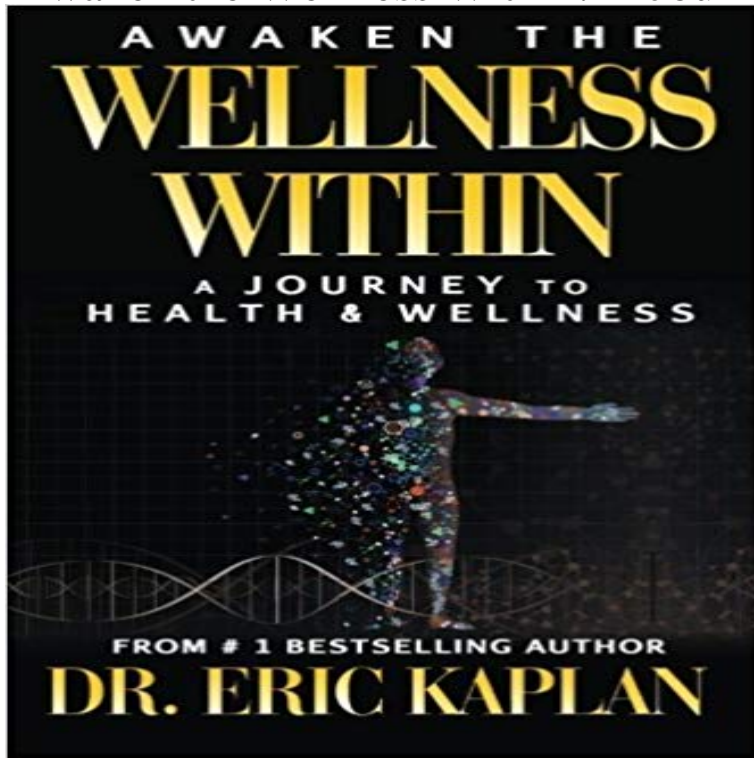


## Awaken the Wellness Within: A Journey to Health & Wellness



Imagine if there was a machine that could cure everything and anything? It exists. This machine is called the human body. Made of billions of cells, it has the ability to cure and heal anything when those cells are working in harmony. The beauty of the body and every cell is that both have the power to heal themselves. The power that created the body has the power to heal the body. No doctor, no drug, no supplement, and no object has ever truly healed on its own. They only assist the body and only then if they act in harmony with the laws of nature. *Awaken the Wellness Within* is about awakening your inner healer and finding the wellness within. This allows you to take control of your health destiny. This book focuses on the cause of disease and not just treating symptoms. A life out of balance will catch up with you eventually, and everyone that is sick is out of balance. This book inspires the reader to find the formulas to health, wellness, and longevity in their lives and to live to their healthy potential. Imagine a world not dominated by sickness and disease. This book offers a new health paradigm of health and disease. This book breaks down health and disease to their simplistic form. The simplicity of Dr. Kaplans formula is the elegance in his paradigm that there is only one diseasecytopathologyand that there are only two causes of disease with one innate cure. To some, this is a new type of thinking, a new type of knowledge. Its hard to overstate how far that obvious idea has come. The road to health is always under construction. We are born healthy and perfect, and then, as we age, something goes wrong. No longer abundant with health, no longer at our ideal weight, no longer happy, we look within. What went wrong? You were duped. We live in a chemical world; our lives and our bodies are bombarded with chemicals. With so many toxins thrown at us daily, it is amazing that we are ever healthy. This is a

new health paradigm made simple. You will learn throughout this book that there is only one disease, two causes of disease, and one cure. This concept will change the way doctors and patients will look at health. Awaken The Wellness Within allows the reader to be proactive in regard to their health. One book, recognizing the power of one cell, will empower one reader at a time to control their health destiny. This is the one book that the world has been waiting for; it allows you to control your future starting today.

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