

This time the choice is in your hands.

*"After reading and following the principles of **Nature's Diet** every new day I feel I am becoming stronger and healthier. I am sleeping more soundly and I recall my dreams more often than I ever have. I have energy that lasts throughout the whole day. My mind is clear and focused and I am motivated to complete my next project. And can you believe it; I no longer have a craving for my favorite fast food burger anymore?"*

~**Review from a reader of Nature's Diet**

NATURE'S DIET

HEAL YOUR BODY AND STAY HEALTHY
BY FOLLOWING NATURE'S SIMPLE
21 DAY PLAN



UNLOCK NATURE'S SECRET MESSAGE TO
HAVE THE OPTIMAL HEALTH YOU WERE INTENDED

ANDREW IVERSON, N.D.

While Science is desperately looking for the magic bullet to cure Man's ailments, we stand by and hope that sooner or later new advances will be discovered to end disease and suffering.

What if you no longer had to wait for Science to discover the magic pill? What if the secret to wellness has always been right here all around you?

Science has become so focused on the minute components of disease, it has lost sight of the original premise upon which the first medical doctor Hippocrates founded medicine:

*"Vis Medicatrix Naturae"
The Healing Power of Nature*

We forget that all around us Nature continues to regenerate and replenish itself despite all the harm it faces. We forget that our body is also a part of this circle of life and it too has the same natural healing capacity; if we provide it what it needs.

It's time for a reminder.
*Do you have what your body needs
to heal itself?*

The answer is YES! Its all around you—and **Nature's Diet** is your guide. If you are ready to live free of poor health, Dr. Iverson is giving you Nature's simple plan.

The choice is yours.
It is time to take your health
into your own hands.

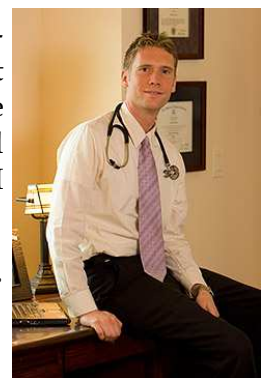
Never before has Man been so plagued with illnesses and poor health such as heart disease, diabetes, cancer, autoimmune diseases and neurological disorders.

Nature's Diet will teach you basic nutrition and wellness by simply re-introducing the principles of good eating and healthy living – AS NATURE INTENDED FOR YOU!

Dr. Andrew Iverson's expertise lies in the fields of nutritional medicine, pH balance, and detoxification through fasting and botanical formulas. Dr. Iverson has traveled extensively throughout the world exchanging traditional healing methods with native practitioners. He enjoys taking the message of **Nature's Diet** to economically disadvantaged countries throughout the world and teaching about nutrition and natural medicine. He is the founder and director of TRILIUM HEALTH, a successful holistic clinic in Tacoma, WA.

Dr. Iverson is also available for keynote speaking engagements. To learn more about all of Dr. Iverson's services and to order his book visit: www.drandrewiverson.com or call (253) 752-7377

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