

Vitalism

Control over your physique, your health, and your life



By Dr. Bryan Brodeur

I want to thank you for downloading this introduction to the groundbreaking digital book, Vitalism.

I have literally dedicated my life to amassing the knowledge you and I will need to overcome disease and to live our life to its fullest.

I remember when I was young and I first heard stories about small villages and tribes in which the men and women routinely lived well past their hundreds, and did so with the energy and drive we have in our youth.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

I couldn't help but wonder, even then, what kind of an extraordinary life we all could have if we knew, I mean KNEW that we could live up to twice as long as we live now. If we KNEW that we could have over triple the number of 'productive' years in our life, how much more could we earn? How much larger of a legacy could we leave? How much more could we contribute, if each of us had the opportunity to expand our lives, to be healthy and shrewd well past our hundredth year?

So, why is it that we, in our society, with all of our hospitals and high tech medical equipment, drugs, and surgeries HAVE SHORTER LIVES than the primitive people living in remote corners of the world? Why do we have ever increasing rates of cancer and heart disease when we have been giving more and more money every year to the 'battle' on heart disease; what are we doing wrong?

The difference between our systems and their systems is simple: we have been convinced in our culture that health comes from the outside, in the form of some kind of pill. If you could take a moment to seriously consider it, this is not an appropriate way to look at our body and its function. Our health comes from the inside. The Universe's most superior life form is you. There is no lab, no scientist that can demolish disease the way your body can. The human body performs, ever moment of the day, far more brilliant assaults on high cholesterol, on cancer, on pain of all kinds, than all of medicine could ever dream to achieve.

Yet you and I have been convinced, by a countless onslaught of commercials, media releases and media influence, in conjunction with the huge pharmaceutical influence over the medical world, that our health can come from the outside better than the health we can create on our own, simply by properly using the incredible machine we were born in.

In Vitalism, I promise to show you the way to bring your body to the highest of function: the level of function it was designed to perform at. You will learn how to master your musculoskeletal system, in simple, easy home steps, that quickly eliminate a massive array of pain syndromes.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

You will learn how to listen to pain as your most efficient means of communicating with your body, and how and why when you address your body's aches, pains, and stiffness, you are returning your body to running at full function.

But Vitalism, and my purpose in writing Vitalism, go well beyond simply reducing your joint and muscular pains. In Vitalism, my mission is to literally reverse your life, from a life slowly depreciating in energy, quality, and quantity, back to a life that continually increases in energy, and quality, every single day, right up until your final days. In Vitalism, you will learn the secrets to doubling your energy. I do not mean this as an empty expression, I mean this period. Whatever your energy is now, follow the clear steps you will learn in Vitalism, and watch your energy double.

In my life, I operate a high volume clinic with multiple therapists and employees; I own a secondary health and wellness enterprise in my city, and I own and operate this aggressive, highly successful website. I can assure you; this is not done with a low level of energy. It is done with a balanced, real, and strong level of energy. My energy does not quit and my energy is due entirely to the lifestyle I have created for myself: The lifestyle that I have created after years and years of research and insight into the mechanisms of our bodies.

What I learned from my nine years of studying human sciences, the human body, and becoming a doctor, is that the world of science understands and is baffled by the incredible power of the human body. The world of science is intimidated by the power of the human body, and the world of medicine knows that it cannot and will never compete with this incredible machine that we were born inside of.

Your body appropriately coordinates more chemical reactions in one moment than all the world of science has ever conducted in the entire history of the human race. I want you to think about this for a moment, because it is very important for you to understand.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

How can we, beings of very simple intelligence, assist a body whose internal intelligence outperforms our entire history of conscious intelligence in one heartbeat?

Now, it is a complex thought, so let's spend a moment on it. The amount of chemical reactions that occur in your body in one heartbeat far outnumber the entire number of controlled chemical reactions our entire race has achieved in its entire history. And our internal chemical reactions were done with such finesse that each reaction actually contributes to a positive, life sharing reaction which will in turn contribute to another, positive, life sharing reaction, to the tune of trillions of trillions of positive, life giving, health creating, disease destroying, all for one purpose, chemical reactions.

