

Are you ready for a HEALTH TURN-AROUND Consult?

Get rid of deadening habits including drugs with side effects, chronic conditions that continue to get worse, low energy, moodiness, vision problems, and general age-related deterioration.

Take charge of your health with new habits that sustain you. This consultation goes far beyond the 'diet and exercise' recommendations that you can get from other sources. This is an **individually tailored** plan to reverse the habits **you** have that are the most dangerous to your health - and provide specific recommendations to improve your health, energy, reduce pain, improve sleep, and put you on the path to wholeness. The Health Turn-Around Program is not coaching. It is a **PLAN** for you to use to begin to improve your energy, sleep, activity levels, vision, emotional stability – and whatever else you need to be vibrant again. It consists of an **initial one hour consultation** – either in person or by telephone where I review your situation and together we decide what you want to change and how to begin. Over the next three months we will have **three 15-minute check-in phone calls** to help you progress and answer questions. You can't afford not to do this! Fill in the form below and mail with the complete (for all sessions!) fee of \$150. **Pay just \$125 if I receive it by September 1, 2015.** I will contact you immediately to schedule the first session, NOTE: I do not sell any products! I recommend products and techniques that you can find and purchase yourself.

Please print clearly!

YOUR NAME _____ PHONE () _____

Email _____ AGE _____

Energy level **1-can barely get out of bed to 10-great** MY LEVEL: _____

Prescription drugs I take:

_____ (use other side if needed)

Vitamins, supplements I take – give dosage where possible _____

Most days I feel _____ glad to just get by _____ pretty good _____ terrific

Past surgeries & major illness _____

The Health Turn-Around Program: 60 minute initial consultation & 3 monthly 15-minute phone check-ins

*Gloria St John MA MBA has been a researcher, published writer, editor, and teacher in the field of natural health and medicine for over twenty years. She stays current on findings in the field of natural health and healing and is passionately committed to helping people maintain and/or regain their health through methods they can use themselves. While experts can be useful in many circumstances, **most people can radically improve their health by taking a few simple steps.** Many people are confused about the various recommendations made by 'experts' and, as a result, do not undertake any steps for themselves. The Health Turn-Around Program helps you sort through the steps and techniques and set priorities that are workable and suitable for you right now. As a result of the Health Turn-Around Program you will regain energy, reduce pain, sleep better, and feel re-invigorated on the physical, emotional, and mental levels. Give up the half-life! Low energy, depression, anxiety, foggy thinking, and poor sleep are all signs of serious imbalances in your constitution. Ignore them at your peril! Heal them with the Health Turn-Around Program.*

ACT NOW – pain, low energy, chronic illness, sleep problems do not go away on their own.

You need to make changes and the Health Turn-Around Program will show you how to do it.

Mail form and check, payable to Gloria St John for \$150 (or \$125 before Sept 1st)

Gloria St John

56 Broken Circle Davis CA 95618