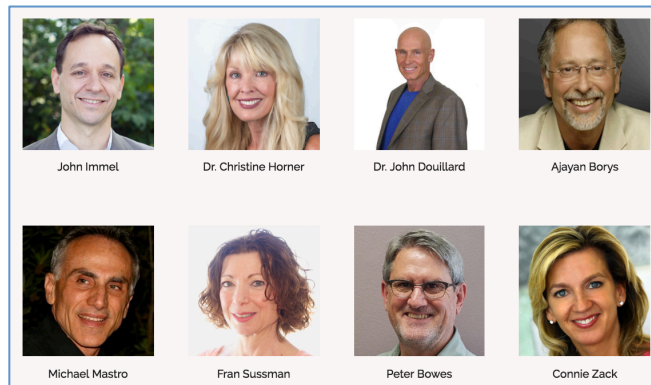


The Woman's Vitality Workbook! Day 6 — September 10

DAY SIX! Be sure to print this page out, write down your action steps and make a game plan for VITALITY! This is your Master Class on your future, from head to toe – heart and soul, and I am so grateful I have been here to see you through it. Today and tomorrow have some of the most powerful insights and health building vitality tips.



John Immel: Ayurveda and a Joyful Belly: John's commitment to the detailed study of digestive disorders reflects his zeal to get down to the roots of the problem. His sincere passion to share this information with the world at large, his creativity in the kitchen, and absolute dedication to the delight of cooking for others are amazing. John is generous and deeply committed to serving the world around him. This interview is a beautiful entry point to Ayurveda and a life lived from the inside out.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Dr. Christine Horner: Protecting Yourself from & Recovering Verve! after Breast Cancer Christine Horner, MD FACS is a nationally recognized surgeon, author, natural health expert and relentless champion for women's health. Dr. Horner spearheaded legislation in that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. Her 5-year crusade—The Breast Advocacy Project—led to the passage of laws in 35 states and a federal law in 1998. She is the author of "Radiant Health Ageless Beauty: Dr. Horner's 30-Day Program to Extraordinary health and Longevity." A frequent radio and television show guest, Dr. Horner has been interviewed on FOX national News, CNN, and by Dr. Mercola, and Dr. Oz. AND she is here on The Woman's Vitality Summit! This interview is vital for any woman, whether breast cancer runs in her family or not.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Dr. John Douillard: An Ancient Recipe for Vitality-Ayurveda for the Modern Woman
Dr. John Douillard is a globally recognized leader in the fields of natural health, Ayurveda, and sports medicine, and we are so lucky he joined the powerful experts on this Summit. He is the creator of LifeSpa.com, the leading Ayurvedic health and wellness resource on the web. LifeSpa.com is evolving the way Ayurveda is understood around the world, with over 700 articles and videos proving ancient wisdom with modern science. Dr. John is the perfect example of the superior content of this event. He is a repeat guest on the Dr. Oz show, and featured in Woman's World Magazine, Huffington Post, Yoga Journal and dozens of other publications.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Ajayan Borys: Meditation, Chakra Opening and Success. Ajayan has been exploring and teaching a variety of meditation practices since 1970. In the early 70's, he spent several years studying in residence under Maharishi Mahesh Yogi, founder of the Transcendental Meditation Program®. For the next ten years, Ajayan taught the TM Program®. Since then he has traveled the globe continuing an impassioned exploration of consciousness and developing human potential through various meditation and yogic practices. This interview is a gateway not only to meditation and chakra opening, but a gateway to discovering a personal route to success on every level of your life.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Michael Mastro: Using the Ancient Science of Vastu to Open Vitality in Your Home
Michael Mastro is the leading expert of Vastu Shastra, the first science of environmental harmony and well-being. Vastu originated in India thousands of years ago and creates stress-free living and working environments that improve the quality of life, *eliminating* the blocks to success, productivity, and fulfillment. Individuals seeking to align their homes and workspaces employ The Mastros to eliminate blocks to productivity, success, and well-being, and to reduce global suffering. Another must-not-miss interview. You may need to add extra pages to your workbook for the action steps from this one!

QUESTIONS from this interview?

ACTION STEPS from this interview:

Fran Sussman: Can You Detox Stress? The Impact of Long-Term Stress on Vitality
Since 1993, Holistic Practitioner Fran Sussman has helped thousands of clients reclaim their health and well-being. Her strengths include teaching people to heal the gut and reduce inflammation, helping women to balance hormones naturally in every stage of life, healing the brain, Lyme Disease, and so much more. In addition to a thriving private practice, Fran teaches an online course called “Zen Vitality Detox”, integrating clear nutritional guidance, healthy treats, and simple practices that have huge payoffs for body, mind and spirit, resulting in increased energy and deeper peace. The next class starts in October, and Fran is donating one seat for the upcoming class as well as offering 1/3 off the course fee with code VITALITY.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Connie Zack: The Wonder of Far Infrared Sauna in Reclaiming Vitality

Another great sponsor of our event!

Connie Zack, co-owner and Chief Sales Officer of Sunlighten Inc. Sunlight Day Spa’s focus is on holistic healing, with services revolving around rejuvenation and detoxification to help promote healthy living. Dedicated to offering the most effective wellness solutions available, Sunlighten’s patented Solocarbon® heating technology is the foundation for their saunas. It is the only far infrared heater on the market *clinically shown* to raise core temperature, lower blood pressure and aid in weight loss. This interview showcases how Infrared detox is the gateway to long-term vitality.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Peter Bowes: Ayurvedic Herbs and Increasing Vitality

Founder & Owner of Tattva’s Herbs, Inc. – our event sponsor!

Peter has been studying and practicing Ayurveda for over 30 years. His many travels to India have put him in touch with scholars, Ayurvedic practitioners, and a culture based on these ancient principles. In 1999 Peter started Tattva’s Herbs with one goal: to provide the absolute highest quality Ayurvedic and related health supplements without compromise. A commitment to that end means that all products are cultivated on eco-friendly farms, without the use of any chemicals, pesticides or preservatives. In addition, all products are certified cruelty-free, vegan, and, whenever possible, certified organic.

Peter has come to appreciate firsthand the healing powers of these ancient herbal formulas. He is proud to bring them to the market in their purest form and is deeply committed to playing his part in bringing the ancient wealth of Ayurvedic healing into today’s culture. Peter is a frequent lecturer on the practical application of Ayurvedic herbs and is committed to educating the public on the wealth contained in Ayurveda. Tattva’s

Herbs products can be found at their retail outlet in Seattle, or online at www.tattvasherbs.com. You can also find their products at a number of Whole Foods stores, health food stores, Co-Ops, various cancer centers, and other health care professional's around the country.

QUESTIONS from this interview?

ACTION STEPS from this interview:
