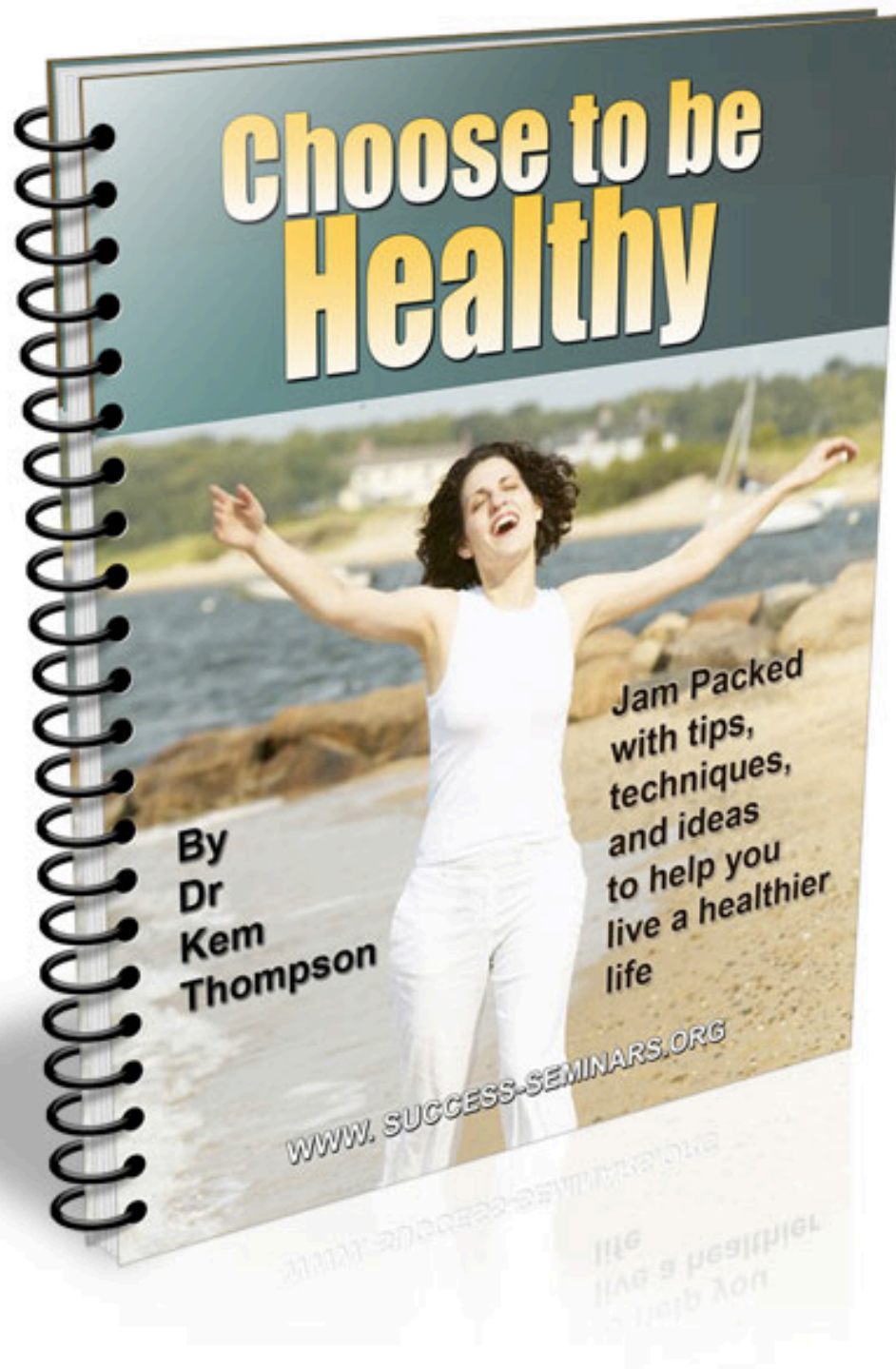


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TO BE OR NOT TO BE HEALTHY: YOUR CHOICE

Thank you for signing up for the ‘The Health & Success Newsletter’. This FREE report is my gift to you as a token of my appreciation for your subscription.

The information in this report will, **once you act on it**, place you firmly in position to begin achieving the level of health you desire and deserve. In the ezine, you will learn about things to do in order to achieve and maintain your health, but this report gives you the foundation upon which to use all that information. Build on the wrong foundation and you will fail. Build on the right foundation and when the storms come your way (as they inevitably will), you’ll still be standing and growing in strength and health.

