



Welcome to **THE WELLNESS REVOLUTION**

Achieve Your
Health Balance
by
Wellness



OUR MISSION:



To enable individuals and families to achieve optimal health by providing relevant information, products, services and training.

**To make PAKISTAN the
“Healthiest Nation in the World”
by 2020**

Today's Life



- Fast Pace of Life
- Increasing Competition



STUDY



JOB



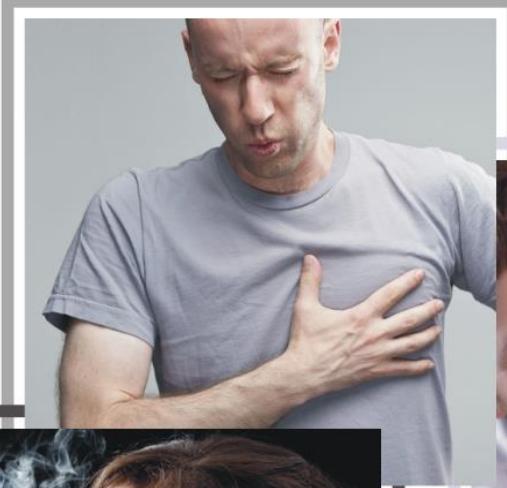
BUSINESS



HOME

THE WELLNESS REVOLUTION

Life can either be filled with
HEALTH or DISEASE but cannot be filled with
both Simultaneously.



When Disease comes Health goes
and when **HEALTH COMES DISEASE GOES**

What is the Way Out?



THE WELLNESS REVOLUTION

What do we understand by the word “WELLNESS”?

We think that the mere absence of disease is wellness.

But having optimal health is wellness.

What really is optimal health?



World Health
Organization

The World Health Organization defines
optimal health as:

“A state of complete Physical, Mental,
Social, Spiritual and Financial well-being.”



Difference Between Diseases



Past Diseases

- 1) POLIO
- 2) TUBERCULOSIS
- 3) WHOOPING COUGH
- 4) MALARIA
- 5) TYPHOID
- 6) CHICKEN POX
- 7) CHOLERA
- 8) DIPHTHERIA
- 9) SMALL POX, etc...

