



What You **MUST** Know About Longevity

Designed and Written by Arnoux Goran
All Right Reserved

Meet Arnoux Goran

- * Told he would die of several incurable diseases at age 22.
- * Founded Total Health Mastery, a system of training that anyone can follow based in science, research and data.
- * Wrote *Why You Don't Lose Weight and How You Can*, *The SuperStyle Diet Recipe Book*, *The TOP 50 Health Secrets* and all 21 of the THMU courses.
- * Inventor of The 7 Steps to Reprogramming Yourself Discovered How to Overcome Addictions Without Willpower and How to Cleanse the Body Without Cleansing Reactions.



First Principle of Longevity

- * Do not poison your body
- * A big source of poison to the body is what you eat and drink

NEW YORK TIMES BESTSELLER

HOW
NOT
TO
DIE

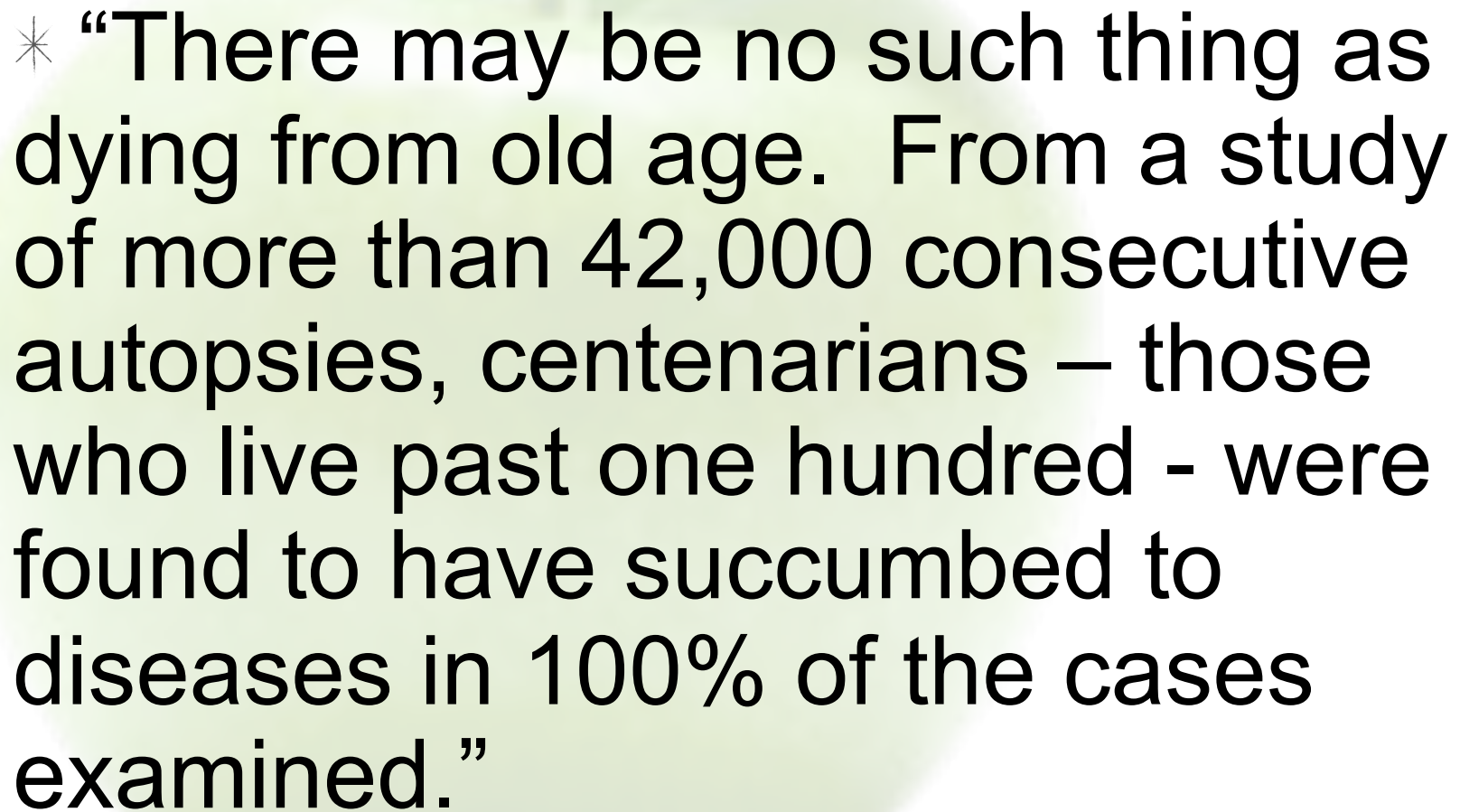
Discover the Foods Scientifically Proven to
Prevent and Reverse Disease

