

LIFE ENERGY

Overall Purpose

To restore and increase one's natural health toward its full potential and thereby secure a lifetime of liberty and wellbeing.

General Goals and Purposes

- Gain an overall understanding and working knowledge of how outstanding health is obtained and maintained
- Create an effective, full spectrum, health program – exercise, nutrition and other lifestyle factors
- Develop vision and set standards for excellence in health
- Accomplishment of vital health needs specific to the individual – increase of energy, reversal of disease symptoms, weight loss, etc.

Accomplished by

- A unique profile analysis followed by the teamwork and efficiency of a one-on-one program

LIFE ENERGY is

Inspirational An intense focus and motivation will bring about a lifetime of desired results

Educational An outstanding overview of the action, intelligence and inner workings of the human body (including digestion, energy production, etc.) will equip the individual to be in charge of their own health

Integral A personalized, detailed diet and health program will be created to meet individual needs and goals

Instructional Hands-on instruction is given for every related area of "Life Energy"

Supportive The guarantee of long-term support is essential as one progressively moves toward the achievement of health-related goals

Resourceful A synthesis of the best related health resources (materials, products, books, trips, facilities, etc.) will be made available

Successful The strongest protocol for health met with dedication, will be rewarded with tremendous accomplishment

Unique A great amount of research, personal care and experience has gone into developing this totally natural and innovative program



Overall Health Instruction
Personalized Nutritional Program
Personalized Fitness Program
Overview of Society's influence on Health
Mental-Emotional Connection to Health
Environmental Factors Related to Health

*Discover the joy of living
towards your potential!*

The bounty of blessings and benefits which result from following the "Life Energy" program are sure to be experienced in your life as they have been by the countless others who have lived according to these natural health principles. Among the many benefits are:

- A dramatic improvement in your overall health
- Experiencing consistent high levels of energy
- Living longer in excellent health
- Looking younger as you reverse premature aging
- Reversing and healing existing disease conditions (known and unknown)
- Feeling good about yourself – increased happiness
- Maintaining proper weight – developing body symmetry
- Actualizing your greatest aspirations

Also available
Personal Training, Elite Athletes,
Programs for Weight Loss, and
Conditioning for the Highly Motivated

"Life Energy" is presented by Jay Elzel, M.Ed.,
Health and Wellness Resource Specialist and President
of Great Aspirations. Mr. Elzel is also available
for health lectures and seminars.

(888) 949-1965



A Dynamic
Natural Health
Program

*"Transforming a life
is the most exciting
endeavor on earth"*

GROUP AND INDIVIDUAL PROGRAMS

Life Energy presents people with the opportunity to take full control of their own health. It places the keys to building an outstanding and happy life within the autonomy of the individual and thereby securing the most important earthly resource which is total health.

It is a fact that the vast majority of individuals are living far below their health potential due to the near universal abuse human life has been subjected to in modern times. The work of “Life Energy” is to assist the individual in supplying the natural requirements of health while freeing them of all forms of interference from the creation of energy.

The program is a unique holistic approach to health designed to achieve optimal results by utilizing the body’s own inherent potential by naturally balancing and strengthening its life systems. The results of systematically building internal health is so incredible it needs to be experienced in order to be believed!

One will never again need to spend money on short term partial solutions, pursue dead end promises or waste time sorting out the confusing world of health products and supplements. “Life Energy” opens the door to the simplicity and power of abundant health as God intended.

Nutritional Excellence

By the process of nutrition, a new blood stream is created which in turn feeds the cells of the body. Optimal rejuvenation is impossible without the highest grade diet and utilization of proper food. The nutritional aspect of “Life Energy” is based on human anatomy and physiology; the experience of the world’s healthiest individuals and cultures; and the compiled work of the greatest health teachers. Once the proper perspective of nutrition is realized and a truly beneficial diet is established, a whole new level of health will result.

Nutritional Elements include:

- Establishing the optimal nutritional plan unique for your total lifestyle, physical make-up and personal needs
- How the body uses nutrients to reverse aging and promote healing
- Effective weight loss or weight gain and the maintenance of the ideal condition
- Greatly increasing energy through proper nutrition
- Experiencing vigorous digestion
- How to overcome food addictions and unhealthy eating patterns from physical, social, psychological and spiritual point of view
- Learn how the modern diet has become a leading cause of heart disease, cancer, diabetes and many other health problems, and how to correct them!
- The meaning and values of living foods
- Why diets fail to control weight or promote health
- Demystifying vitamin therapy and supplementation
- And more.

The Essential Elements of Health

Abundant health occurs when one incorporates the combination of all the vital needs of the whole person. This section of “Life Energy” helps to bring about a total balance within one’s lifestyle and thus fully supports the efforts of proper nutrition.

Physical Fitness

- The development of a customized exercise program which promotes a total spectrum of fitness
- How to maintain fitness over a lifetime
- Fitness scheduling for busy individuals
- Instruction on proper form and technique for every aspect of fitness and training

Environment

- Safeguarding against environmental pollution and toxicity
- Protecting against suspected cancer causing agents
- Creating a healthy atmosphere within the home
- Understanding modern society’s impact on health and how to overcome various negative aspects
- Protecting yourself in the workplace from illness and fatigue
- How to properly and safely detoxify

Mental/Spiritual Aspects of Health

- Learn how emotions powerfully effect health
- Living a balanced, less stressful life
- The secrets of the world’s longest-lived people
- Recognizing and eliminating emotional responses which drain energy
- The spiritual keys to great health
- And more.