



## Overview

How do you feel when you realize that you have been misled, lied to, taken for granted, or had your trust abused - angry, violated, sad?

So do I, especially about the natural healthy substances that I have been consuming to help me live a happy and healthy life.

*"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons."*  
~Alfred E Newman

As a food lover, discovering many of my favorites were not what I envisioned was devastating.

- "Naked Juice", made by PepsiCo™ is neither natural, healthy nor additive free.
- "Greek yogurt" should be labeled "Greek-style" yogurt as neither the manufacturing process nor ingredients are authentic.
- All packaged foods, even those labeled "organic", have some number of the 5000 "approved additives" known to cause cancers, organ damage and other diseases.

The body is a dynamic structure that is redefined, rebuilt and repaired daily. Nutrients contained in the foods we eat and drink are the raw materials for ongoing processes.

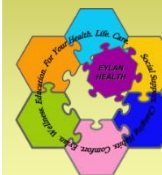
You are a completely new person about every seven years. Depending on your age, your skin alone is completely new every 15-45 days, and could be soft, supple and glowing or otherwise. It depends on your nutritional state.

Like you, I prefer to nourish my body daily and thrive rather than just get older.



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# Eylan Health

Personal. Comprehensive. Proactive



## Our Program

Juicing has been around for centuries. The juices of fruits and vegetables when consumed daily appear to be the most natural and efficient means of providing the body's enzymes with the numerous nutrients they need to maintain and repair tissue, prevent disease, and maintain health.

Despite the quantity of foods we consume, many of us have significant nutritional deficiencies that lead to poor function, chronic diseases, premature aging, and untimely death.

About 70% of the U.S. diet is composed of processed foods supplied by chemical companies like Monsanto, Dow Chemicals and Dupont. These companies "engineer" seeds so that they absolutely need fertilizer to grow. Mother Nature is taken out of the picture.

*"The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison." ~ Ann Wigmore*

For many, food is our slow poison!

We have become consumers of highly processed, conveniently packaged, ready-to-eat in 15 minutes or less 'food like substances' rather than *food*. These items fill our bellies but do not nourish our bodies.

Whether you want to enjoy radiant beauty, nutritional balance, mental clarity, treat a chronic disease or just improve your overall health, juicing is an invaluable practice to adopt!

Forget expensive store bought juices. Do you know how long have they have been on the shelves?

Juices must be consumed within 72 hours of preparation to pass on the abundant life enhancing nutrients and enzymes they possess. Once processed for packaging, they have not only lost most of those benefits, but have been compromised by harmful additives.

Why not make your own fresh juices with the fresh organic produce that you enjoy?

At **Eylan Health** we offer 3 programs to get you actively engaged in your pursuit of robust health and vitality.

1. **BYOI - Bring Your Own Ingredients**
  - ❖ Bring your produce and come use our highly efficient **Norwalk Juicer**.
2. For active patients who would like to use juicing as an adjunct to orthodox therapy:
  - ❖ We have a 21-day physician supervised program to introduce you to juicing.
3. For those new to the idea or not convinced:
  - ❖ Join us for a 4-part learning series to discuss:
    - The Digestive System and its critical role in skin health and vitality.
    - The role of a nutrient poor diet in chronic diseases.
    - Natural foods versus pills and other orthodox medicine practices.
    - Incorporating juices into your everyday routines.

*Live Eylan!*

## About the Doctor

Dr. Andrea Marshall is a graduate of top tiered Michigan State University College of Osteopathic Medicine. She has a background in bodywork and holistic care.

She is a fully licensed medical doctor who practices conventional medicine as well as Osteopathic Manipulative Medicine. Her rigorous training gives her the background to understand complicated medical conditions and successfully address and treat the fundamental cause of disease rather than just merely addressing symptoms.

The breadth and scope of her practice allows her to offer a comprehensive array of therapeutic options, including manipulation, to address your medical needs.

Having trained in both hospitals and community clinics, she is prepared to address both routine and complex medical conditions with the goal of keeping you at home.

## Take Control

- 🌐 Visit [www.eylanhealth.com](http://www.eylanhealth.com) to find out about how you can nourish your mind and body daily.
- 🌐 Read our Newsletter—*The Informed Health Participant*.
- 🌐 Call 425.273.0741 to make an appointment, reserve your juicing time and sign up for classes.
- 🌐 Email [info@eylanhealth](mailto:info@eylanhealth) for more information.