

# Dr. Carolyn Dean Tells You More About **Future Health Now!**

## My Seven Pillars of Health

In my experience, health is not about taking dozens of supplements...

I make it very simple and give you seven different areas to introduce healthy practices...I give some information about the topic but then spend most of the time on how to do it, what can get in your way, and how to overcome obstacles to achieving your goal.

In *Future Health Now!* I simplify the complexities of health into "Seven Pillars" that you need to support your body and mind...

*You can get the first four modules of the program at no charge...* Just email me at [info@drcarolyndean.com](mailto:info@drcarolyndean.com) so I can email you each of the first 4 modules of the program.

You'll get instant access to the members' site where you can download the first installment. As a guest member, each week, you'll receive another module in the program. After the fourth week you can then decide whether or not to continue.

### Learn:

- Why so many people are trying to live a healthy lifestyle and getting nowhere
- Why there is no "perfect diet" for everybody
- Some of the most basic nutrients people don't even realize they are lacking
- How to sit on a toilet – and why the way most of us do it causes cancer
- Why most people are cooking with dangerous heavy metals and not even realizing it
- How to burn ten times more calories walking... backwards
- Why your fuse box may be stopping you from getting a good night's rest

### That's where the **Seven Pillars of Health** come in.

- If you did everything else healthy but stopped sleeping... you'd get very sick. Nothing makes up for sleep.
- If you exercised like an athlete but ate like a couch potato... it would be very hard to overcome the side-effects of eating junk food.
- If you stopped taking a shower, and brushing your teeth... eventually lack of hygiene could make you very ill.
- Or even if you ate super healthy... but hardly moved... even healthy food would become toxic.
- Or if you did everything right... but had no quiet time... your nervous system would burn out. Without a properly functioning nervous system your body can't function.

So I'm saying people would better off being more equally healthy in each of the Seven Pillars of Health versus just being good in a few areas.

## Here are the Seven Pillars of Health that I cover in Future Health Now!

**Pillar One: Vitalizing Foods** – We'll work together to create a daily meal plan that you can actually follow, find satisfying and not have to think twice about. We cover protein needs, food intolerances, sweeteners, the dairy conundrum, the truth about fats, all kinds of teas, herbs and spices, fruits and veggies, meat, vegetarian alternatives, juicing, how to get clean water, legumes, grains, breads, chocolate, coffee, fasting, nuts, seeds, broth, raw food, cooked food, condiments, fiber, and even how to eat, chew and balance it all.

**Pillar Two: Personal Care** – In 29 of the modules I'll share strategies about skin and hair care, sun exposure, repelling mosquitoes, staying cavity-free, underarm deodorant, clearing your sinus cavity, cleansing baths, oil pulling, oral hygiene, saunas, make-up, self-massage, nasal lubrication and even show you to how to... *properly sit on a toilet*.

**Pillar Three: Energizing Exercise** – I'll help you develop a routine with a variety of 22 fitness practices. Try body weight exercises from the wrestlers of ancient India, easy gymnastic warm-ups, stomach toners, back strengtheners, "running 2.0", office work-outs and the five most important yoga stretches.

**Pillar Four: Super Nutrients** – In Future Health Now! I introduce you to the top 26 herbs, supplements and superfoods I recommend and use. Modules include: mineral supplements your body can actually absorb, protein shakes, sex hormone replacement, spirulina, green powders, adrenal support, colon cleansers, thyroid boosters, heavy-metal purifiers, super foods, digestive aids, non-synthetic vitamins, goji berries and more. To remain unbiased, I'm not selling products, I'm just pointing you to what works.

**Pillar Five: Living Space** – In 19 of the 48 modules we'll transform your living space -- aesthetically, electromagnetically, chemically – so that it helps, not hinders your health. I cover safe cookware, living with technology, taming your TV, mastering the media, non-toxic cleaning products, dealing with carpets and mold, natural and mechanical air purifiers, organic gardening, grounding and even a little feng-shui.

**Pillar Six: Rejuvenating Sleep** – I'll share with you 25 strategies for getting to sleep faster, going deeper and feeling more refreshed in the morning. The strategies include: sleeping without electricity, darkness and melatonin, body temperature, timing and routine, mattresses, inducing delta brain waves, overcoming restlessness, sun alarms, bedtime snacks, eliminating stimulants, relaxation methods, improving air quality and electromagnetic radiation.

**Pillar Seven: Mind Over Matter** – Throughout Future Health Now! I'll introduce you to 23 strategies for relieving stress, self-healing and building your mental powers. Mind sharpeners include: reprogramming your subconscious, backwards walking, stimulating the placebo effect, avoiding the nocebo effect, psycho cybernetics, attitude boosters, "relax and allow," memory games, creating a supportive community, organization strategies, Emotional Freedom Techniques, affirmations, and I can even help you develop a personal prayer and meditation routine.

Remember, if you don't think you can do EVERYTHING that I outline in the **Future Health Now!** modules, don't worry. Even if you just do 20% you'll probably see 80% of the results you are looking for.