True health is more than just the absence of disease. True health includes health in your Spirit, Soul and Body. In fact, a perfectly health body is simply a manifestation of true health in your Spirit and Soul. Incidentally, true health in your Spirit and Soul also manifests as abundance in the other major areas of your life: financial, emotional, mental, social. This is why I say that true health is more than just the absence of disease.

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Having said that, physical health is crucial if you wish to enjoy life in its fullness because your physical body is what carries you around. It's the 'vehicle' that transports the real YOU.

Therefore this report will focus on helping you begin to create perfect physical health for yourself. This is not a quick-fix. It is a process that demands your commitment and concentration for it to succeed, and the rewards are well worth it. What you will notice is that as you diligently practice the information in this report and apply it to your physical health, simultaneously, *the other areas of your life will start to improve noticeably.*

That's because you'd be tapping into natural laws which affect every area of your life equally (pretty much like gravity affects every part of your body simultaneously – it'd be weird if it didn't: one arm going one way, the other one going another, your internal organs all doing their own thing...that's the sort of stuff that horror movies are made of!).

So my challenge to you as you read this report is this: deliberately choose to be healthy. Choose to apply the information here. You don't even have to believe in it at first (although when you apply the information with faith, your results can occur in quantum leaps) – for now, simply do as the report says and see for yourself what happens.

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*“Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers”
3 John 2*

*“In health there is freedom. Health is the first of all liberties”
Henri-Frederic Amiel (1828-1881)*

True Health - Origins...

The beginning of any accomplishment in life is a decision. Not a wish, but a quality decision – a ‘no turning back’ type of decision. One that you’re committed to sticking to, no matter what. Now you may be saying ‘*but I find it hard to stick to decisions, even ones that are good for me – what hope is there for me?*’. There’s plenty of hope for you, dear reader, as long as you maintain your desire, your dream of total health and refuse to accept any other outcome for yourself. Refuse to accept less than the best for yourself and in good time your physical reality will reflect your inward vision of health.

Do not be distracted by all the noise that’s being made about how sexy it is to be thin. Know this: when you are truly healthy, you are the perfect body weight for you. Overweight is unhealthy. Excess fat is unhealthy. Underweight is unhealthy. Hormonal imbalances are unhealthy. Biochemical imbalances are unhealthy. Stress (when prolonged) is unhealthy. There are so many conditions that constitute poor (or suboptimal) health.

Rather than picking on one of the numerous symptoms of suboptimal health (to the exclusion of others, which can then affect you), it makes sense to focus on total, perfect, optimal health as something you desire.

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Health is a choice. Nobody can choose to be healthy on your behalf. You may not have been aware of this before now, but the truth is that your current state of health is the result of a choice you made sometime in your past. Chances are you did not make this choice deliberately. You were probably unaware that you were choosing this state of health.

Fact remains that you chose to be the way you are right now. I'm not here to sweet talk you or say things I feel you want to hear. I'm here to tell you the truth so that you can act on it and begin to experience health in its radiant and vigorous beauty. My aim is to show you how to achieve lasting results. So pardon me if I come across rather strongly at times, but I believe you deserve more than you're experiencing right now and if tough love is going to help you get it, so be it.

Tough love, tough words, true words...

You *chose* to accept your doctor's report about your health. You could have chosen to refuse that report and seek a better report that you'd rather see manifest – thousands of people do this every day, and report dramatic improvements in their health. You *chose* to accept your mirror's report about your size. You could have chosen to reject that image and accept the image of your desired body in your mind. Anyway you look at it, you are the way you are today because you chose to be this way. The report you choose to believe, determines the actions you take. If, like one of my patients who was told that since he had Type 2 Diabetes, he had to be on medication for life, no matter what, (this report, which he believed, led him to not

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bother with healthy lifestyle changes because he figured there was no point) - if you are like this gentleman and you have believed a false report about your health, (and remember, what you believe or don't believe, is your choice) - your behaviour will reflect that belief.

That same patient of mine, when I told him that actually he could reverse his diabetes with specific healthy lifestyle changes, and gave him evidence to help boost his belief - he got motivated from within, to make the changes that gave him a shot at having a better, drug-free life. And his condition started to reverse too. All because he chose different.

The good thing about this is that it means you can choose RIGHT NOW for your health to be different. You can choose for your health to be perfect, RIGHT NOW.

Then again, you can choose to believe these words or not. Either way, your beliefs determine your actions and the results you get.

