



New Vitality
Holistic health from a biblical perspective



Back to Biblical Health for Women



01.09.14 **FREE Introductory Session: Overview**

Want to learn about ancient health & beauty secrets that are effective for today's modern woman?

Get a taste of what "Back to Biblical Health for Women" is all about by downloading this **FREE** 204 page Introductory **eBook**, equivalent to 2 hours of teaching or join us for the **FREE Live Presentation** on Thursday, January 9, 2014 from 6-8pm. Download or register at www.yournewvitality.com



01.16.14 **Session 1: Let There Be Light!**

Learn which colors of light:

- Prevent and even reverse aging
- Enhance sleep
- Elevate your mood and even help with depression

Color originated with light when G-d said, "Let there be light!" And both light and color have healing properties that can be used for our benefit.



01.23.14 **Session 2: Threads of Truth**

Did you know that:

- Just as petroleum-based fibers have an adverse effect on your health, biblical fabrics enhance the body's natural ability to heal itself?
- The textiles used to construct the Temple and to clothe the priests reduced the stress in their jobs?
- Learn how to take employ the power of clothing to protect and strengthen your immune system!

Yes! Fabrics affect our health, and biblical fabrics are more powerful than any other fabrics on earth! Divine intention was behind the use of biblical fabrics, and they can benefit your health even today!



01.30.14 **Session 3: Healing Oils**

How would you like to:

- Experience enhanced & focused meditation
- Have an elevated spiritual consciousness
- Increase spiritual groundedness
- Overcome addictions & destructive habits

Learn how G-d designed aromas used in Temple worship to draw worshipers close to Himself There are over 1000 references to essential oils and aromatic plants in the Bible, and there were many purposes for these oils that we can use for our overall health today! In addition, learn the criteria for determining the answer to this question: "What is the best brand of essential oils?"



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02.06.14 Session 4: The Benefits of Biblical Foods

- Learn how to reduce allergies and autoimmune issues by using biblical foods
- Learn why foods grown in Europe and Israel do not result in allergies and disease
- Did you know that G-d made food intuitive? Foods resemble the organs they benefit!

“A land flowing with milk and honey” was to be a blessing, yet wheat and dairy allergies run rampant today! Find out why and learn how to take charge of your family's health through biblical eating!



02.13.14 Session 5: Every Green Herb

- Elijah's Broom Tree contained medicinal compounds that benefit the kidneys
- Zaccheus's Sycamore Tree is more likely to be a Black Mulberry tree and is good for fevers, constipation and for sore throats
- Jonah's gourd was likely from the Castor Bean plant and contains a powerful cancer-fighting phytochemical called Ricin

Learn more about biblical herbs, what they were used for, and how you can use them to keep you and your family healthy today.



02.20.14 Session 6: The Glory of Man

- Manage your hormonal balance naturally with biblical herbs and wisdom
- Alleviate female concerns using G-d's medicine chest
- Learn about ancient biblical thought regarding beauty, fertility, gynecology, and childbirth

Women in ancient times managed their beauty and issues of fertility, childbearing, and menopause naturally.... and you can too!



02.27.14 Session 7: Fasting

- Learn how to supercharge your spiritual & physical health through fasting
- Want to lose weight & have more energy?
- Learn about the many biblical fasts employed by spiritually great men and women of Scripture and how you can benefit from the same practices

Fasting is more than going without food-- transformation takes place on multiple levels, and as with everything commanded by G-d, there are benefits on multiple levels for those who choose to obey!



03.06.14 Session 8: Training the Inclination

- Tired of struggling with bad habits?
- Want to learn the secrets to overcoming character flaws?
- Learn how G-d designed your body to utilize the 5 senses to re-train your mind and break undesirable habits of the "flesh."

Neurological pathways are burned into our brains through our life experiences and how we respond. These brain pathways are what cause habitual thinking and actions.



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03.13.14 Session 9: Living Water

Did you know that:

- Your aches and pains may actually be due to dehydration
- Brain fog you experience in the afternoon can be remedied with adequate water intake
- Ancient believers practiced many different forms of baptism, including one by which the person was considered "Born Again"
- Thirst can masquerade as hunger?

Learn about the life-giving importance of water and its significance in the Bible, including the spiritual symbolism of Living Water. Also included are the results of my research to answer the question that clients frequently ask: "What is the best water to drink?"



3.20.14 Session 10: The Chemistry of Spiritual Fruit

FREE for a limited time!

In this session, you will learn:

- What happens chemically when we choose the fruit of the Spirit vs. the fruit of the flesh
- How the characters of the Hebrew alefabet reveal the remedy for sinful behaviors
- How to overcome negative habits and behaviors

Whether we choose to manifest the fruit of the flesh or the fruit of the Spirit, both have an impact spiritually as well as physically.

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03.27.14 Session 11: Enter My Rest

Are you ready to:

- Experience better quality and quantity of sleep?
- Want to wake up feeling energized and refreshed?
- What does the Bible have to say about sleep and rest?

Sleep is refreshing to your body, mind and soul. Without it you would die! Unfortunately Americans suffer from chronic sleep deprivation which leads to a host of preventable health issues! Learn about G-d's design for sleep and how you can improve your sleep naturally-- don't miss out on the gift of His rest!



TIME: Thursdays@ 6-8PM for 12 weeks
beginning January 9, 2014

LOCATION: The Crunchy Grocer in Loveland

EARLY BIRD SPECIAL PRICING: \$27 per session
\$269 for entire series (12 sessions for the price of 10-- **SAVE** nearly 20%!)

AFTER DECEMBER 31, 2013: \$33 per session (\$330 for entire series)

Space is limited!

Reserve Your Spot Now!

Can't attend all 12 sessions?

Choose the sessions that fit your schedule

-OR-

download

eBooks: \$9.99 each or 10 for \$89 (**SAVE** over 10% by purchasing the entire set)

Audio + Slides: \$19.99 each or 10 for \$179 (**SAVE** over 10% by purchasing the entire set)

Go to this link to make your selection:

www.yournewvitality.com

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