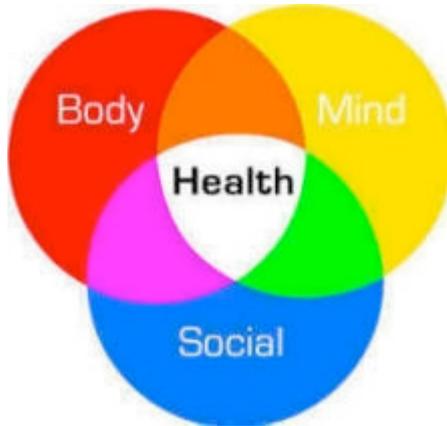


## WHY DO WE GET SICK?



## WHAT CAUSES DIS-EASE AND ILLNESS?

Apart from accidental injury, the only thing that can cause us to form disease is a weakened immune system.

## DO YOU KNOW...?

If the road to compromised immune system and disease went from 1 to 100, where 1 is completely well, vibrant and in love with life, and 100 is dead...

Most people start to manifest symptoms at point 30-40.

## WHAT COMPROMISES OUR ABILITY TO STAY WELL?

- 25% of the distance along this line is down to your inadequate diet
- 25% of the distance along this line is down to your lack of aerobic exercise
- And a massive **50%** of the distance along this line is due to your **stressful state of mind** and your negative thoughts.

## TAKE NOTE!

German scientific research has shown that disease is created *silently*-there are no symptoms or warnings. Disease is ONLY created when we are in a stressed state of mind. (sympathetic nervous system program) The uncomfortable symptoms of disease only appear when the body is attempting to heal you. Repair and cleansing happens exclusively in a relaxed, happy state of mind. (parasympathetic nervous system program)

## State of mind...

Lack of self respect and value, driven stressful jobs, fast pace of life, lack of down time, toxic

relationships with others and with your self, unresolved issues and anger, obsessive negative thoughts, lack of quality sleep, lack of fun, no sense of connectedness and community etc.

### **A nutrient deficient diet...**

Lack of nutrient rich live food and water, contaminants such as... pesticides, insecticides, preservatives, colorants, stabilizers, E numbers. Flavour enhancers. Etc

Food high in saturated fat causing free radical formation, and aging.

Foods high in refined sugar causing a more acid PH, loss of essential gut bacteria, formation of fungal overgrowth, and toxicity. Etc.

### **Lack of aerobic exercise...**

Our body is designed to thrive on movement. If we sit all day or take little exercise, it will go into decline. Not just our physique, but all our organs, immune system, aging accelerates inevitably causing degeneration and disease.

**If you are not actively taking steps to create wellness, you are actively creating disease-that's a certainty. There is no such thing as neutral in relation to health.**

### **THE GREAT NEWS IS...**

#### **SINCE...**

25% of your ability to heal can be achieved by improving your diet and detoxify.

25% of your ability to heal can be achieved by a suitable exercise program.

And a massive 50% of your ability to heal can be achieved by changing your motivational values, and your unconscious beliefs and drives

.Being well is SO easy-the most natural state of all. Total wellness just requires knowledge, self value, and the motivation to change.

**WHAT ARE YOU GOING TO DO ABOUT IT?**

**HAVE YOU GOT WHAT IT TAKES?**

**Be pro-active!**

**GO ON THEN!**

**Take your future by the scruff of the neck, and pro-actively create fantastic new possibilities, and the vibrant good health to enjoy them !**

**Your quality and quantity of health determines your quality and quantity of life-  
INSURE IT!**

**BOOK NOW!**

**All you have to do to start your wellness experience is pick up the phone and dial  
02866328200**

**or**

**email Linda at [info@lindaburke.co.uk](mailto:info@lindaburke.co.uk)**

Diagnosis and coaching can be done one to one in person, and/or by Skype on line, to facilitate my national and international clients.