MICHAEL GREGER, M.D., FACLM

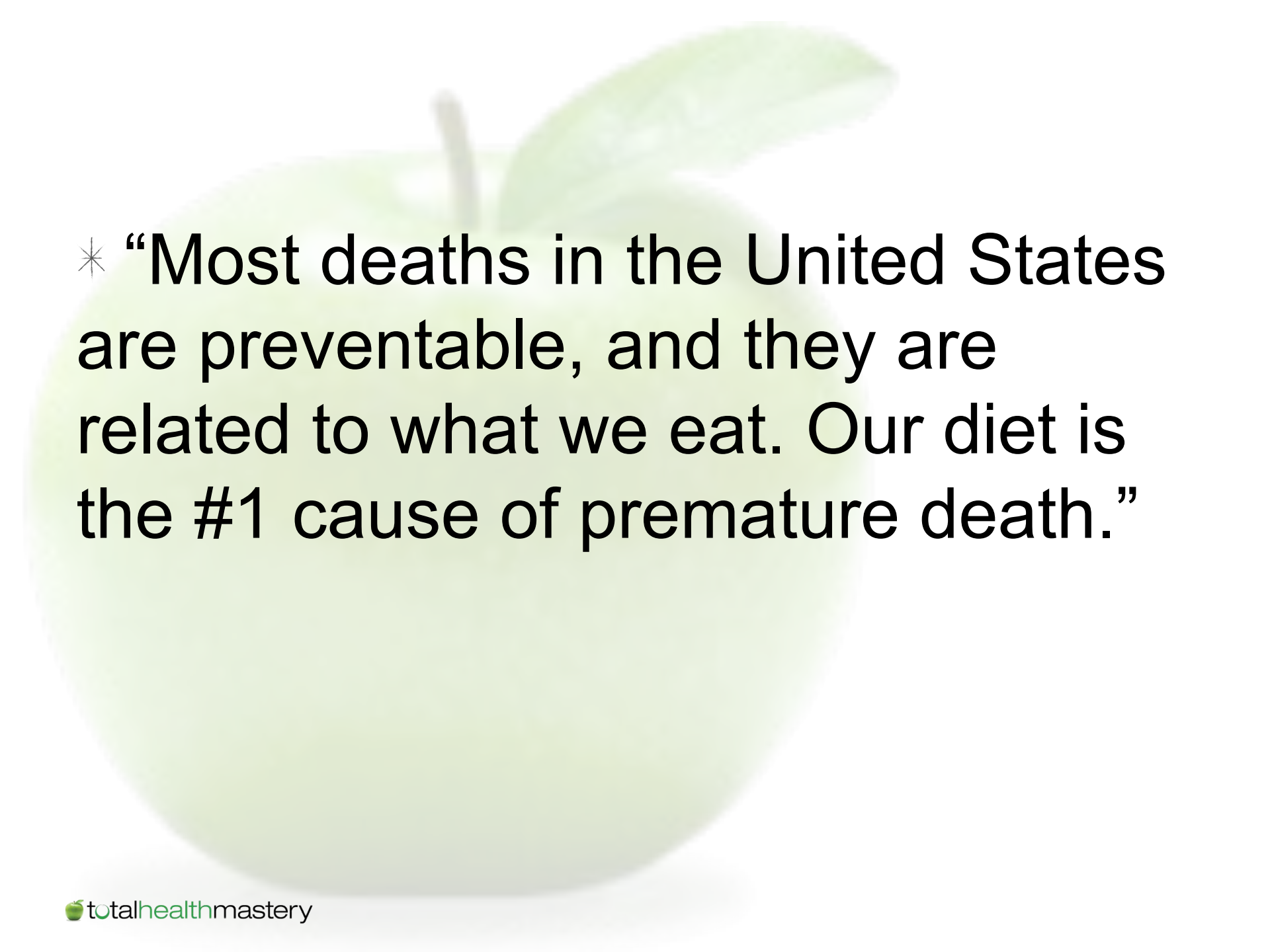
FOUNDER OF NUTRITIONFACTS.ORG

with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN:
WHAT TO EAT TO ADD YEARS TO YOUR LIFE



* “There may be no such thing as dying from old age. From a study of more than 42,000 consecutive autopsies, centenarians – those who live past one hundred - were found to have succumbed to diseases in 100% of the cases examined.”