We like to think of our minds as the superior form of intelligence in this universe. We are very bright, but we could never ever achieve what a living creature achieves inside of itself, much less actually master the incredible miracle and balance of life, using our conscious minds. Our conscious minds represent only a small seed compared to the rainforest of intelligence within us that runs our living beings.

All who study the human body know this. What your medical doctor knows about your body and how it works in his or her first years of human physiology and anatomy are not what are expressed when you sit, one on one, learning about your condition from your doctor.

What we learn when we first study our body is that it is THE ultimate machine.

Look around you. Look at what our imaginations and our applications have created. We have created skyscrapers, hundred million dollar movies, satellites, spacecraft, automobiles, mass transit; we as a race have an endless list of accomplishments. We can live as long as one hundred and fifty years, or we can live as briefly as one second. We can heal from car accidents, bullet wounds, stabbings, cancer, heart attacks, viruses and bacteria: we can overcome every disease and every trauma this life can throw at us.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

There is no drug that can outperform your body in demolishing cancer cells. You demolish thousands every day of your life. Your immune system knows the difference between the real cells and the cancer cells and destroys them before they can cause any problems.

You live **INSIDE** of a machine that outstrips, outperforms every drug ever made, every day of the week, with no side effects, no overdosing, and no bad reactions. When your body is allowed to perform its job, it will outperform everything that the world of medicine can offer in a heartbeat.

The same is true for heart disease, for cholesterol: for every major disease. For every disease that we have been told are our primary killers, your body has the power and the formula to devastate the virus, the bacteria, the cholesterol, or the cancer cell, just as easily as you can read this sentence.

So, why does it seem like a switch goes off, and suddenly we have no power to overcome these diseases? Why do we become sick? If we have the power inside of us to destroy disease, why does that power get turned off?

Have you ever noticed that once you know someone who gets cancer, the cancer can be removed, but the person is always known to be prone to cancer? Why is that? You have cancer. We all have one or more cancer cells in us at any given moment. Our immune systems seek out and destroy cancer daily. Why does it stop doing so in some while it continues to do so in the rest of us?

Medicine knows that cancer victims are more prone to a relapse because medicine knows that this person's body can no longer overcome and destroy these destructive cells the way a healthy body can. It is not because the original cancer spreads. Cancer is spreading in you, right now. But your body will destroy anywhere from one to ten thousand cancer cells at the drop of a hat. You do not have to fear cancer **IF YOUR BODY IS FULLY TUNED AND READY FOR THE TASK OF DESTROYING THE DISEASE.**

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

The same is true with aches and pains, or colds and flus: some people seem to catch every virus, every bug that flies within a hundred miles while others walk away knowing nothing of the flu that is 'going around.' Some of us are plagued with a new ache or pain almost daily, or constantly plagued with the same pain, while others live their entire life not knowing what chronic pain means.

The difference between full health and poor health is always brought on by a body that has lost its inherent mechanisms to destroy diseases; to melt away aches and pains and to consume viruses and bacteria before they cause problems.

Your inborn ability to demolish disease; your birthright to live without pain and without chronic diseases such as asthma and allergies; your immune systems power over viruses and bacteria are all dependant upon your ability to maintain the powers you were born with.

Your internal abilities must be maintained. You have to learn how to read when they are weakening and when they are strong.

Have you ever noticed that we don't just wake up one day and suddenly have the disease that kills us? We seem to feel it coming for years. A body can tell when it is not functioning properly because of the LITTLE problems that seem to creep up all of the time. Little problems like a chronic back pain, or chronic headaches, or allergies or a sudden onset of asthma.

Has it ever occurred to you that the onset of smaller health problems are the only method your body has of telling you that you have DEVELOPED what is the beginning of a much larger, much more ominous health problem?

