

YOUR CUSTOMIZED HEALTH RECOVERY PROGRAM

Remember, all dis-ease begins with the body's inability to adapt to the stressors being imposed upon it.

We have the tools to **identify** the stressors that need to be eliminated and to add in the missing factors that will support you in adapting to your environment more effectively, thus reducing or eliminating to a large degree the body's stress.

The best way to demonstrate this to you is to show you your own situation and then demonstrate how you go about reaching your optimal health potential. The first step is to complete your Comprehensive Health Evaluation. This sophisticated examination measures your total body stress right now. This is also called your allostatic load. It will not tell us the whole story, but it will begin to show you how your health is being affected, based on the symptoms you are expressing and experiencing right now.

Once you complete your Comprehensive Health Evaluation, we will go over all your assessment results and provide you a copy of the Customized Health Recovery Plan of Action we have prepared for you.

Let's Put a Plan Together

We will put all the information together and share a plan of action to get to the root cause of your health problem once and for all. But before you get started, we need to make sure we are on the same page.

The first question we will answer is:
What is your Number 1 Health Goal?

The second question we will answer is:
What specific things would have to happen in the next 12 months that would make you feel more freedom, confident and excited for your future?

Once both of those questions are answered honestly, we will address your current state of overall stress on your body from the questionnaires you filled out.

Your results will be presented to you in stages by your ability to recover your health.

Stage 3 - Your ability to recover from a stressful event (a work event, social outing, family gathering or some other stressful event) is severely compromised and leads to cancelling or missing future events or situations that you really want to go to. Your independence is severely affected. Your confidence in your future health is poor or gone. You feel cut off from family, friends, and social events because of your poor health.

Your life span is being cut short. Your energy level is extremely poor. Your ability to live your life is extremely decreased and you usually have trouble getting through your day. Most if not all of your blood lab values are in the high-risk range of disease. Your organs and glands are not communicating with each other. Your fitness level is very poor.

Stage 2 - Your ability to recover from stressful situations (work, social or family events) is very difficult and it often takes you a week or more to recover. Your freedom is poor and you feel bound by your current health condition. Your confidence for future health is very limited and seems to be slipping away more each day. Your ability to relate with family, friends and social groups is strained and your ability to contribute is becoming less all the time.

Your life span is being cut short because of your health. Your energy is not close to what it used to be. Your ability to live life on your own terms is very compromised. Some of your blood lab values are in the high risk of disease. Your organs and glands are not communicating effectively with each other. Your fitness level is poor. You can't exercise because you can't recover.

Stage 1 - Your ability to recover from stressful situations (work, family or personal) now requires multiple days. You just don't bounce back like you used to. Your freedom and independence is not limited by your current health status, but is less than when you were younger. Your confidence in your future health is good, but could certainly improve. Your relationships with family, friends and social groups are still strong but not ideal.

Your life span has not been shortened. You still have the daily energy to get through your day effectively. Your body image is not ideal, but you know if you were provided the right information, your looks could improve. You know your health is not ideal, but you are confident that with some specific instruction, your current state could improve to ideal. Your blood lab values are considered "normal" but not optimal. Your organs and glands are communicating but not at the highest level possible.

Ideal - Your ability to recover from a stressful situation (work, social, family or personal) is rapid often only taking hours rather than days. Your freedom and independence is not limited in any way because of your health. You have complete confidence and competence in your future health status. Your relationships with

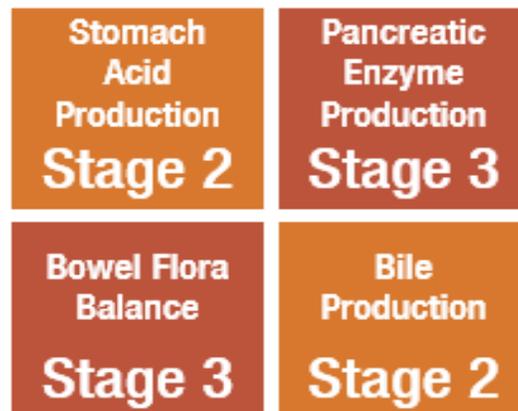
friends, family and social groups are effortless and you contribute without hesitation.

Your life span will equal your health span. You have plenty of energy to get through your day. All of your fitness routines are designed to improve your looks. All of your blood lab values are in the ideal range. All of your organs and glands are communicating perfectly with each other.