Plant the seeds (images) of true health in your mind right now. Make that decision now, and you will (have no choice but to) manifest (reap) that which you've sown. Don't accept statements or reports about your health that are negative or contrary to the image of ideal health you desire.

Notice that it's your choice. What you accept, what you believe to be true about your health is what becomes real for you. The moment you decide to be healthy, you set processes in motion that will enable you to become that way. It's as simple and straightforward as can be – according to the '**Law of Gender**' (one of the universal laws that govern creation), everything has a male and female side to it, and

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for creation to occur, the male and female side must unite. In terms of choosing to create optimal health for yourself, this principle applies just the same – that’s the thing about laws and principles: you can’t do anything about them. You can’t change them. You can work with them though, to bring about your desired results.

Here’s how the ‘Law of Gender’ applies to you and your health:

the ‘male’ side of things in the creative process is your conscious mind. This is the part of you that deliberately ‘plants the seed’ in the ‘field’. Seed here refers to your thoughts (including your choices and decisions). The female side is your subconscious mind. This is the part of you that receives the seed from the male part. This is the ‘field’ on which you can plant (via your conscious mind), any seed you desire.

“Health is not a condition of matter, but of mind”

Mary Baker Eddy (1821-19110)

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Your subconscious mind and conscious mind ‘unite’ when ‘seed’ is planted on the ‘field’. As it happens on the physical plane, so it happens on the mental plane. On the physical plane, you don’t plant an apple seed and expect a harvest of oranges, do you? Of course not. Soil knows just one thing: to grow what’s planted in it, to reproduce it in multiples.

Likewise, **your subconscious mind knows only one thing: to reproduce in multiple fold, whatever seed that’s been planted onto it.** As I said earlier, your conscious mind is the one that receives the planted seed. This makes ‘seed-planting’ a choice that you can make.

If you desire an abundance of optimal health, what sort of ‘seed’ should you plant? What sort of thoughts and images should you bombard your mind with? Thoughts of perfect health. What images come to your mind whenever you think of ‘perfect health’? Focus on those then. If it helps, seek out pictures that conjure your image of perfect health, and look at them several times each day. Be health conscious, in other words.

It’s your choice.

What you focus on is your choice. What you focus on expands, because by focusing you keep planting and nurturing seed, which goes on to produce an abundant harvest in the material world. By focusing on a thought, you get charged up to do something about it. Your focus dictates your action. Your action dictates your results.

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Will you see results overnight?

Not likely. Why not?

Because according to ‘The Law of Gender’, **there has to be a gestation period** before harvest manifests. Humans spend 9 months gestating in the womb before they’re born. Plants grow at different rates, but you don’t get a fully grown plant the same day or the next day after you plant the seed do you?

Same thing here. I could go into the different factors that determine the rate of gestation for different individuals, but that will sidetrack us from the point of this report: you must make a conscious, deliberate choice, a quality decision, to be healthy, if you desire to experience true health. Once you make that decision, do all you can to create and focus on mental images that correspond with your vision of health.

Super Success Tip:

Write down statements that reflect your decision to be healthy.

**Write these down in the present tense (your
- subconscious mind only works in the present tense).**

You have to be diligent about this otherwise weeds will crowd out the good seed you’ve planted.

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Why You Need To Understand (and work with) The Law of Gender & Gestation...

I briefly explained about the ‘Law of Gender’ so that you could understand how your outward results are created, and so that your faith in the process would get strong. Once you understand and accept (again, your choice) that this is how things work – and you only have to look around you to see that it is indeed how things work – remember that everything you see around you has a mental or spiritual counterpart. Then simply apply this law to the area of your health.

**The groundwork of all happiness is
health**

Plant seeds of optimal, perfect health and you will begin to be drawn towards attitudes, feelings, appetites, actions, people, ideas, resources and circumstances that lead you to manifesting perfect health. One example is this: you may notice that as you plant the seed and nurture/fertilize the soil of your mind with positive images and

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affirmations, you begin to lose your appetite for unhealthy food. This process is effortless on your part. You do not have to apply will-power to make this happen. The only part of the process that requires your will power, is keeping that soil fertile by focusing on your desired outcome.

You may notice a strong desire to work out regularly. You may be drawn to some resources that encourage you and motivate you to stay on track. It may happen in different ways to what I've described here, but happen it definitely will.

But it's not going to happen until you decide to be healthy.

*We know
a great
deal more
about the
causes of
physical
disease
than we
do about
the causes
of
physical
health.
M. Scott
Peck*



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Uproot The Weeds. Prevent New Ones From Sprouting...