We have obesity to warn us that we will soon develop heart and other health problems. We have allergies to warn us that our intellectually superior immune system has suddenly become unable to differentiate between what is good for us and what is our enemy.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

We have aches in our hips or back, or compressed nerves, or headaches, to tell us that our muscles, veins, arteries, and nerves, are being blocked from doing their job by internal blockages and imbalances; we have asthma to warn us that our trunk is no longer able to effectively move air into and out of our lungs, which means our trunk can no longer pump fluids into and out of our vital organs.

If you knew anatomy and physiology like I know anatomy and physiology, you would see what I see: when the basics of our superior physiology work well, we live well. When there is a distortion to the way they work, WE DO NOT WORK WELL.

There is no drug on the planet that will make you work well again. If you live in the universe's ultimate machine, you do not need a drug to fight cholesterol, cancer, arthritis, or anything. All you need is for the ultimate machine you live in to be turned on.

And that is exactly what you and I are going to learn together. How to ensure that your body is living with your power switched to "ON." Because the moment your power is switched to off, you are staring down a life of illness, of aches and pains, and a far quicker end to your life than any human should have.

But when your power is switched to ON, you will have none of these problems. You will live with energy, abundant energy: more energy than you can imagine. You will live with the energy you need from the moment you wake until the moment your head hits the pillow. And you will sleep soundly and awake refreshed.

When your power is switched to ON; when your anatomy and physiology are allowed to work the way they were intended to work, YOU WILL NOT HAVE PAIN. You will not have headaches. You will not develop arthritis. You will not develop the degenerative diseases so often INAPPROPRIATELY attributed to old age (you will learn more about this later, but for now, understand that all time does is allow more opportunity for dysfunction to settle into your body; when you understand how to return your body to health, age is NEVER an excuse or a reason for weakness or weak health).

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

Does this sound too good to be true? It shouldn't. It's the way you were designed to live. **ANYTHING LESS MEANS YOU ARE NOT LIVING THE WAY YOU WERE DESIGNED TO LIVE.** I do not mean to be aggressive, but take a moment to think about it:

What else would cause you to lose your energy?

What else would switch your body from a healthy, energetic specimen to a weak, sick specimen?

Why else would you have to live in pain while the next person lives without pain?

Why else would the viruses, flus, pandemics, and epidemics of this world select some while others seem to breeze straight through them?

The power of a functioning human body is nothing to mess with. It is nothing to underestimate. It is nothing to ignore. The power of the body you were born in is a mountain compared to the molehill of potential we tend to extract from it.

I do not want to share this information with everyone. This information is not meant for everyone. Not everyone will understand the power of this information even when it is plainly in front of him or her.

So, I want you to ask yourself a question: Is your health and your life enough of a priority to you for you to dedicate yourself to my program?

Ask yourself again: Are You Sure?

If your health and your life are not enough of a priority for you to dedicate yourself to my program, there is no point for you to read any further.

But if your health and your life are a priority to you, let's learn a little more together.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

My health and my life are my number one priority.

Without my health and my life, I cannot give to my family, my community, and to my Faith. I cannot create a legacy. I cannot influence future generations towards a better way. Without our full health and our full life, we live a fraction of what we were intended to live. Allowing your body to decay not only weakens your health and diminishes your life, it is an insult to your creator.

Let me say that again. Whatever your religion is, you know that your creator designed you to be a being full of energy, strength, and health. Allowing your body to slip into decay and disrepair is an insult to your creator. It is an insult to your creator BECAUSE you have ignored the potential you have been given.

So, how could your health and your life NOT be your priority? I want to repeat this because it is abundantly important that you digest this concept: YOUR health dictates how you give to every other priority.

YOUR health dictates how you give to your family. Your health determines how much you can give to your Faith and to your beliefs and is an indicator of the respect you have for the incredible gift of life you have been given.

Your health dictates the life that you lead and the impression that you leave on the planet.

I want MY impression left on this planet to be an enormously successful impression, and I want the impression YOU leave on this planet and the human race to be a positive impression. I want every person in our time to leave an impression that changes our planet and our race for the better.