Now that you have a complete view of your overall ability to handle stress, let's chunk your situation down into workable pieces. The first major piece is your ability to digest your food.

"All Diseases Begin in the Gut" – Hippocrates, 460-370 BC

Your Digestive Matrix



This Customized Health Recovery overview contains a grid called the Digestion matrix. This matrix contains 4 boxes. The upper left box is the Stomach Acid Production box. The upper right box is the Pancreatic Enzyme Production box. The lower right box is the Bile Production box. Finally, on the lower left is the Bowel Flora Balance box.

These four parts of the matrix are extremely important for you to rebuild your ability to handle stress. The only ways you can put deposits back into your health bank is to first digest those nutrients then absorb what you bring into your body. This is why these four parts of the digestive matrix are so important.

Your Current Stomach Acid Production Stage will be measured.

The amount of stomach acid you produce is extremely important for your future health. Stomach acid is necessary for you to digest minerals and proteins. If you don't start to break these substances down with strong stomach acid, your ability to absorb them in the small and large intestine is greatly compromised. Stomach acid is also necessary to kill parasites, bacteria and viruses found in our food. So infections are much more common with people who don't have strong stomach acid.

Your Current Pancreatic Enzyme Production Stage will be measured.

The amount of pancreatic enzymes you currently produce is also very important for your overall health potential. Pancreatic enzymes help you break down and digest different types of carbohydrates, proteins and fats. So if your pancreas isn't producing enough enzymes, undigested food moves into your lower digestive track causing all kinds of problems that are never addressed in the normal disease based model of health care.

Your Current Bile Production Stage will be measured.

Bile is produced in the liver and is usually stored in the gallbladder. Bile is injected into your digestive track just below the bottom ring of your stomach and is necessary to digest and break apart fats and proteins. When a person has had their gallbladder removed, their ability to digest fats and proteins is significantly decreased. If you can't digest fats and proteins effectively, it leads to deficiencies in minerals and fat soluble vitamins, such as, Vitamin D, E and A.

Your Current Bowel Flora Balance Stage will be measured.

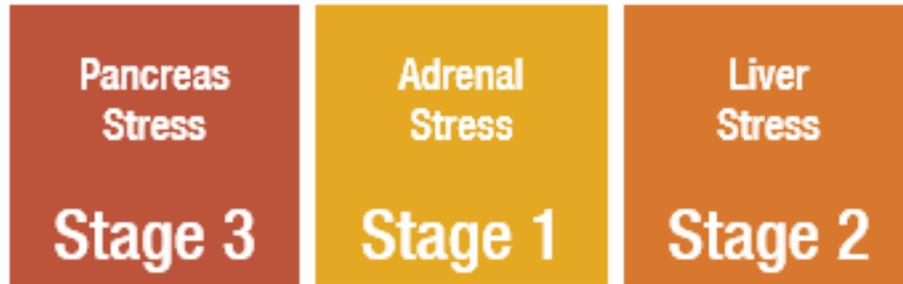
The final part of the digestion matrix is the Bowel flora. You have about 5 pounds of live bacteria living in your digestive tract right now. Without these bacteria, you couldn't absorb your food, you wouldn't have an immune system and you couldn't produce many vitamins and neurotransmitters (therefore they often refer to your digestive system as your second brain).

So, the makeup and health of your bowel flora is an extremely important part of your overall health bank potential. You have 3 different types of bacteria right now living in your gut, good bacteria, bad bacteria and bacteria that can be good or bad depending on the situation.

Things like, antibiotic use, drugs, alcohol, processed foods, environmental toxins and pesticides can all play a role in how much of each of the 3 types of bacteria you currently carry around inside of you.

Once you begin to live your new healthy lifestyle, your good bacteria can crowd out the bad bacteria and bacteria that are on the fence will join the good guys and your health bank will continue to fill up. This is what we want for you and your family.

Your Blood Sugar Handling



The next part of your Customized Health Recovery overview is your Blood Sugar Handling matrix. It is broken up into 3 parts. The first part is your pancreas stress. The second part is your Adrenal Gland stress. The final part is your Liver stress. All 3 glands are necessary for your blood sugar to be stable and produce the energy you need to live a healthy lifestyle.

Your Current Pancreatic Stress Stage will be measured.