Accepting a negative report from the doctor – that’s a seed you’re planting and that’s what you’ll reap. Acknowledge the bad report, but immediately replace it with good seed, and get diligent about keeping your soil nice, fertile and weed-free.

Remember, your actions depend on the quality of seed (thoughts, choices, beliefs) in your mind.

Weeds come in many forms.

They can come from well-meaning friends and family members who tell you to remember what the doctor says, blah, blah, blah. They can come from the media and other publications which thrive on bad news. They can come from your past thoughts about yourself. Weeds are the wrong thoughts and images that enter your mind.

What to do about the weeds? Your choice. You either get rid of them or you nurture them. Either way you reap what you sow.

How do you get rid of weeds? First of all, refuse to listen to negative statements about your health. Refuse to talk negatively about your health. I know it’s sometimes hard to shut up about your health, especially when your body feels awful – you just want to have a pity party and have others feel sorry for you too. Don’t give in to that. If you do, you’re encouraging weeds to grow – and you know that weeds tend to grow more aggressively than the good stuff. So don’t give weeds the time of day. Stay focused on your desired outcome.

This also is your choice. What you allow in your mind is entirely up to you.



What if it seems like Nothing is happening?

There will be times when you question the process, especially when things seem to be moving slow. Rather than letting those thoughts develop into full blown weeds that kill off any progress that may have started happening in your life, remind yourself of the Law of Gender and Gestation. Just say something like ‘I’m in gestation. I am perfectly healthy and my body is daily increasing in its manifestation of my perfectly healthy nature.’ Or be like Emile Coue and say ‘*Every day and in every way, through the grace of God, I am getting better and better*’.

Remind yourself that a baby is not born the moment it is conceived, yet from the moment of conception, a definite process starts, albeit invisible to the naked eye, which leads to the birth of a brand new living being. Remember the natural order of things: **first sowing, then gestation, then birth**. Remember this and be patient and grateful as you anticipate and expect your desired outcome.

Do not spend valuable time asking questions like ‘*why has this not happened to me?*’, ‘*why have I not lost that weight?*’, ‘*why are my blood test results still bad?*’. When you do, you are in that moment shifting your focus from where it should be, and placing it on what you don’t want- this demotivates you and you don’t take action.

Rather, ask questions whose answers keep you focused on your goal. So you could reframe the above questions thus: ‘*What do I need to do for my desired outcome to happen?*’, ‘*What must I do differently in order to release all my excess fat?*’ or, ‘*what should I do to improve my blood test results?*’

As your mind works on the answers to those questions, you are forced to

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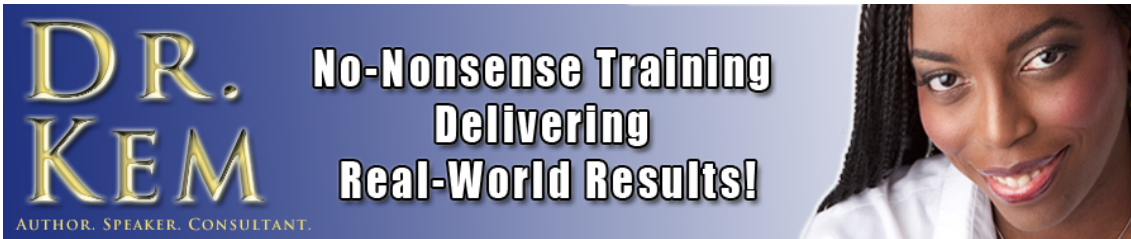
remain focused on the things you want - and your behaviour is steered in that direction too.

Remember this: every single thought has energy attached to it. Everything in this universe is energy. You do not want to attract the negative energy associated with suboptimal health, do you?

Rather, you want to attract the positive, vibrant, living energy that's associated with ever increasing life. The only way to attract this sort of energy is by thinking thoughts in line with it.

Answering the wrong questions will keep you in the 'dis-ease zone'. Think about it: how do you feel when you look at those questions first set of questions? How do you feel, what thoughts go through your mind when you think of the (possible) answers to those questions?

More empowering rather, is to ask yourself questions whose answers pull you closer to the reality you truly desire. Can you think of some? I know you can, so here's a small **assignment** for you: write down 5 questions whose answers will empower you to focus on your goal to be perfectly healthy. Email your answers to me at kem@doctorkem.com and I'll give you some feedback and further insights on the topic.