And you will not do that in a weak body. You will not do that in an unhealthy body. There is no drug; there is no surgery that will awaken the enormous forces inside of you.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

Only YOU can discover the steps and follow the program that brings your body to its ideal state.

The exact methods for beating back pain, hip pain, low energy, neck pain, carpal tunnel syndrome, degenerative arthritis, high cholesterol, high blood pressure and MORE are in this book, BUT THAT IS NOT WHAT THIS BOOK IS ABOUT. Fighting these ‘symptoms’ or ‘diseases’ may be important to you now, but that is only because you have not defeated them yet.

When a person has had a disease or a symptom for a long time, and they are suddenly given the ability to defeat that condition, an epiphany takes place.

That is why I want you to read this book and discover the methods to overcoming your symptoms or your diseases. Because I WANT YOU TO HAVE THE EPIPHANY THAT THOUSANDS, MAYBE MILLIONS OF OTHERS HAVE HAD: than once we can overcome one little symptom, we are at the beginning of retaining the position of CONTROL over our body and our health that we were born to have.

The epiphany that we CAN have unending energy, that we were born with the right to live with no pain, to live well over a hundred years, and to have the ambition and drive and potential to accomplish our every goal and then some.

But these are not the only reasons I have assembled the program available in Vitalism for you.

I want you to live not only a long life, but also a FULL life. I want you to have the health needed to have the positive state of mind and spirit to ENJOY your times on this planet. How can you ENJOY your time with your spouse or your family when you are subconsciously distracted by fear, pain, or simply do not have the internal energy to enjoy this time?

How can you truly give of yourself to your community, to your Faith, when your thoughts are clouded by pain? Even simple allergies and asthma diminish your ability to truly focus, and to enjoy the world you were born into.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

I know that we were designed to live better than this. I know that you have as much of a right as any person to health, to longevity, and to **OVERCOME** the afflictions you have been living with.

If all you want is to overcome one specific symptom we discuss in the website, **YOU WILL FIND THE PATH TO OVERCOMING YOUR PROBLEM IN OUR BOOK**. All I am saying is that you will discover the path to much more than this if you are willing to make a dedication to your health and to your life.

Once you decide to dedicate yourself to your own health, to your own strength, and to your own mental and spiritual focus, everything else follows. There is no victory in life that is sweet when it is not enriched by a healthy mind and body.

The simple, every day experience of our lives are **NOT** fully enjoyed in a body hampered with the weaknesses, the symptoms, the aches, the pains, and the mental and physical drainage that comes in a body not living at its peak.

I have written this book because I know that we, as a society, have been distracted from the truth. We have been distracted by an information system that has convinced the majority of us that pills can cure us; that removing our organs is the answer; that putting poisons into our bodies and the bodies of our children is the answer to our health problems.

Well, I am here to tell you that the only people you are helping when you ingest poisonous, expensive pills or agree to risky, destructive surgeries are the people who recommend these procedures. The medical-pharmaceutical complex is the wealthiest system in the free world. It is the system that spends more money every day trying to bend your mind than you could possibly fathom. Why do you think every second commercial is about a drug, every other newscast about an upcoming medical miracle, and every newspaper full of articles about the blessing of a new drug? And yet we all know that every 'miracle' drug eventually becomes the drug named in massive class action lawsuits.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

Drugs kill. The British Medical Association in 2004 concluded that drugs, legal prescribed drugs that is, kill more people than any disease or trauma. That is, more than cancer or heart disease. Look it up for yourself. Just punch British Medical Journal pharmaceutical induced deaths into Google.

Why would you EVER consider using a drug for a condition that you were born with the ability to overcome? Why would you EVER give dangerous drugs to your children? Now, I do not want to come off as too much of a fanatic, I realize drugs do have their place. But I believe that only one in one hundred to one in one thousand of the drugs we are prescribed have a true use.

EVERY drug you take is a poison. Would you submit to an x-ray every day of your life? Would you take a tablespoon of dishwasher detergent every day of your life? Would you enjoy inhaling the air from a nuclear reactor cooler?

