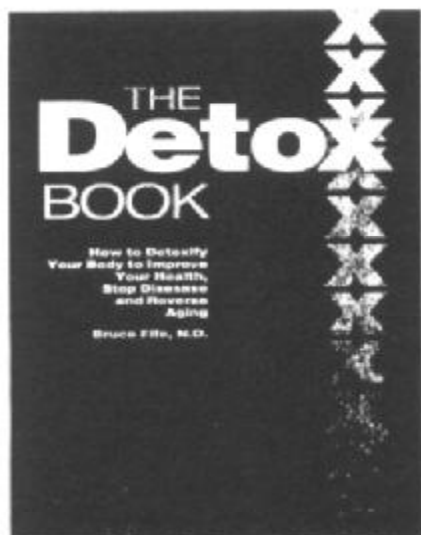




Additional Resources  
to Help You Improve  
Your Health



## REBOUND TO BETTER HEALTH

by Bruce Fife, ND

Rebound exercise is known as *the most efficient, most effective form of exercise ever devised by man*. With a simple rebounder (mini-tramp) you have a device that is equal to *all* the fancy machines and equipment found in a gymnasium or health spa. This little trampoline will do it all for you, and in most cases, more effectively too. You can gain all the benefits of running without suffering from injuries caused by pounding on a hard surface. Studies by NASA scientists have shown that rebounding is *68% more* effective than jogging, and yet requires *less* effort! You can also develop both upper and lower body strength just as effectively as weight lifting—without the strain or threat of pulled or torn muscles. Rebounding has been shown to outperform swimming as an all round exercise. Even the elderly and crippled can rebound to better health. And you can do it all in the privacy of your own home.

Rebound exercise is the only form of exercise that is capable of building physical strength, as well as help reverse degenerative health conditions. Rebounding enhances the immune system in a way that is unlike any other form of exercise. Many people suffering from a variety of degenerative conditions have achieved better health using this unique form of exercise. No other exercise can compare, because they all lack an essential element found only in rebounding.

On this audio tape you will learn about the miraculous benefits of rebound exercise and why it's used by professional athletes to build strength and improve coordination. You will learn about a lady crippled by arthritis and confined permanently to a wheelchair who was able to regain the strength and mobility in her legs and become active again. You will see how it helped reverse the effects of heart disease in an elderly couple and gave them back their lives. You will also learn how it's been used as an effective tool against osteoporosis. You will discover *why* it is called the most efficient, most effective, and most beneficial form of exercise ever devised by man and, best of all, you will learn what it can do for you.

## THE DETOX BOOK

How to Detoxify Your Body to Improve Your Health, Stop Disease, and Reverse Aging

by Bruce Fife, ND

We live in a toxic world. Environmental pollution and disease-causing germs assault us continually day after day. Our food is nutrient deficient and our water supply dangerously contaminated. People today are exposed to chemicals in far greater concentrations than were previous generations. Thousands of tons of man-made chemicals and industrial pollutants are poured into our environment and our food supply daily.

With such a massive attack on our health we should all be sick from toxic overload. And we are! In no other time in the history of the world has degenerative disease been as prominent as it is today. Diseases that were rare or unheard of a century ago are now raging upon us like a plague. Millions are dying from diseases that were virtually unknown in the past.

Nature, however, has provided us with the solution. Our bodies are amazingly resilient. If the disease-causing toxins are removed, the body will heal itself. This book outlines the steps you need to take to thoroughly detoxify and cleanse your body from these disease-causing agents. You will also learn how to reduce your toxic exposure and how to strengthen your immune system.

Through detoxification you will free yourself from the chains of pain, reverse degenerative conditions, gain more energy, feel and look younger, improve your memory, and be happier. Virtually all the diseases of modern society, including many infectious illnesses, can be avoided or even cured by sensible systematic detoxification.

Although we live in a toxic world we can take control of our health. This book will show you how.

Look for these informative resources at you local book or health food store. For a free catalog write to HealthWise Publications, P.O. Box 25203, Colorado Springs, CO 80936