* “Most deaths in the United States are preventable, and they are related to what we eat. Our diet is the #1 cause of premature death.”

LifeFood Recipe Book

*Living
on
Life
Force*



ANNIE PADDEN JUBB AND DAVID JUBB



* Dr. David Jubb – Spent 15 years at NYU studying what happens when different nutrients are introduced into the cells of the body.

* There are only 4 “foods”. Fruits, Vegetables, Seeds and Nuts. Organic. Non-Hybridized or Genetically Modified (natural) and not heated to the point of death.

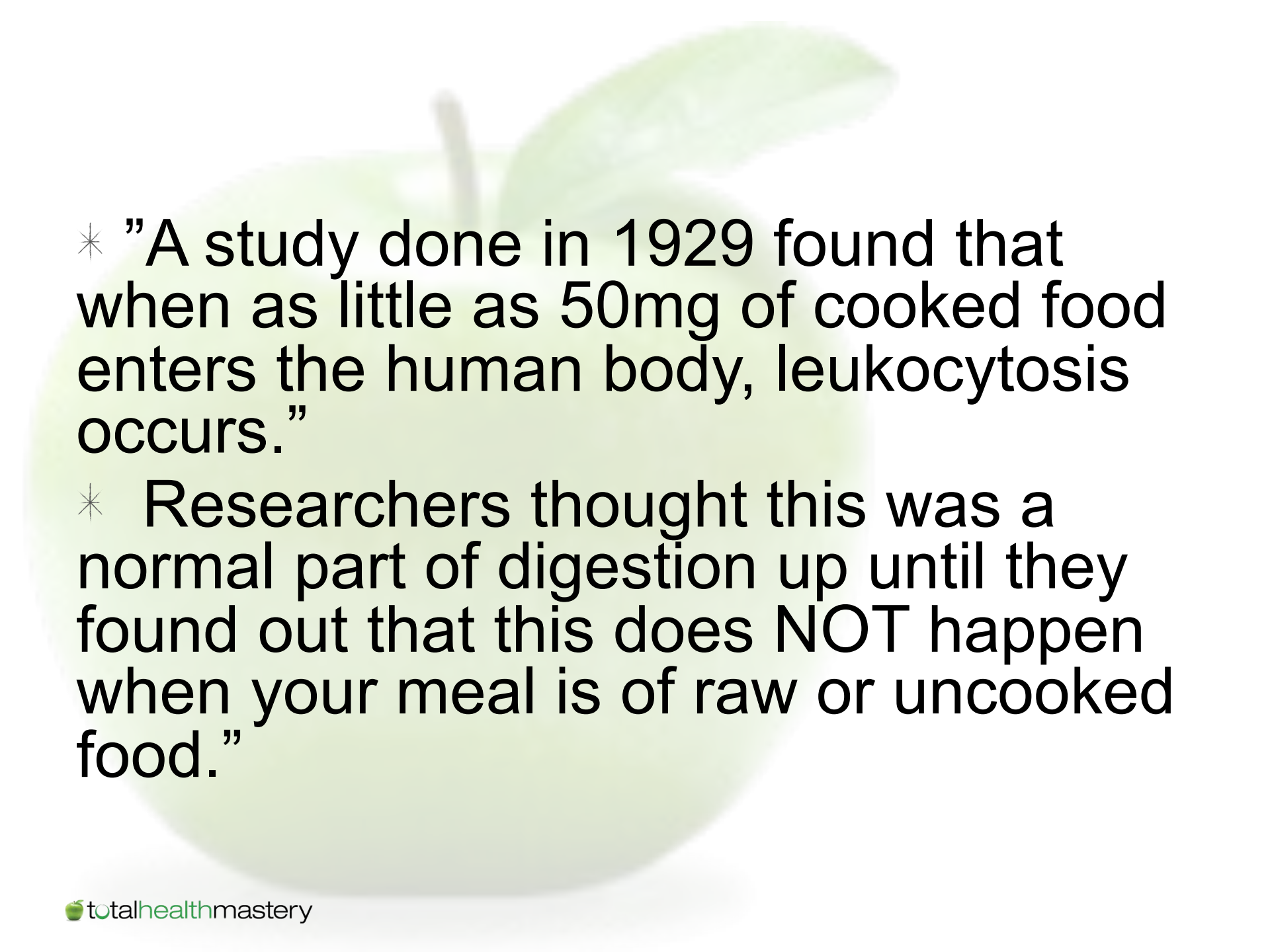
SPIRITUAL NUTRITION

Six Foundations for Spiritual Life and the Awakening of Kundalini



Gabriel Cousens, M.D.

author of Conscious Eating and Rainbow Green Live-Food Cuisine



* "A study done in 1929 found that when as little as 50mg of cooked food enters the human body, leukocytosis occurs."

* Researchers thought this was a normal part of digestion up until they found out that this does NOT happen when your meal is of raw or uncooked food."

Your Body Gets Polluted

- * Muroid Plaque
- * Liver and Gallbladder Stones
- * Environmental toxins (Chemicals, Plastics, Heavy Metals, Radiation, etc)

The Guiding Principle of Health

- * Perfect health is achieved when you remove the toxins and provide the essential nutrients.
- * Amazing things can occur when you do this right.