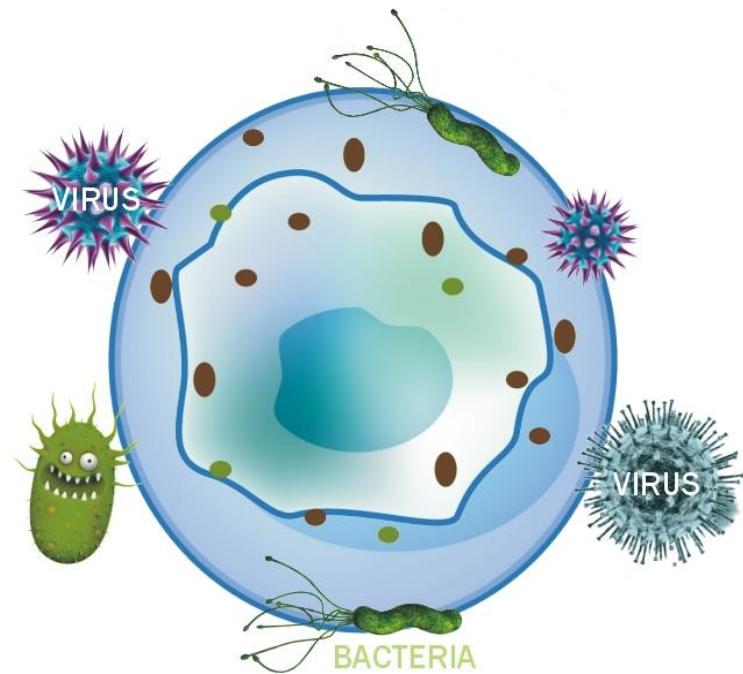


Present Diseases

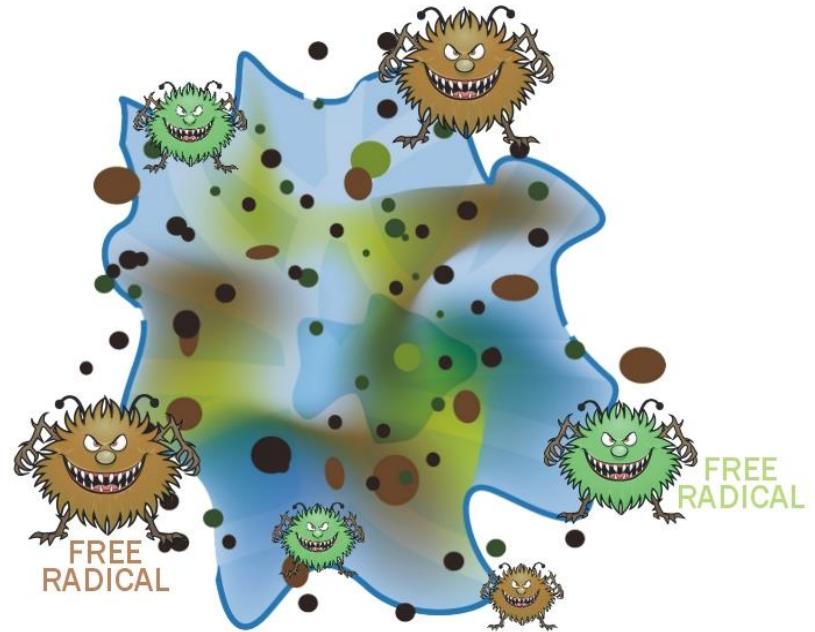
- 1) DIABETES
- 2) HEART DISEASES
- 3) PARKINSON
- 4) ALZHEIMER
- 5) CANCER
- 6) INFERTILITY
- 7) HYPERTENSION
- 8) ARTHRITIS
- 9) ASTHMA, etc...



Diseases Caused by:



Reason
Microorganism



Reason
Oxidation



Past Diseases

**PREVENTIVE
HEALTH**

(VACCINATION)

Present Diseases





Another area of great concern
is the changing scenario
In the cause of **disease**



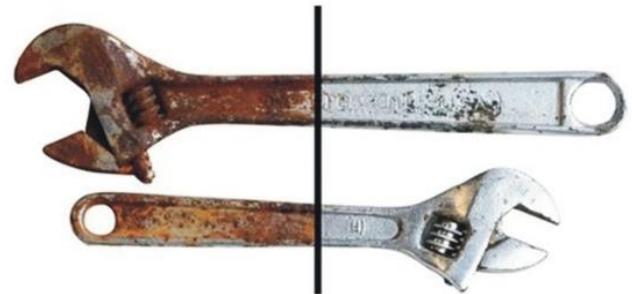
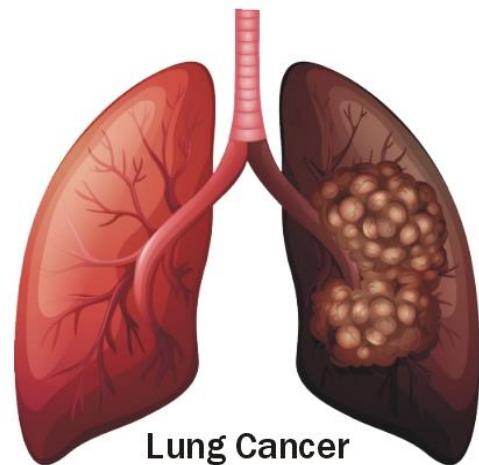


One Word **FREE RADICALS**

What is it? And how does it look

While we cannot readily see this process in our body examples of oxidative, free radical damages can be seen from such every situations.

The same oxygen that sustains life can also be the root cause of many diseases.