Then why would you put a poison directly into your body every day - because someone has told you it will help your body?

The day you begin living is the day you allow your body to live. The day you can really feel the joy of living is the day your body can actually feel and work the way it has been designed to. Tiny blockages causing pain or stiffness in your system will destroy your ability to enjoy, to relax, to unwind, to live the way you were designed to live.

I want you to begin your journey today. I offer you a no risk opportunity to download my book. Right now. Simply download the full extent of the knowledge you need now, from my website. Download Vitalism today.

Read the truth about your body and your incredible internal intelligence. Learn the truth about your inherent ability to live in a fully healthy and active body. Learn the secrets to overcoming the pain and the degenerative conditions you suffer from the conditions that diminish the quality of your life and will contribute to the end of your life.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

I am so certain that the secrets in Vitalism will change the way you think, and the way you live. If you are not one hundred percent satisfied, I will happily return your investment. You can, of course, keep the download. I simply want you to know that downloading the digital book is a no risk opportunity for you to expand your mind and your health into new territory.

I want to thank you for your time and for your confidence. I want to lead you away from pain and into a life blessed with better health and more energy, daily. But I cannot do this myself.

The word 'decision' is from the Latin meaning to cut off from. Once you decide to take this step, to merge yourself into the knowledge you need to truly find health, you cannot go back. Once you know how simple it is to restore your health, to shed your extra weight, and to become a stronger and healthier living being, you will not turn back. You will begin a path that will change your health and your life indefinitely **IF YOU FOLLOW THE SYSTEM** you will learn in our digital book, Vitalism.

Options for ordering a physical text of the book are simple: contact my private clinic at 1-780-458-8200. Call and order your printed version of the book; the book will be mailed the same day and will be in your hands within days.

So you can either have the book in your hands now, immediately, or simply wait a few days for the physical book to be mailed to you. The choice is yours, **BUT THE TIME TO TAKE THAT STEP IS NOW**. Your health and your life depend on your ability to maintain and strengthen your powerful internal mechanisms; every day you wait is another day of continuing internal decay.

I do not want you to become a statistic, but it happens easier than you think. If you do not take the time, now, to learn about your body and about your health, the odds of you becoming a statistic increase with every day you live. Your odds of dying from cancer or heart disease increase. Your odds of losing mobility or losing your body's strengths increase. Your odds of losing mental strength and clarity increase.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>

I want you to reverse these odds. I want you to join me, and the many others who have discovered the simple practical methods for mastering their bodies, overcoming their aches, pains, conditions and diseases. I want you to gain the secret knowledge that literally shapes and changes lives. And I want you to do it now. Today. **DO NOT WAIT.** Procrastination is the vampire of life. Procrastination comes from a blend of laziness and fear. Procrastination is the master method of the unaccomplished.

I receive nothing from you if you do not fully enjoy and love the digital book. Your investment is nothing if you receive nothing; your investment is rewarded a hundred thousand times if you take the time to read and absorb the message and learn the systems.

Our contact information is on the web site; we will be there for you constantly as you read the book and discover incredible new challenges and opportunities for your health. Simply contact us through our contact page and we will answer your every question and illuminate your every thought on Vitalism once you have read and absorbed its contents.

You have no risk. We will honor your investment and fully refund every digital book purchase that does not lead to full personal satisfaction (sorry, we cannot extend a guarantee on the physical book: if you buy the digital book first as a trial, we will offer you a special rate on the physical book when ordering – just contact our clinic after you have purchased the digital book, and keep your Paypal receipt as a proof of purchase of the digital book to access this cut rate price on the printed book).

If you have no risk, then you have no risk. Go to the link at the bottom of this page and order the book. If Vitalism does not change your life, you will not lose one cent.

If Vitalism does change your life, you will have invested a few dollars and been given another chance at living.

Download Vitalism today at: <http://www.vitalityhouse.com/vitalism.htm>