

The 3 Pillars of Health. (Maui)

Location **Hawaii**
<https://www.genclassifieds.com/x-714519-z>



Weekly Free Health information every Monday regarding the Three Pillars of a Healthy Human.

1. Physical Health:

The health of your body. You might think of a marathon runner or an NFL football player as the epitome of physical health. However those people represent less than 1% of the population. What about the rest of us. What can we do to be as healthy as possible?

2. Emotional / Spiritual Health:

The health of your mind. Everyone needs to have a healthy state of mind. Without a positive outlook on life we begin to suffer in other aspects of health. Science has proven that an anger can increase the risk of heart attacks and strokes. We must have a healthy emotional state in order to not adversely effect our physical health as well. If we cant sleep because something is bothering us it will effect the other.

3. Financial Health:

How would it be if you had all the money in the world but no time to enjoy it? What about vice versa all the time but no money.

Sure money is definitely not the answer to lifes problems but it can alleviate unneeded stress and tension over things as simple as putting bread on the table. It then can alleviate emotional burdens increasing our overall health.

All 3 work hand in hand to build a solid foundation for a long and prosperous life.

Have I at least caught your attention? Would you be willing to learn more about this amazing process? Please give me an hour of your time one monday night to explain how you and your family can achieve financial freedom, the best physical health of your life, and alleviate much of the day to day stresses we all face.

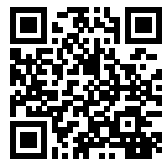


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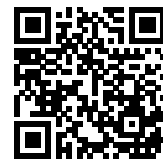
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I have lived my entire life on maui have a built my career around helping people change their lives for the better.
 I prefer to not share personal information over craigslist. Please respond to the email for more information.
 I would love to give you more information.

ALOHA.