Your pancreas produces enzymes that help you digest carbohydrates, proteins and fats. Carbohydrates break down into sugar molecules to be transported by another pancreatic hormone called insulin, to all of your organs and tissues to be used as fuel. Proteins are broken down into amino acids used for muscle building and neurotransmitter formation. Fats are broken down into triglycerides and fatty acids for use as fuel to the heart and to carry fat-soluble vitamins like Vitamin D and A. If your pancreas isn't working correctly, neither is your blood sugar.

Your Current Adrenal Stress Stage will be measured.

Your adrenal glands sit on top of your kidneys and are your major stress-handling gland. When you perceive stress of any kind, your adrenal glands produce a hormone called cortisol. Cortisol, in turn, then tells your liver and muscles to release blood sugar into the blood stream so it can be carried by insulin to the tissues necessary to fight the stress it just perceived. But with time and too much stress, your adrenal glands can fatigue and burn out and leave too much insulin and blood sugar in the blood stream. This can lead to blood sugar problems, such as diabetes.

Your Current Liver Stress Stage will be measured.

The final part of the blood sugar handling matrix is your liver. Your liver is important in almost every chemical function in your body. When your blood sugar is chronically high from lifestyle choice, infection, chronic stress, adrenal fatigue or any other issue, your liver becomes depleted and your blood sugar handling mechanism continues to break down.

The final part of the Customized Health Recovery Overview is Your Endocrine System Stress. Your Endocrine System is another way to say your hormone making and regulating system. This area of the overview compares eight different organs and systems and stages each of them.

Your Current Pituitary Stress Stage will be measured.

Your Pituitary gland is known as the master hormone gland of the body. It sits at the base of your brain and controls the signal to produce many different hormones throughout the body. When your pituitary is stressed it can affect many other areas of the body.

Your Current Adrenal Stress Stage will be measured.

Your Adrenal glands maintain the balance between your stress hormones and your vitality hormones. These glands are also very important for blood sugar control. When your adrenal glands are stressed, your ability to maintain focus, energy and stamina are greatly reduced.

Your Current Thyroid Stress Stage will be measured.

Your Thyroid gland maintains your metabolism. The two types of metabolism controlled by your Thyroid gland are your energy metabolism and your calcium metabolism. When your thyroid gland is under stress your energy becomes decreased and your ability to put calcium into bones is also compromised.

Your Current Gonadal Stress Stage will be measured if you are a male.

Your Gonads (Testes in men and Ovaries in women) are very important for the production of your sex hormones, but also are extremely important in handling your overall stress. Ovaries are key in fat distribution and menstrual cycle control. Testes are key in muscle development and overall vitality. Both men and women have Estrogen and Testosterone. When these and other hormones get out of balance, your overall ability to handle stress is greatly reduced.

Your Customized Health Recovery Program is divided into 3 different levels.

Level 1 – (4 to 6 weeks) Your initial program is designed to qualify you and make sure you are ready to tackle your health creation for the last time. This level sets the stage for your future life free from disease and provide the foundation of confidence necessary to follow through with the lifestyle changes you have the burning desire to accomplish.

This is also the time for an agreement to be made between you and Dr. Hemmer that you can and will be successful if you put forth your best effort consistently. If you or Dr. Hemmer doesn't feel confident in your ability to follow through successfully, your program will be terminated after Level 1.

Level 2 – (20 to 22 weeks or longer) Your continuation into Level 2 is when your hard work and dedication to this process begins to pay off. A new Customized Health Recovery report will be completed every 90 days. Our experience has proven your first 90 days of healthy lifestyle changes addresses much of the overlapping health issues you are currently experiencing. The second 90-day Customized Health Recovery report uncovers your true state of health. Depending on your current state, more 90-day cycles could be necessary for you to reach Stage 1 or Ideal.