HEALTH: YOUR CHOICE, YOUR DECISION

I cannot emphasize this enough, but I hope that this brief report has shown you that you have much more power over your health than you are aware of. I hope it has made you choose to make a conscious decision today, right now, to be healthy. Not to become healthy, but to be healthy. Let perfect health be your state of being. It all starts with a decision. It all starts in your mind.

The decision, the choice, to be healthy, is part of the First Pillar of **Eight Pillars of a Healthy Lifestyle** (*visit my health blog via www.doctorkem.com, to read more about the 8 pillars*). The First Pillar is a Positive Mental Attitude - this is where your power to choose comes in. The rest of the pillars are governed by this one.

Choose wisely.

Choose to be healthy.

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ABOUT THE AUTHOR:



Dr Kem Thompson trained as Medical Doctor and a Performance Coach.

Through her research into the origin of true health (which was not taught in medical school – the medical field focuses on disease and its cure, rather than health and its maintainance), she realized that every individual holds within him/herself, the key to true health. The real miracle is the body you move around in - it was created with complete health maintainance tools - once these tools are taken care of properly, and the balance within the internal environment of the body is maintained, health results.

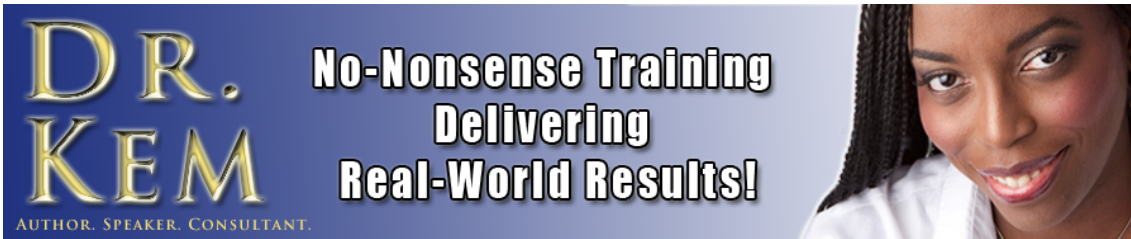
This amazing discovery led to further and continuing research, study in the field of Functional Medicine, which Dr Kem has applied in her clinical practice with consistently positive results in the health of her patients.

Dr Kem is passionate about equipping you with the knowledge you need to help you make choices that lead to true health. Functional medicine (also known as Integrative medicine, or Healthy Lifestyle medicine), gives you this information, and Dr Kem delivers the information in easy-to-understand language, in her popular Healthy Lifestyle Seminars (www.healthy lifestyleseminar.co.uk), held in different

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cities first in the UK, but with international cities being added to the calendar.

In addition to her work as a General Practitioner (GP, aka Family Physician), Dr Kem applies her training and experience as a Performance Coach, to help clients in her Private Coaching Practice, use their (new found) knowledge to create health, reverse chronic degenerative disease processes from their root source and prevent other such conditions from occurring.

See below to find out more about services provided by Dr Kem.

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Just forward your confirmation email to kem@successseminars.com and if it falls within 30 days, you will receive a link to the discount page. In the body of the email, state which book you'd like.



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Health Consultancy & Coaching services: What To Expect:



- **Education (Consultancy):** when you have the right information you are empowered to motivate yourself to take the right actions and make the right choices in every area relating to your health.
- **Comprehensive assessment** - can't change tracks until we are clear about what track you're on in the first place. This 'diagnostic session' exposes and explores the underlying cause(s) of your current state of health
- **Goal Setting and Action Plan creation** - can't do anything without that first Pillar of a Healthy Lifestyle. This aspect of the program sets you up to succeed from the get go.
- **Accountability** - ever paid for gym membership then not used it? That's because nobody held you accountable to your contract, so you felt you had nothing to lose by breaching it. That won't happen here: Dr Kem holds you accountable for your actions so you have to take action. That's the only way to get you the results you want.
- **Support** - no change is easy to make without support. Studies show consistently, that change is more likely to last, when undertaken in a supportive environment. You get plenty of this, working with Dr Kem.
- **RESULTS** - when you consistently take the right actions, the right results are inevitable. A few results Dr Kem has helped clients achieve through her work include the following documented results, all achieved without the use of prescribed medication:

- **Weight loss** in overweight, obese people, including those suffering from thyroid disorders

- **Better controlled blood sugar level** in people



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suffering from Type II Diabetes Mellitus

- **Normalised blood pressure**, and no medication in patients who started out with very high blood pressure.
- **Improved cholesterol profile** (increased HDL - the 'good' cholesterol; reduced triglycerides and LDL - the 'bad' ones.)
- **Pain relief**: Total relief from chronic migraine-type headache
- **Increased energy levels** in people who were 'tired all the time' for 'no reason'.