Real Life Stories – Not Actors



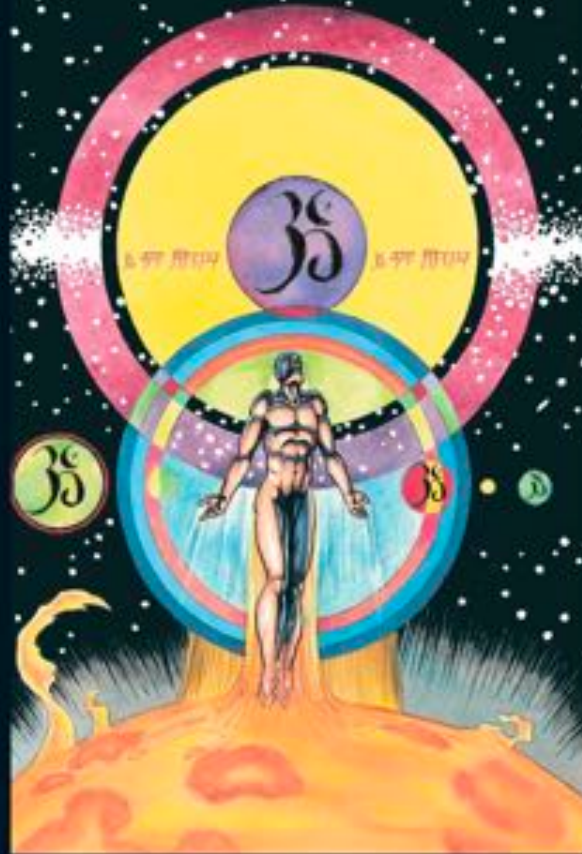
Address All 4 Parts of You

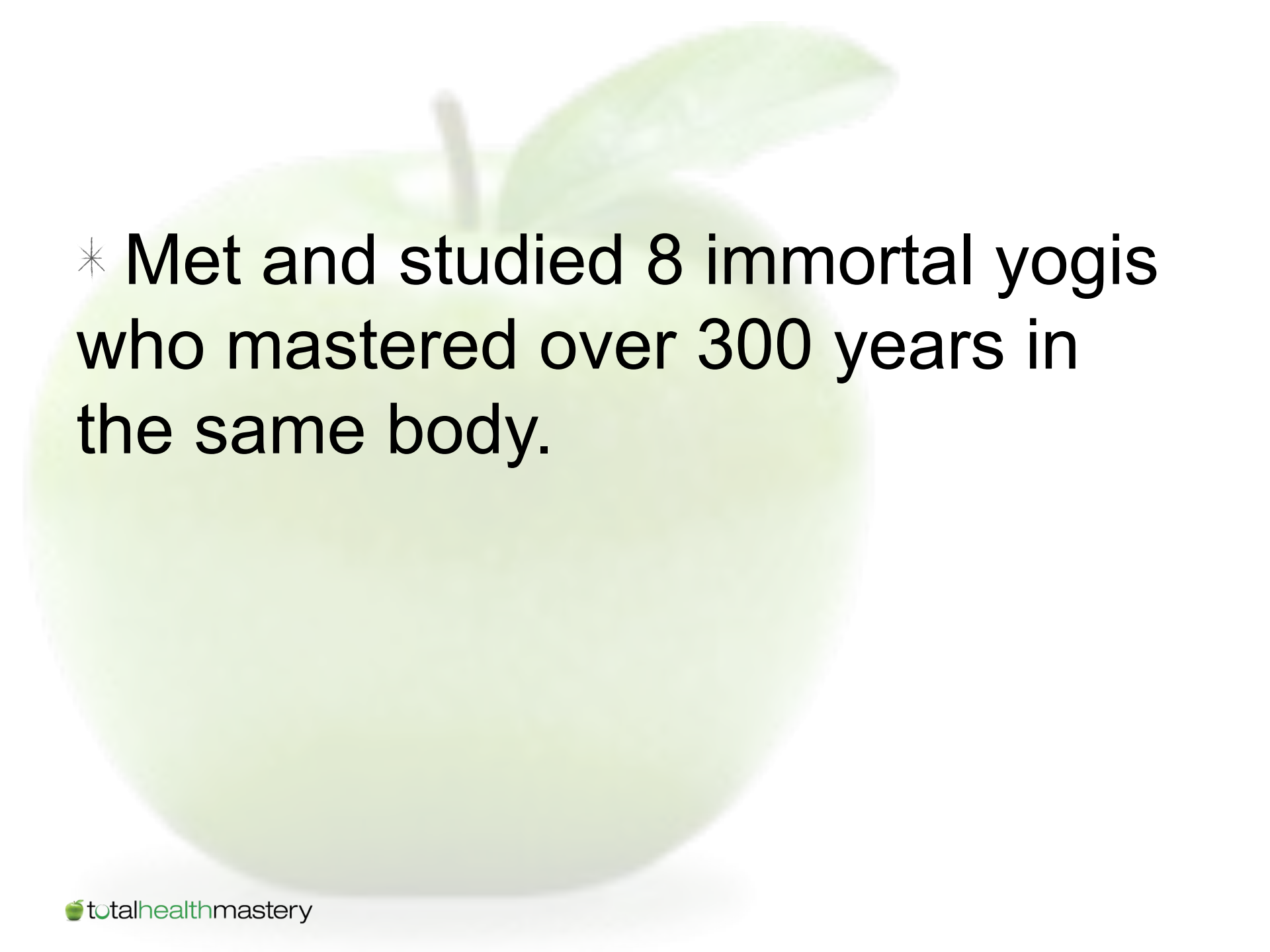
- * This principle is true emotionally, mentally and spiritually as well.
- * If you only focus on one part of you then you will fail. You must address all 4 parts of you.