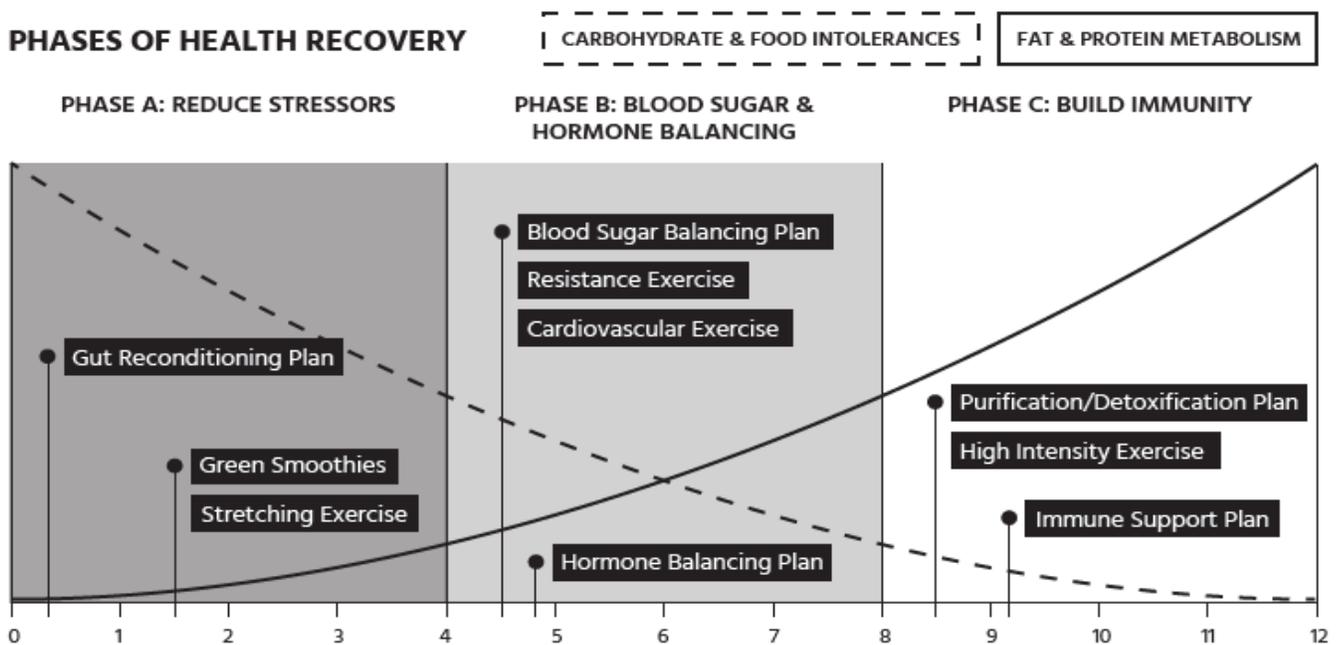
During Level 2, many of your original health goals will be realized because of your hard work and dedication to your healthy future. Your ability to make your own health decisions and have the knowledge necessary to break free from future disease once and for all is realized in Level 2 with determination and never giving up on yourself.

You will know when you reach the end of Level 2 when you are confident in your own ability to maintain your health for a lifetime. You become your own HEALTH care provider. You don't need a SICKNESS care provider.

Level 3 – (ongoing in 90 day cycles or at your discretion) Once your health has been restored to clearly stated goals and expectations, ongoing education and monitoring can be necessary at specific intervals to refresh and maintain your new level of vitality, longevity and beauty.

Our involvement in your health is at your discretion. We are here to help and educate, but your ability to make your own HEALTH care decisions will be based on your new experience and dedication of leaving a legacy of health for your family, friends, community and world.

PHASES OF HEALTH RECOVERY



Above is a big picture view of how you will recover your health. This graph includes your Chemical health (diet, supplements, hormones, detoxification/elimination and your immune system). This graph also includes your Structural Health (Exercise, stretching, strength and posture).

As you can see, Customized Health Recovery is broken up into 3 phases. Phase A is when you reduce both the Chemical and Structural stress that are part of your daily lifestyle right now.

Phase B is balancing your Blood Sugar and Hormones. This phase is where physical changes, like significant permanent weight loss begins.

Phase C is when the weight stays off and your life span will equal your health span. When you build your immune system to the point that you can fight off all disease, you will remain healthy for your entire life.

