



## **Month Six – Video #4**

### **Congratulations and Health for Life**

Wow!! Congratulations!! You should be very proud of everything you have accomplished up to this point. My goal for you was and is for you to become and stay healthy. If you have watched all of the videos and read all of the printable material you are much better educated on health than most individuals and probably a good number of physicians which is sad but true. I also hope this journey has changed the way you look at health. Your health is your responsibility and it will never be found by eating the standard American diet or in the taking of medication designed to deal with the breakdowns in your systems. It should also be evident that the vast majority of health conditions have an autoimmune component to them driven by inflammation. You have to remain vigilant in our diet and lifestyle choices. Applying these strategies on an ongoing basis will help you maintain your health. I like to say that “your direction determines your destination” and I hope I have shown you a new and possibly healthier direction for you, your family and loved ones. It is an honor to serve you and I pledge to continue to do so as long as I am physically able. I will continue posting new videos weekly in the membership portion of the site as well as providing great information in my blog as new research and information becomes available. Maintaining membership at our low monthly rate will continue to provide you with a 20% discount in our store and access to the latest and greatest products as they become available. It will also provide you with continued access to all of this information which will be updated as necessary, and last but not least access to our Facebook membership page so that you can ask questions of those in our community who face the same challenges you do day to day.

It is a sincere pleasure to serve you and all those in pursuit of the healthiest you possible!

Your partner in health,

Dr. Steve Harrison