

WHY BE HEALTHY?

22 REASONS WHY!

1. Vitality
2. An abundance of energy to do everything you want to do
3. Happiness
4. Love and closeness with others
5. Satisfaction and fulfillment in life
6. Healing symptoms and disease
7. Symptoms and disease going away
8. Relief from the suffering that goes with the symptoms and disease
9. Inner peace and harmony
10. Being symptom- and disease-free
11. Mental focus, memory, and clarity (no brain fog)
12. Being awake and fully alive every day (not just dragging through stuff and surviving)
13. Being present and having the ability to be with people
14. No worry or fear
15. Being confident in yourself
16. Being complete and happy
17. The ability to deal with issues that arise simply and with ease
18. Having better health now, with security for yourself and your family later
19. More time to do what you want to do
20. Simpler choices
21. Looking great, feeling good, reducing fat, and having tons of energy
22. Being satisfied and Not being hungry all the time