LEONARD ORR

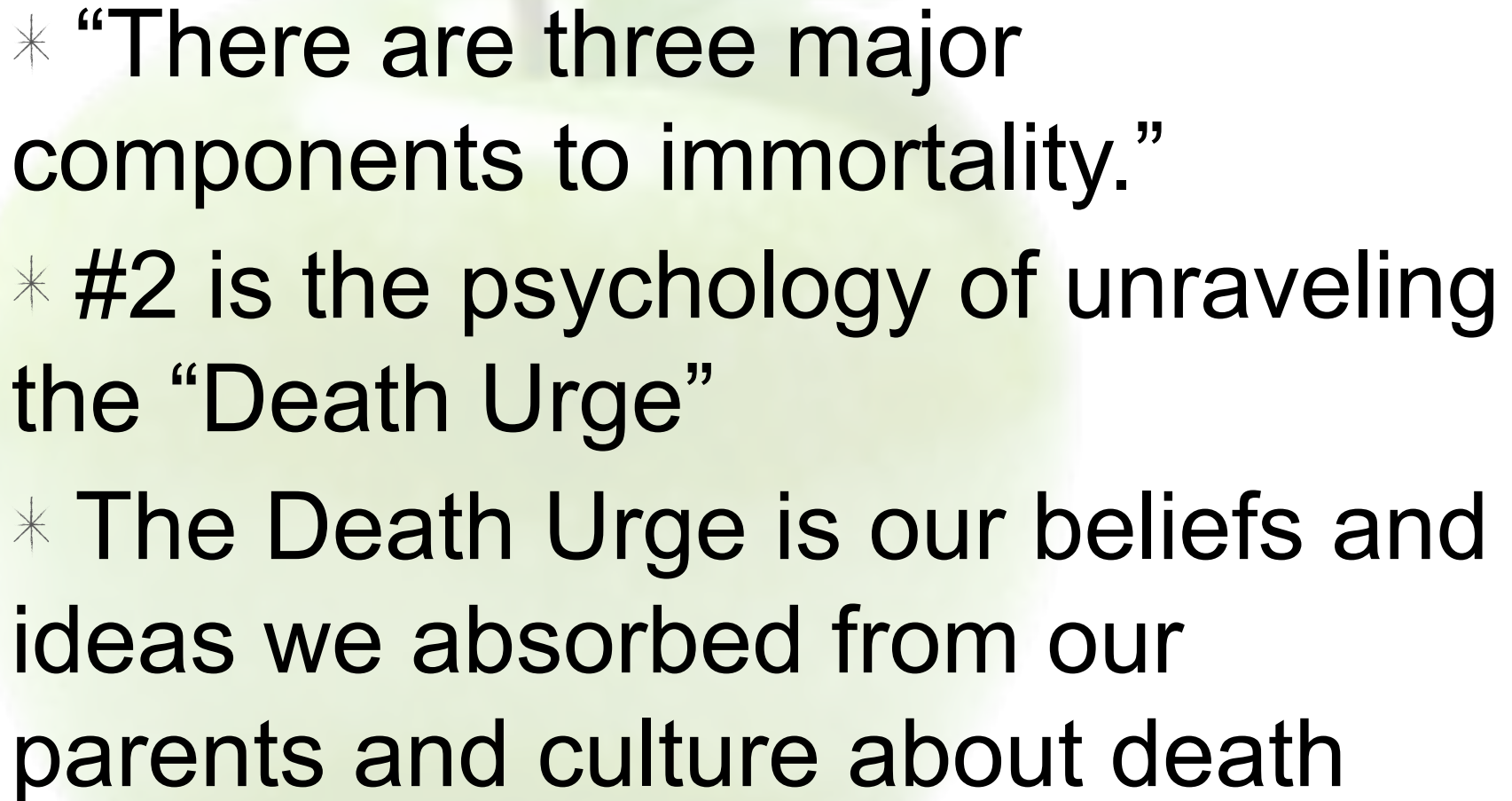
Breaking the Death Habit

The Science of Everlasting Life





* Met and studied 8 immortal yogis who mastered over 300 years in the same body.

- 
- * “There are three major components to immortality.”
 - * #2 is the psychology of unraveling the “Death Urge”
 - * The Death Urge is our beliefs and ideas we absorbed from our parents and culture about death

How to Destroy it?

