



# TWELVE WEEKS TO WELLNESS AND OPTIMAL HEALTH

March 10–June 2, 2014 • Every Monday • 6:00pm PST

## Free Webinar Series by Dr. Wes Youngberg LIMITED OPPORTUNITY! SIGN UP TODAY!

Join Dr. Youngberg for this free, 12-week metabolic tune up as he covers new topics and lab tests each session. If you have fatigue, headaches, heart disease, diabetes or pre-diabetes, adrenal problems, cancer risk, anxiety, depression, weight gain, digestive problems, hypertension, memory concerns, dementia, or you just want to optimize your health now, this program is for you!

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| <b>Week 1:</b> How to Reach Your Genetic Potential: Initiating transformational change.   | <b>Week 7:</b> Attitudes and Health Risk: Easy tests and effective answers.          |
| <b>Week 2:</b> Exercise & Diet: How can we optimize our metabolism.   | <b>Week 8:</b> Preventing and Reversing Chronic Kidney Disease: The hidden epidemic. |
| <b>Week 3:</b> Optimizing Circulation & Heart Health: The wellness approach to evaluating and treating cholesterol, insulin resistance, thyroid and more. | <b>Week 9:</b> The Autoimmune Epidemic: Ways to limit your own risk.                 |
| <b>Week 4:</b> Vitamin D and health: Its impact on cancer, metabolism, autoimmune disease, heart disease and infections.                                  | <b>Week 10:</b> Detoxification for Optimal Health.                                   |
| <b>Week 5:</b> Digestion in Health and Healing.   | <b>Week 11:</b> Sleep & Health: How to maximize healing potential.                   |
| <b>Week 6:</b> Stress, Emotions, Food, Adrenals, Caffeine & Blood Sugars.   | <b>Week 12:</b> Understanding and treating the main causes of disease.               |

Hosted by the Fallbrook SDA Church. There will be a 60 minute lecture followed by a live 30 minute Q&A session taking live questions from both the local and webcast audience. Handouts will be made available via [www.dryoungberg.com](http://www.dryoungberg.com). Information about accessing live streaming webcast will be provided via Facebook as well. This program will not be offered again free, so take advantage and share this information with your friends and contacts!