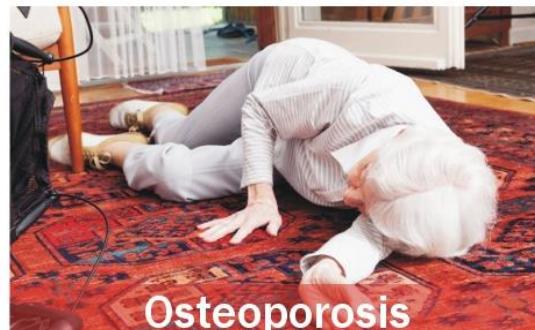
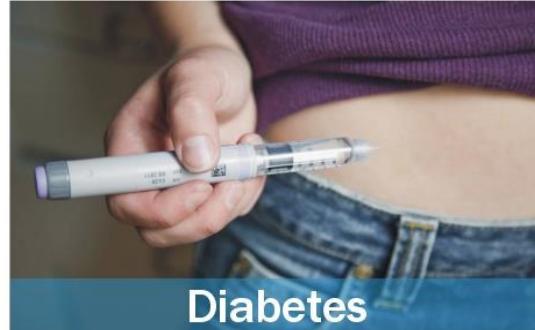
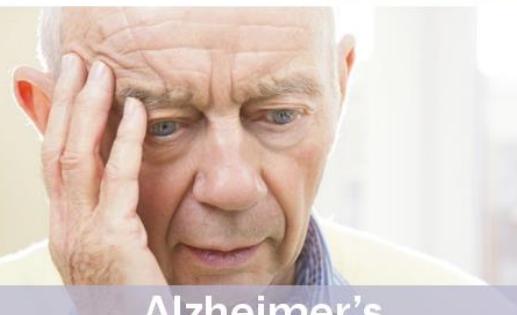




The War Within

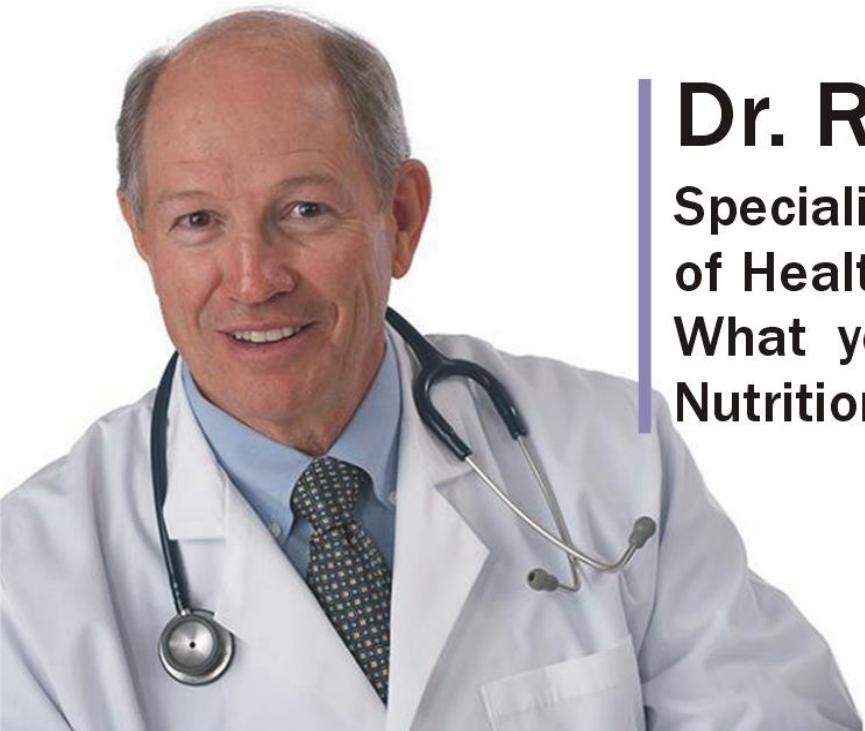
When the free radical production increases and/or anti-oxidant level decreases we lose the war.

When there is excessive free radical injury it can lead to extensive damages of various tissues in the body. They manifest as:



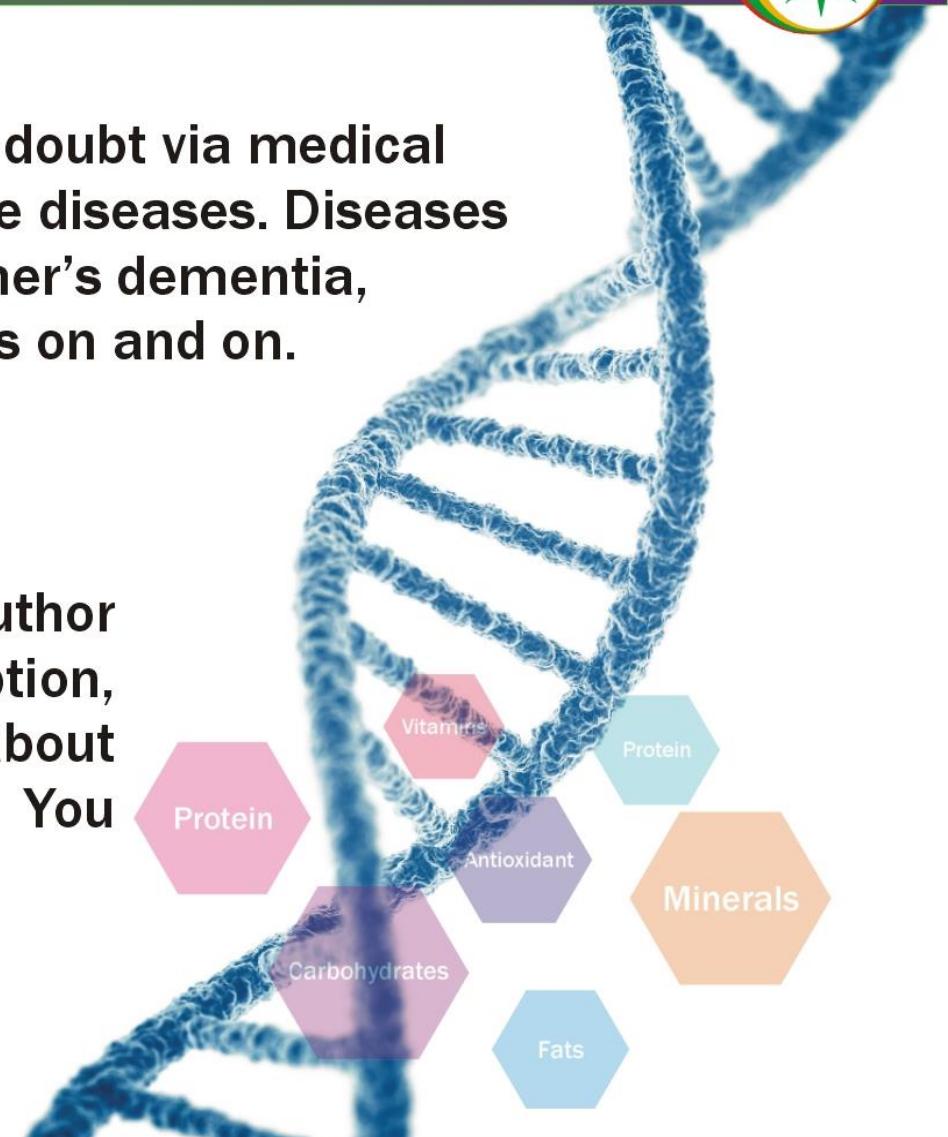
Cellular Nutrition

Oxidative stress has now been shown beyond any shadow of doubt via medical research to be the root cause of over 70 chronic degenerative diseases. Diseases like heart disease, stroke, cancer, diabetes, arthritis, Alzheimer's dementia, macular degeneration, lupus, Multiple Sclerosis, and list goes on and on.



Dr. Ray D Strand

Specialist in Nutritional Medicine & author of *Healthy For Life*, *Death by Prescription*, *What your doctor does not know about Nutritional Medicine may be killing You*



Growing Health Concern in Pakistan



Diabetes: By 2030 Asia is expected to have 190 million diabetes cases, more than half of them in pakistan, India & china.



Heart Disease: World Health Organization estimates that 60% of cardiac patients in the world will be Pakistanies & Indians.



Arthritis: By 2020, scientists expect 40 million people will suffer from osteoarthritis.



Obesity: Scientists say that a percentage of overweight/obese people in pakistan & India is on track to rise from 9% in 1995 to 24% in 2025.



Respiratory Disorders: More than 500,000 premature deaths in pakistan and India are caused by atmospheric pollution each year.



But have we ever realized what is causing all these Health Hazards??????



Your health & your's family health are the most important factors in your life. Isn't it?

Don't you agree that when it comes to your health, PREVENTION IS BETTER THAN CURE?

