learn how to super-charge your ability to overcome the negative effects of stress.**
- **How to increase your energy and feel like you've shed 10 years or more off your actual age.**
- **How to improve your quality of sleep and wake well rested every day.**
- **How a largely unknown and scientifically proven condition can weaken your immune system.**
- **How to have better mental clarity and focus.**
- **How to take control of your health without drugs or surgery.**

And much, much, much more...

For more information or to book Dr. Zielonka for your next meeting, call

**(613) 688-1036**

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