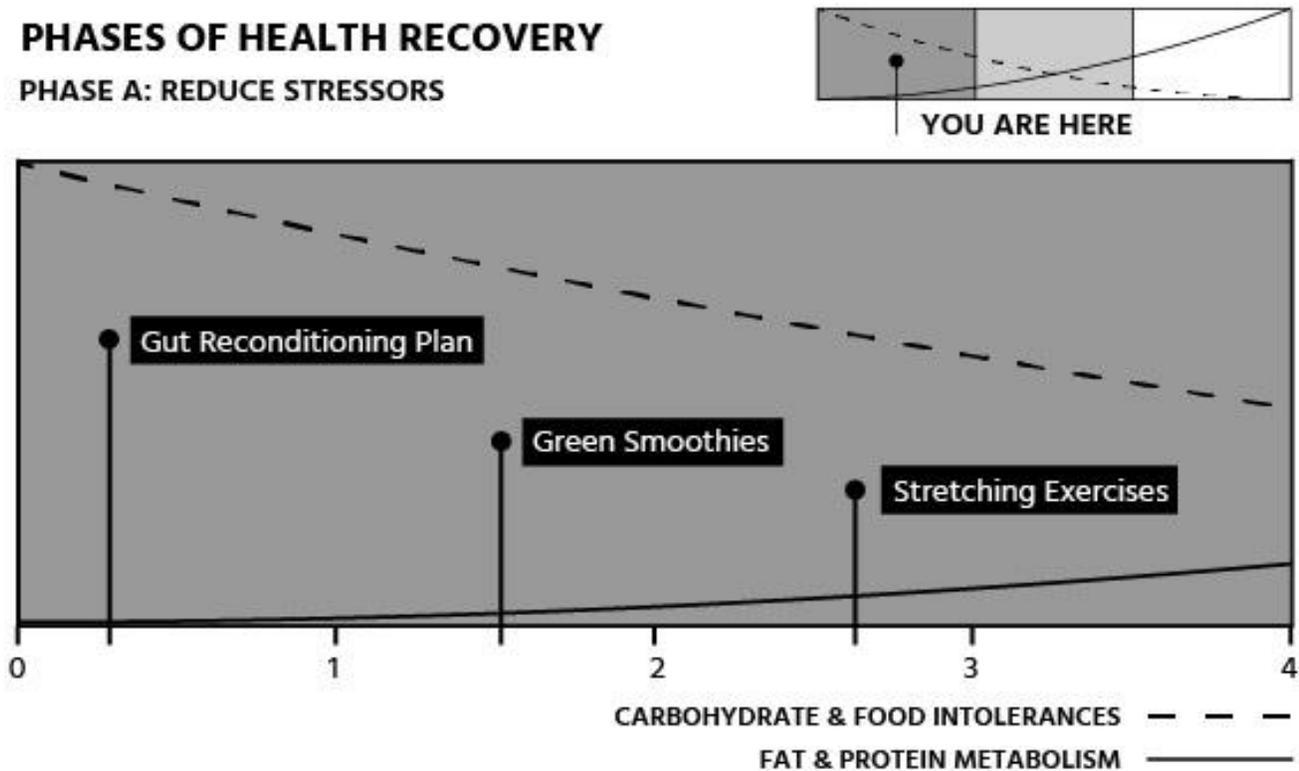
The next thing to notice on this image is the dotted line that starts in the top left and the solid line that starts at the bottom left. The dotted line represents how well your body is digesting and reacting to carbohydrates and the food you are currently eating. The solid line represents how well you are digesting and using proteins and fats to rebuild your health.

Our experience and research has shown that even though you might not be having digestive symptoms, improving your digestive health is critical to rebuilding your body once and for all. If you can't digest properly, you can't rebuild.

Let's look at each phase in more detail.

PHASES OF HEALTH RECOVERY

PHASE A: REDUCE STRESSORS



In this first phase, you will focus on reducing carbohydrates and food intolerances/allergies to decrease inflammation. This will help you feel better, sleep better, and have less pain with your daily activities.

You will also focus on completely digesting your food (fat, protein and carbohydrates) in your diet. We will customize your diet, which may include a smoothie to increase your nutrients. You will also focus on stretching activities like yoga or exercise ball sessions to increase your strength and flexibility while decreasing your pain.