**Isn't it always better to invest time & money on your health when you are healthy,
than spending on diseases when the health is lost?**

**Don't you think in our present day-to-day life there
is a practical difficulty in implementing
good health practices?**

**Don't you think it is important to know the latest
developments and approaches in protecting
your health?**

Lets see...



Good Health is Combination of...



Proper Nutrition



Regular Exercise



Adequate Relaxation



Positive Mental Attitude



Good Hygiene Habits





Where do We get the Essential
Nutrients?

FOOD!!!

But are We getting it?



“Today, more than **95%**

Of all chronic disease is caused by food choice,
toxic food ingredient, nutritional deficiencies
and lack of physical exercise.”

Mike Adams, The Health Ranger





Our normal diet does not provide us with enough vitamins, minerals and bio-flavanoids which can increase our **Anti-Oxidant level.**

Hence the only way out is to add **High Quality Natural Supplements** to your normal diet.



Normal Diet



Diet with Nutritional Supplement



Don't Become Your Own Enemy

Our aim is to care for health and improve health so that

No One Suffer from Diseases

Nutrition is actually a natural way of Preventing Diseases and Managing Diseases





Now
“We Need to Change”
From
“Illness to Wellness”





Quality of Life Depends on Staying Healthy

A diseased person has a prospect
of getting well by personal effort.

You cannot borrow
health from others.





You'll Never be
Happy
If You're not
Healthy



Do You want to be a part of the Revolution?



You can live life the way you wanted live.
Is there a way???

Yes...

By creating Passive Income
Your wealth is determined by the amount of days/months/years
you could live without receiving Active Income & sustain
your standard of living...



- ◆ Financial Security
- ◆ Own Business
- ◆ Retire Young
- ◆ Helping Others
- ◆ Time Freedom
- ◆ Additional Income
- ◆ Leave & Legacy
- ◆ Personal Development
- ◆ Economy Proof
- ◆ Great Product or Services

Concept of Time & Money

People who have **Time** have no **Money**

People who have **Money** have no **Time**

People Trade Time for Money



Make Your Move Now Capitalize on the Wellness Revolution

**“The Best Way to Predict Your Future is To
Create it”**



“A healthy society can be built only by healthy people”



Paul Zane Pilzer



Noted economist. Advisor to two American Presidents & Author of the Best Selling Book "Wellness Revolution"

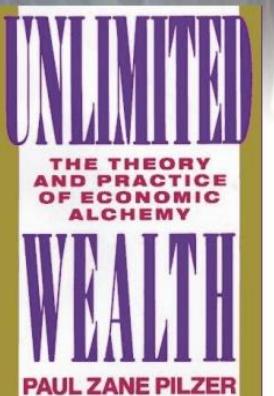
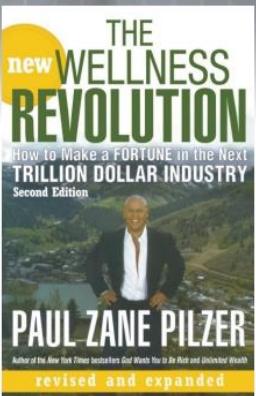
"Healthcare is a misnomer, as the **one seventh of the economy is really devoted to the sickness business** defined in the dictionary as ill-health, illness a disordered, weakened, or unsound or a specific disease"

The Sickness Business is Reactive

despite its enormous size, people become customers only when they are stricken by and react to specific condition or alignment. No one really wants to be a customer.

"The wellness business is proactive." **People voluntarily become customers** to feel healthier, to reduce the effects of ageing and to avoid becoming customers of the "**Sickness Business**" - Everyone wants to be a customer of this earlier stage approach to health

- Paul Zane Pilzer -



THE
WELLNESS
REVOLUTION



Let us all work together to create “A Healthy, Wealthy, Prosperous & Powerful”,

PAKISTAN



THE
WELLNESS
REVOLUTION



Thank You

Here's to wishing you a long, prosperous & healthy life.



CHANGE YOUR LIFE TODAY...



- be a healthy millionaire -

OUR MISSION:

PROVIDE BETTER HEALTH & WELLNESS SERVICES & CREATE GENUINE WEALTHY ENTREPRENEURS

