



## **The Original Design for Health: The Simple Plan to Restore and Maintain Health in 3 Easy Steps**

*Mark Shannan, Jordan Rubin*

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*Discover the secrets to Living a Healthy, Happy, Active, and Long Life!*

In the beginning, God had a perfect plan. Humans were **designed** to live with abundant health...but we've strayed from that path. So where are we now?

People are sick and tired of being sick and tired. Rates of obesity, diabetes, cardiovascular disease and cancer are skyrocketing. We are emotionally and spiritually depleted, overworked, out of shape, worn out, eating fake "foods", and exposed to hormones, GMO's and chemicals that didn't even exist 100 years ago. Is there hope? What's the solution?

Dr. Mark believes you can return to The Original Design. Whether you're exhausted, depressed, overweight, in pain, suffering from disease, or simply want to be fit and healthy, *The Original Design for Health* offers timeless principles and scientific facts that show you how to:

Understand the four foundational pillars of health—Physical, Chemical, Mental and Spiritual—how they're interdependent and their importance to your body. Create balance through enjoying delicious and nutritious food, restful sleep, great relationships, fun exercise, spiritual peace, an attitude of gratitude, ideal spinal alignment, emotional control, plentiful playtime, and a "big picture" perspective. Identify and get to the root cause of many common health issues. Take control of your health and get back on the original track to wellness.

**Without health, you can't be who you were designed to be or live the life you were meant to live. Make today the first day of the healthiest part of your life...the life you've always dreamed of!**

*"You can't rewrite the beginning of your story, but you can change the ending.*

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