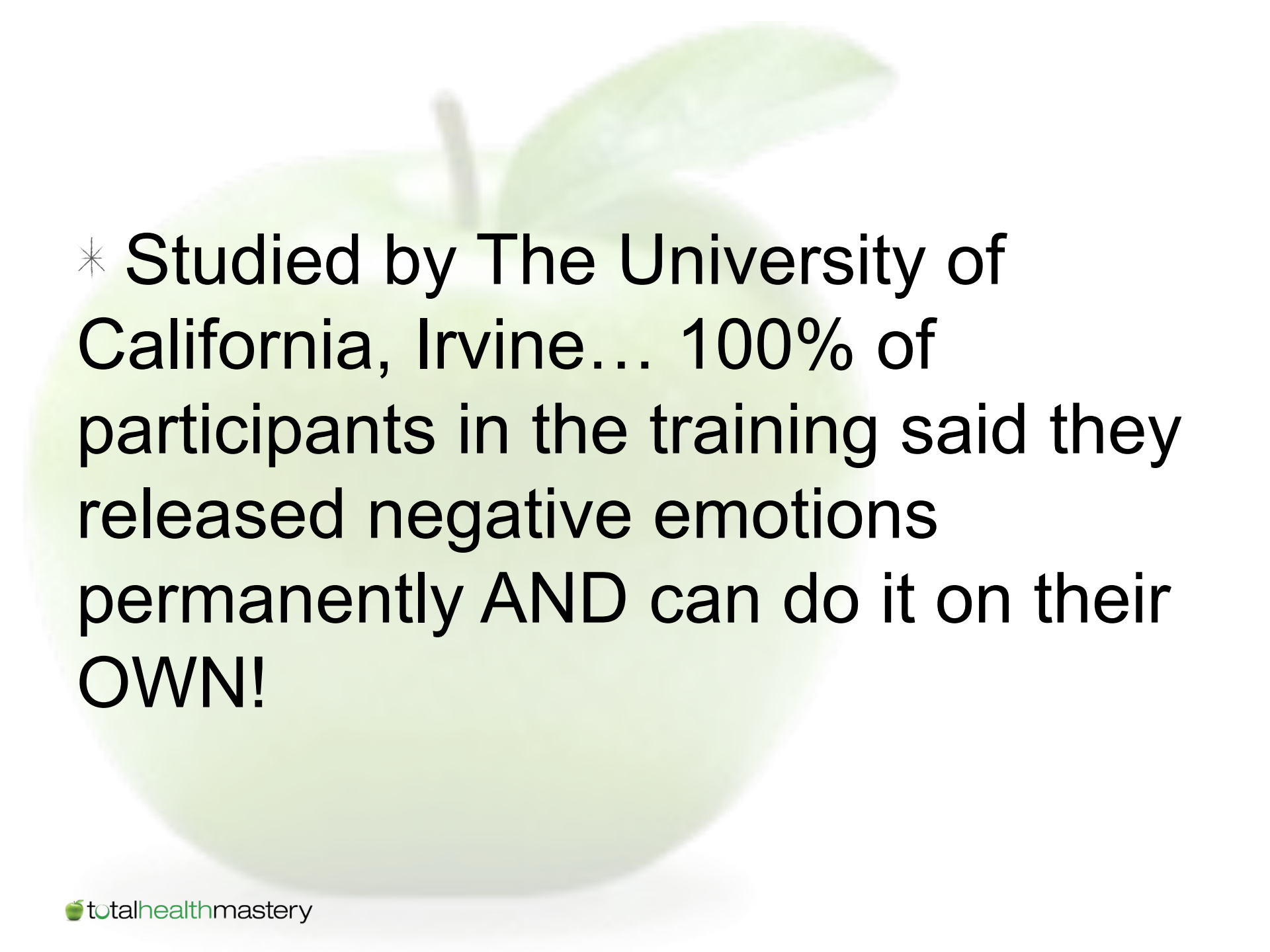
- * 95% of people have a software of the mind that protects all that is programmed in before the age of 13.
- * Thinking positively or noticing negative thoughts and replacing them with positive ones, no matter how many thousands of times you do it... will NOT remove the old programming.

Proof

* Think of something terrible that happened to you...

The 7 Steps To Reprogramming Yourself

- * Learn where the “delete” button of the mind is
- * Bypass the protection software and make PERMANENT changes to your unconscious mind or programming
- * Remove emotional/mental weight you are carrying including your “Death Urge”



* Studied by The University of California, Irvine... 100% of participants in the training said they released negative emotions permanently AND can do it on their OWN!



totalhealthmastery

Creating a world of health



“*Total Health Mastery
saved my life!*”

- WENDY PAPPAS

TotalHealthMasteryUSA.com

- * Three day training with certification as a practitioner available
- * Attend online anytime on demand worldwide through THMU on your phone, computer or tablet
- * Attend live and in person in Orange County
- * Drop huge amounts of old “baggage” during the course and learn how to do it for yourself and others.

- * Upcoming Live Dates in OC:
- * Feb 16-18 & July 19-21 2019 10am-7pm
- * \$4,999 for live or online or \$9,998 for both
- * Longevity Week Special: \$599 or 36 payments of \$25/mo
- * Receive LIVE and ONLINE training
- * Includes sweetheart
- * Pay off your payment plan early and get 30% off of the balance
- * 100% 30 day money back guarantee

- * Write the dates you want or “future” on the form and the payment plan you prefer. Feb 16-18 or July 19-21
- * \$599 or \$25x36
- * Put your sweetheart’s info
- * For those at home register at:
- * [www.totalhealthmasteryusa.com/
7StepsSecret](http://www.totalhealthmasteryusa.com/7StepsSecret)
- * Good until Midnight Jan 1
- * First 5 get 60 min with Merit