NOTE: If you wish to take advantage of the 50% discount offer on Dr Kem's Healthy Lifestyle Consultancy & Coaching services, here's what to do next: in the next 60 days:

- **Forward a copy** of your 'Welcome email' to kem@sucsesseminars.com
- In the **subject line**, mention '50% discount, Healthy Lifestyle program'
- In the **body of the email**, Send a message stating that you'd like health coaching, and what you are looking to achieve as a result of health coaching, and state the following:
 - State whether you would prefer to work as part of a **group** (maximum number 10 per group) **or one-on-one**
 - State whether you would prefer to work **face to face** (with telephone and email support 24/7) **or by phone** (with phone and email support 24/7)

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Dr Kem's Personal Development Consultancy & Coaching services: What To Expect:



- **Education (Consultancy):** when you understand the way your mind works, when you understand the natural laws and principles which govern your results, when you understand the importance of your self-image to your performance, you are empowered to motivate yourself to take the right actions and make the right choices and priorities in your personal and professional life.
- **Comprehensive assessment** - can't change tracks until we are clear about what track you're on in the first place. This 'diagnostic session' exposes and explores the underlying cause(s) of your current state of affairs in each of the major areas of your life.
- **Goal Setting and Action Plan creation** - can't set out on a journey without defining your desired destination. This aspect of the program sets you up to succeed from the get go.
- **Accountability** - ever paid for gym membership then not used it? That's because nobody held you accountable to your contract, so you felt you had nothing to lose by breaching it. That won't happen here: Dr Kem holds you accountable for your actions so you have to take action. That's the only way to get you the results you want.

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- **Support** - no change is easy to make without support. Studies show consistently, that change is more likely to last, when undertaken in a supportive environment. You get plenty of this, working with Dr Kem. Lots of tough love too.
- **RESULTS** - when you consistently take the right actions, the right results are inevitable. A few results Dr Kem has helped clients achieve through her work include the following documented results:
 - Improved performance, better time management skills
 - Career, Academic success
 - Stress management
 - Successful transition from one phase in life to another
 - Increased self-esteem and self confidence
 - Work-life balance
 - Clarity and direction in life
 - Improved communication skills
 - Relief from panic and anxiety

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- **Forward a copy** of your 'Welcome email' to kem@successseminars.com
- In the **subject line**, mention '50% discount, Personal Development program'
- In the **body of the email**, Send a message stating that you'd like Personal Development/Life coaching, what you are looking to achieve as a result of Life coaching, and state the following:
 - State whether you would prefer to work as part of a **group** (maximum number 10 per group) **or one-on-one**
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Health and Success Coaching for Children



This exciting new arm of Dr Kem's services encompasses same components as the adult version but in addition includes membership to the exclusive '**Healthy Kids Klub**' with the monthly newsletter jam-packed with information to help you raise happy healthy and successful children.

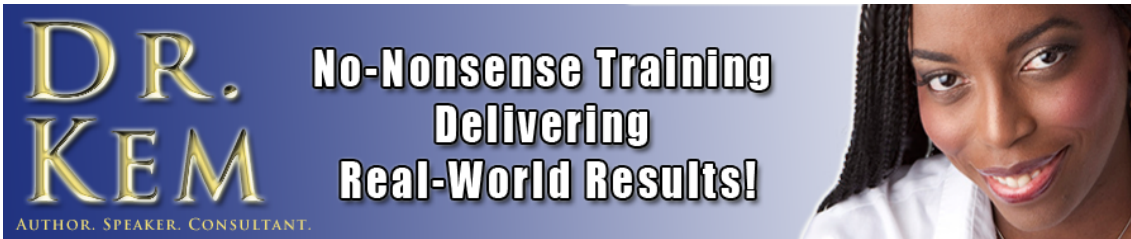
As with the adult coaching & consultancy services, if you wish to take advantage of this service please send a copy of your Welcome Email and state what your interest is.

In addition, say how old your child(ren) is/are.

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- How To Beat Stress At Work or At Home
- Why You Do Not Want To Lose Weight – Leverage Your Brain Power To Get The Results You Want!
- Don't (wait to) Get Motivated – How To Be Your Own Motivator To Get Lasting Results
- Corporate Training: Better health for your employees/staff = Bigger profits for your company.
- How To Resolve Conflicts
- D-MAP: your sure-fire formula for success!

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