



TODAY'S HEALTHY CHRISTIAN WOMAN

Energizing Your Life... God's Way!

Career Woman, Wife, Mother, Homemaker, Taxi Driver... More than ever, the demands on today's woman make it vital that she not only maintain, but maximize her personal health and energy. Attend "Today's Healthy Christian Woman" and get what you need— *real-world, scientific and spiritually based information that really works.*

You'll learn how to

- Get More Energy In Your Life
- Lose Pounds and Inches - *and Keep It Off*
- Find Freedom from Fad Diets
- Prevent Osteoporosis
- Feed Your Family Healthy Foods They'll Love
- Lower Your Cholesterol, *and Lots, Lots more*



Coming Soon to Your Town!

PLUS The Secret SUPER Foods Of The Bible!

Who Should Attend?

Women of faith who are also serious about their health. If you're looking for some magical, miracle cures, you won't find it here. This is an information-dense program that will show you how to improve your health, feel better, and live longer. But, be warned, you'll laugh while you learn. Known as "America's Personal Health Humorist," your presenter, nutritionist David Meinz, has been entertaining and enlightening audiences around the USA and Canada for close to two decades. If you're serious about getting well, staying well and enjoying the health God meant you to have, this program is for you.



See Inside for EXTRA SPECIAL BONUS!

LOOK AND FEEL GREAT—GOD’S WAY!



If you’re like most women today, *you’re a little concerned* about your weight. You don’t seem to have the energy you used to. . . . You feel guilty anytime you have dessert. . . . *Exercise?...Who has the time?* . . . You own a Thigh-Master, Ab-Blaster, and Gut-Buster. . . . You’ve tried the Low Carbohydrate Diet, the High Protein Diet, the Grapefruit Diet, and practically every diet ever conceived.

. . . *The idea of swimsuit season is just plain scary.* . . . You wish you could get your family to eat better, and the doctor says *your husband’s cholesterol is a “little high”*. . . . First they told you to take hormones, now they say don’t. You don’t know what to believe anymore!

But, it doesn’t have to be this way....Imagine a life of energy, health, and extraordinary vitality. . . . Picture your body at ideal weight. . . . Your clothes look great on you, and everyone tells you so. . . . *You’re confident in your ability to*

provide delicious good-for-you energy building foods for you and your family. . . . You’re so pleased that you—for the first time in your life—are honoring God with your body. . . . *Your spiritual health is re-energized because you’re physically healthy too.*

“Very informative and so needed within the Christian world. We loved your use of humor which is also good for our health. Thank you, thank you!”

-Faith Wickman, Chesapeake, VA

An EXTRA SPECIAL BONUS!

Everyone who registers early will receive a **FREE 1-year subscription to Cooking Light magazine. A \$37 value - yours, FREE.**

“David makes a convincing case for the millions of Bible readers who have looked to God’s Word for guidance in physical as well as spiritual matters.”

-D. James Kennedy,
President, Coral Ridge
Ministries

“This presentation helped me feel good about myself.”

-Amy Long, Boise, ID



Here’s Just Some of What You’ll Learn:

WINNING THE BATTLE OF THE BULGE

The secrets to real long term weight control. What works and what doesn’t and why you should stop worshipping your bathroom scale.

EAT BETTER, GET HEALTHY, AND SAVE MONEY

More health-care decisions are made in the grocery store than in your doctor’s office. Discover the difference between “the truth” and “the whole truth” in today’s supermarket.



THE TRUTH ABOUT HORMONE HYSTERIA

Hormone replacement therapy remains a controversial yet important issue that every woman must face. Here’s the latest pros and cons. Plus, the new natural alternatives and non-hormonal solutions.

BUILDING BETTER BONES

Prevention is the key to avoiding the debilitating disease of osteoporosis—and the earlier the better. Here’s what every daughter, mother, and grandmother needs to know.

THE SECRETS OF THE BIBLE DIET

You’ve tried the rest... now try the best. Scientific studies are proving the wisdom of biblical health guidelines written thousands of years ago. Learn what foods the Bible says you and your family should eat for dinner tonight.

“Thank you so much for bringing the knowledge given to you by God”

-Georgette Roth,
Gulf Breeze, FL

“I’ve Lost 30 Pounds Since Hearing You Speak Last Year”

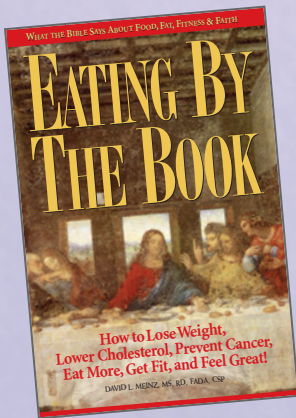
-Kris Phalen, Chicago, IL

About Your Presenter...



David L. Mainz, MS, RD, FADA, CSP

speaks internationally to women's audiences about how to live life to the fullest with maximum energy and health. He makes regular television and radio appearances including *The 700 Club* and *Focus On The Family*.



He has a Master's Degree (MS) in human nutrition from the University of Missouri, he's a Registered Dietitian (RD), and a Fellow in the American Dietetic Association (FADA). He's also received the Certified Speaking Professional (CSP) designation from the National Speakers Association.

He's also the author of *Eating By The Book: What The Bible Says About Food, Fat, Fitness & Faith*.

But he's not just what he knows. David presents his insights with a real zest for life. His fresh message comes across with unexpected humor; this guy is really **FUNNY!**

"The Best Speaker At This Women's Conference Was A Man!"

-Iowa Women's Conference

"God is using you in a great way. I can't tell you how great your program is and how much I've changed my and my family's eating habits as a result."

-Diana Wilcoxon
Redwood City, CA

"You kept it fast-paced and to-the-point... and you kept us laughing too!"

-Mary Lou Brown
Nashville, TN

www.ChristianHealth.com

Register Today!