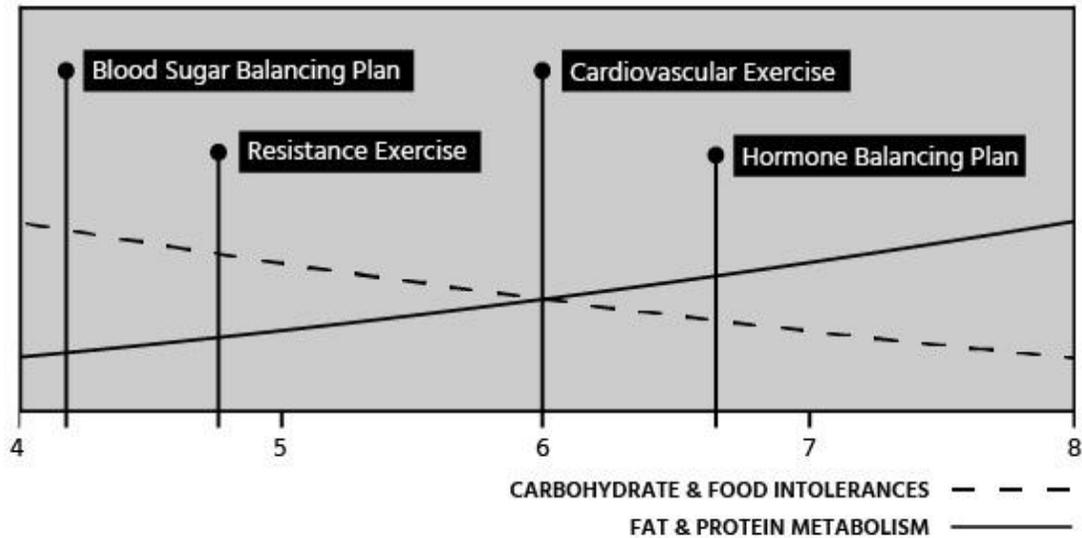
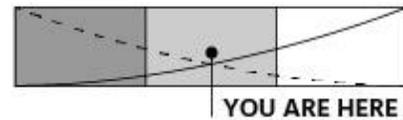
Things you will do:

- Breathing and chewing techniques – helps with digestion/relaxation
- Reduce major food intolerances – reduces pain and bloating
- Improve number of meals per day – helps energy and blood sugar
- Start Gut Reconditioning Plan – Health starts with Digestion
- Introduce new nutritional food plan/smoothies - More fuel to heal
- Start stretching exercise – The more you move, the quicker you heal
- Start recovery activities – more sleep, less stress, better relationships
- Substitute stimulatory beverages – less coffee, soda – more water
- Reduce negative interactions – job stress, relationship stress

All these things are introduced and you become part of our tribe of people who really want to get their health back. You have complete access to us by email, text

PHASES OF HEALTH RECOVERY

PHASE B: BLOOD SUGAR & HORMONE BALANCING



and phone to get all your questions answered and we will hold you accountable to do what you say you want to do. We love helping people, now you are part of us! This is Phase B of your Customized Health Recovery Program. In this phase, you will focus on increasing your metabolism to balance your blood sugar. You will add resistance exercise to build muscle along with light cardiovascular exercises. You will also focus on balancing your hormones to improve sleep and feel better throughout your day.

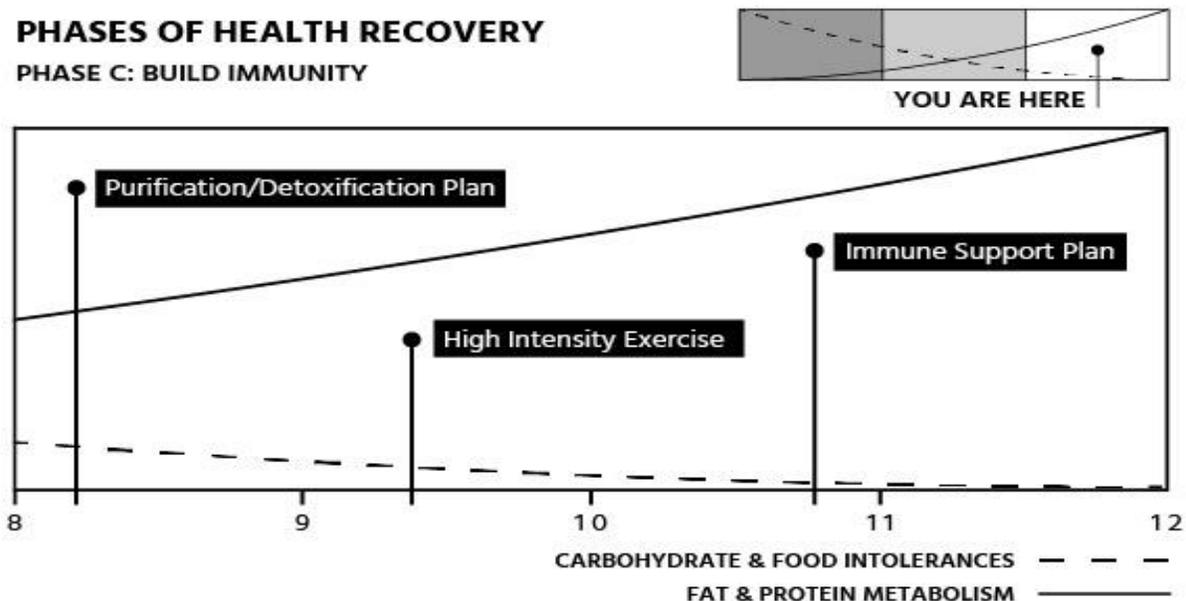
Things you will do:

- Start Blood Sugar Balancing Plan – Leads to health and weight loss
- Reduce simple carbohydrates – These sabotage your weight loss
- Increase nutrient dense foods – Helps to detoxify your body
- Start strength exercise – Muscle burns fat and you look better
- Start cardiovascular exercise – Strong lungs/heart creates health
- Start Hormone Balancing Plan – Balance Hormones = Health Recovery
- Start healing herbs – Help your body heal regardless of extra stress
- Improve sleep from 12am & 3am – When you burn the most fat

Phase B is when the magic of weight loss begins. As you are balancing your blood sugar and your hormones, your food allergies and sugar craving disappear and your ability to burn fat and build lean muscle improves. This is when your pants are too big and you start noticing the positive physical changes you have been dreaming of for years!!

PHASES OF HEALTH RECOVERY

PHASE C: BUILD IMMUNITY



Welcome to the final phase of your health recovery plan. In this final phase, you can handle a detoxification plan without major symptoms. You will add more intense exercise to sculpt your body. During this phase, we will support your immune system to target specific organs and keep you healthy for life. When your immune system is strong, no disease can stop you from being healthy!

Things you will do:

- Start Purification/Detoxification Plan – clean years of toxins away
- Target individual organs – have better energy, burn more fat
- Start high intensity exercise – look and act half your age
- Target hidden bugs that rob your future – Health stops disease
- Immune Support Plan – Graceful Aging needs Immune Support
- Tell family, loved ones and friends – We need more healthy people

Once you have conquered all 3 Phases, you will be able to live your life to the fullest. You will be in the top 5 percent of people who look good, feel good and age gracefully.

WARNING: This program is not for everyone. If you are not willing to take charge of your own health, don't schedule a Comprehensive Health Evaluation.

You know things are not going to get better on their own. You have tried so many things that haven't worked. You know you must do something different, but you aren't sure where to go next. We get it. But if you are ready to demand improvement in yourself and are ready to do whatever it takes to lose the weight and get your health back, schedule a Free no-obligation Comprehensive Health Evaluation to see if our proven solution is right for you.

I can't wait for you to be our next success story,

Dr. Bill Hemmer



Comprehensive Health Evaluation

The best way to look better, feel better and live longer is to discover all the obstacles holding you back. To uncover the root of your problems, we should understand your current situation from every angle. Can you have less pain for your favorite activities? Can you be in a better mood for your family, friends and co-workers? Can you be more focused, determined, calm and happy? Once all these issues are addressed, you can enjoy the excellent health you deserve.

Our Comprehensive Health Evaluations include:

- A Health Priority Goal Setting Consultation – *to get a complete understanding of your most important issues to address now (a \$100 value)*
- An online/in-office Health assessment – *to provide a current snapshot of your total health picture (a \$100 value)*
- A complete in-office fitness assessment – *to create the starting line for your fitness plan (a \$50 value)*
- A complete diet history – *to create the starting place for your nutrition plan (a \$50 value)*
- Body measurements, such as, weight, height, blood pressure and body composition – *to allow us to measure your progress and celebrate your victories (a \$50 value)*

Your cost for this evaluation: **FREE**

All of these evaluations will be completed before you sit down with Dr. Hemmer to discuss what your next step should be. *You are under no obligation to move forward* after you understand your current state of health. You and Dr. Hemmer will decide which plan is right for you.

Join other like-minded people who want to take control of their health!

If you decide to move forward into a Personalized Health Solution, you and Dr. Hemmer will agree which plan fits your current situation best and then your Health Priority Investment will be finalized with no hidden costs.

Invest in your health today; don't wait until it's too late!