



## Did you know?

Did you know there's a cure for all disease? Consider this; We humans are the only animals that exhibit chronic illness or disease. You'll never come across a lion or tiger or bear in the wild with cancer, heart disease or diabetes. You see, we humans have created our own toxic environments that cause the diseases we suffer. Our normal and natural state is health and the way back to health is to detect, correct and remove interference. Find the cause and then remove it. The body is then restored to its natural state. The Cause is the Cure.

### Supplements...do they really work?

When considering taking nutritional supplements it's important to recognize the purity of the ingredients, the dose level and the bioavailability. Once we know these factors we can make good choices that should also be tailored to the individual's needs. I encourage you to have an updated bloodwork assessment and I can review the lab results with you so you can be sure you're addressing specific needs and avoiding deficiencies. The supplements I take every day and recommend are the ones that work!

### June's Provider Spotlight:

This month we'd like to give a shout-out to a great gym in Fountain Hills

**snap fitness** 24/7

Snap Fitness is located on Fountain Hills Blvd. and provides a great environment to get in your workout. The gym is clean and offers great equipment including free weights, machines, treadmills, bikes, and ellipticals. Kyle and the rest of the team are there to help and even provide personal training services. They're open 24/7 and offer great pricing for individual and family memberships. It's the gym my family and I go to and we recommend you give them a try too! They can be reached at 480-837-3901.



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