

What's a Wellness Club Meeting Like?

I have structured HealthiLifer Wellness Club meetings to be instructive, encouraging, friendly, and short.

A Wellness Club meets just once a month, for 90 minutes only. During the meeting, members will introduce their guests, hear the month's 20-minute Good Health Lecture *that I wrote*, share their experiences, and pick up their monthly supplies. Interested guests will also have the opportunity to join, if they are ready.

Membership Requirements

To be a member of a HealthiLifer Wellness Club and enjoy the significant privileges, you would meet just 4 requirements:

- 1. Register.** The registration fee is only fifty dollars. Paid once, it's good for a lifetime.
- 2. Pay monthly dues.** Just twenty dollars.
- 3. Take PerfectBalance** Multivitamin as recommended.
- 4. Pick up your PerfectBalance** Multivitamin for the month, at the monthly Club meeting. If you miss the meeting, the Club will ship you your supply, at an additional Shipping & Handling cost of \$13.



Who Owns Your HealthiLifer Wellness Club

Each HealthiLifer Wellness Club is an independent business entity, owned and operated by its Club Director.

The Club Director, usually a resident of the community, is generally not a health professional. The Good Health information, which a HealthiLifer Wellness Club is authorized to give, is information that 1, a neurosurgeon, have supplied or approved.



Become a Member today

Your HealthiLifer Wellness Club is your partner for Good Health, both for yourself and for your loved ones. As a member, you can begin immediately to *improve your health, heal yourself, and prevent disease for yourself and your loved ones, without medicine, herbs, or surgery.* I invite you to become a member today. Please contact the Club Director of your Independent HealthiLifer Wellness Club:

If for any reason, your HealthiLifer Wellness Club Director is not available, please call: 212- 615 - 6751.

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What's a HealthiLifer WELLNESS CLUB?

It's where you'll learn how to improve your health, heal yourself, and prevent disease for yourself & your loved ones
**WITHOUT MEDICINE,
HERBS, OR SURGERY**



By Dr. Uche Akwuba, LCE

Neurosurgeon.

*Medical Degrees (With Honors) from
The University of London, England.*

*Neurosurgery Training at
Downstate Medical Center, Brooklyn, NY
Part of the State University of New York
Founder, HealthiLifer Wellness Club IP*



A HealthiLifer^{IP} WELLNESS CLUB

**is also the place
where you'll find surprising medical
discoveries you can use everyday.**

I have discovered that the vast majority of the population is in poor health because they simply do not eat right, and what they eat is loaded with poisons, a large portion of it from the polluted environment.

I have also discovered that refined sugar and animal protein are the leading causes of arthritis, of osteopenia, and of osteoporosis.

Better yet, I have discovered that you can heal your arthritis, improve your health, and prevent future disease for yourself and your loved ones by taking certain, simple steps.

And best of all, I have discovered what those steps are. I will now share them with you. But...

How Best Can I Bring You The Good Health Information?

1. I could write a book. But while a book provides organized information, it is a passive tool. A book does nothing for you until you pick it up and read it. Since the information I wish to convey demands more action than the passive presence of a book, I concluded that a book would not be the best way.

2. I could give the Good Health information to a Multilevel Marketing Organization, which could then spread it quite quickly. The problem with doing so is that Multilevel Marketing Organizations are structured with a profit distribution pattern that the information I have, cannot provide. This health information would therefore *not* be attractive to a Multilevel Marketing Organization. Consequently, that channel of communication is not available.



3. I could open a website. A website would immediately present the information to the world at large. But most people have no computers or, if they do, are not comfortable using them. And not everyone is familiar with the technical intricacies of the Internet. So, attractive as the web is for the worldwide publication of information, it would, by itself, be insufficient in this case. Still, the Internet is not to be ignored, because increasing numbers of people sign up for it every month. Therefore, I have decided

to use the web, but only as part of a total package.

4. I could teach the information to other doctors so they can pass it on to their patients. But in many countries, paying for a doctor's services is a major political issue. As a result of the need for compromises, the payment question often limits what doctors can do with their time.

In addition. True prevention is *neither popular no well understood* in the medical profession. For example, when most medical doctors speak of *disease prevention*, they generally mean *early diagnosis*. But early diagnosis is already *too late* – because the disease is *already* present.

Furthermore, the institutions that pay for doctors' services on behalf of their subscribers are, quite often, *unwilling to pay for a disease that is not yet present*. They are unwilling to pay for *true* prevention.

Because of these drawbacks, my Good Health information will not spread quickly enough in the environment of the regular medical practice.

5. I could establish neighborhood organizations and the Good Health information through them. On further consideration, I found that this alternative would offer other significant advantages, namely:

- A neighborhood organization would be *friendly and supportive*.
- Its location would be *easy to find and visit*.
- In a neighborhood organiza-



tion, members would be able to *help and encourage one another* to apply what they learn.

d. Members could bring guests to meetings and so be able to *introduce new people* to the Good Health information, in a friendly and supportive atmosphere.

e. Built-in incentives would *encourage* members to attend organization meetings where they would receive Good Health information and supplies.

f. As the meetings, the leader and his or her assistants would deliver *live lectures*, which would be lectures *that I myself have written*. Through such lectures, members would receive fresh installments of my up-to-date Good Health information.

Name This Organization...

Having decided that a neighborhood organization would be the best format, I named such an organization the **HealthiLifer Wellness Club**.

The reason for the word "Health" in the name is obvious. "Lifer" suggests that Club membership and the use of the Good Health information should be life-long. However, "HealthiLife" is actually the phonetic form for "Healthy Life". I added the letter "r" to "Life" to make the name mean "one who lives a Healthy Lifer", just as the "r" in writer" expands "write" to mean "one who writes". Of course, the reason for "Wellness Club" is quite obvious.

Because the web can be very helpful as noted, I opened a website, <http://www.healthilifer.com>.

Your 5 Main Privileges as a Member

- You will learn how to improve your health, heal yourself, and prevent disease for yourself and your loved ones, without Medicine, Herbs, or Surgery.
- You have a standing invitation to Club meetings, anywhere in the world. You will appreciate this even more, when you travel.
- Bring up to 4 guests to any Club meeting.
- Get a bonus of \$50, if any of your guests joins and receives his or her first month's supply of PerfectBalance Multivitamin.
- Get free brochures and free HealthiLifer Recipes to help you easily improve the Good Health quality of your cooking.

