

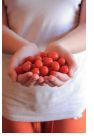


1701 Highway 3 South, League City, Texas 77573 281-684-3168 lola@yogalola.com www.yogalola.com

Maximize Health & Reverse Illness With Food



Do you realize that your health, and perhaps even disease reversal, is only one step away? It is! Hidden in the nutrients contained common, ordinary foods are extraordinary healing powers that are unleashed when you know what they are, how to prepare them, and how much of them to eat.



The answer to maintaining your health or reversing your illness is in your kitchen. All you need now is the knowledge about how to real, everyday food to support to attain optimum health. It really is both simple and amazing!

Get Your Vibrant Good Health Right Here, Starting Right Now

Happy, Healthy, Whole ... Naturally

You can have it. It's just a grocery store away and 100% within your control. The system we share with you is not only extraordinarily wholesome, the food we teach you to prepare (both raw and cooked) is YUMMY. *We even teach you how to make eye-rollingly delicious, creamy sweet ice creams!* A great-tasting way to better health is at the end of your fork. Celebrate the taste of the foods you eat!

The Good News. Most people are somewhere in the middle of having really good or really bad food habits, so it's relatively easy to quickly improve health and experience the benefits of an excellent diet by putting a little more thought into what we put into our mouths.

The Bad News. You have to stop eating crap and begin eating wholesome food. There's just no other way to do it. But, with this system it's really easy. So, the bad news isn't really bad at all, is it?

Targeted Nutrition Supports Recovery from Illness & Disease

Cancer, Diabetes, Autism, Arthritis, Digestive Disorders, Sexual Dysfunction, Osteoporosis, and Obesity, among others, are known to respond favorably to this method. People who follow the Food Healing system feel that it contributed significantly to their recovery or disease management. To learn about clients' testimonials about using this process, go to <http://main.qigong.com/default.asp?n1=5>.

It Really is True - You Are What You Eat

Dr. Victor Hugo Lindlahr (1895-1969), a Pioneering American health food advocate and publisher of books on nutrition and health, popularized the saying "You are what you eat." We all know it's true.

Proper Food Use. Proper use of good food is essential to well-being. If you eat wholesome, living, life-nurturing foods, you are stronger, more disease-resistant, and radiant. You look and SMELL better. Your weight regulates itself properly. Your stomach feels good all of the time, and your bowels work effortlessly. And, you are more resistant to, and recover more easily from, illness and disease.

Misuse of Food. Misuse of food is practically a way of life for many of us. Little Debbie's and ice cream, tasty as they seem, are not your friends. Poor food choices lead to low vitality, low immune systems, and impaired digestive and bowel functions.

Private & Group Consultations & Yoga Lola Workshops

Using a holistic and well-rounded approach, customized to each client, Lola brings 25 years of wellness study and practice to her private consultations and workshops. Using food healing, breathing techniques, Reiki, life enhancement coaching, and many other methods known to promote health and longevity, Lola gives you the tools you need to you live a balanced and fit life.