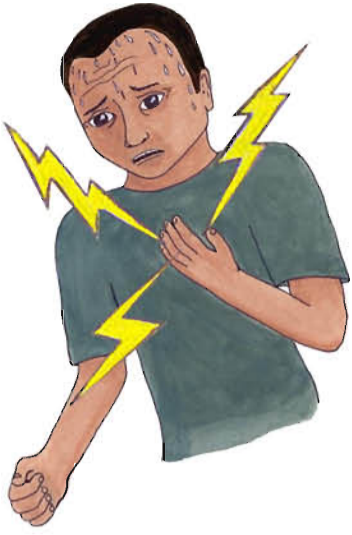


THE 3 THINGS



**The World Health Organization
Reports that**

**80% of Premature Heart Disease
(#1 Killer)**

80% of Stroke (#3 Killer)

80% of Diabetes (#6 Killer)

40% of Cancer (#2 Killer)

and NUMEROUS other conditions

Can be Prevented by

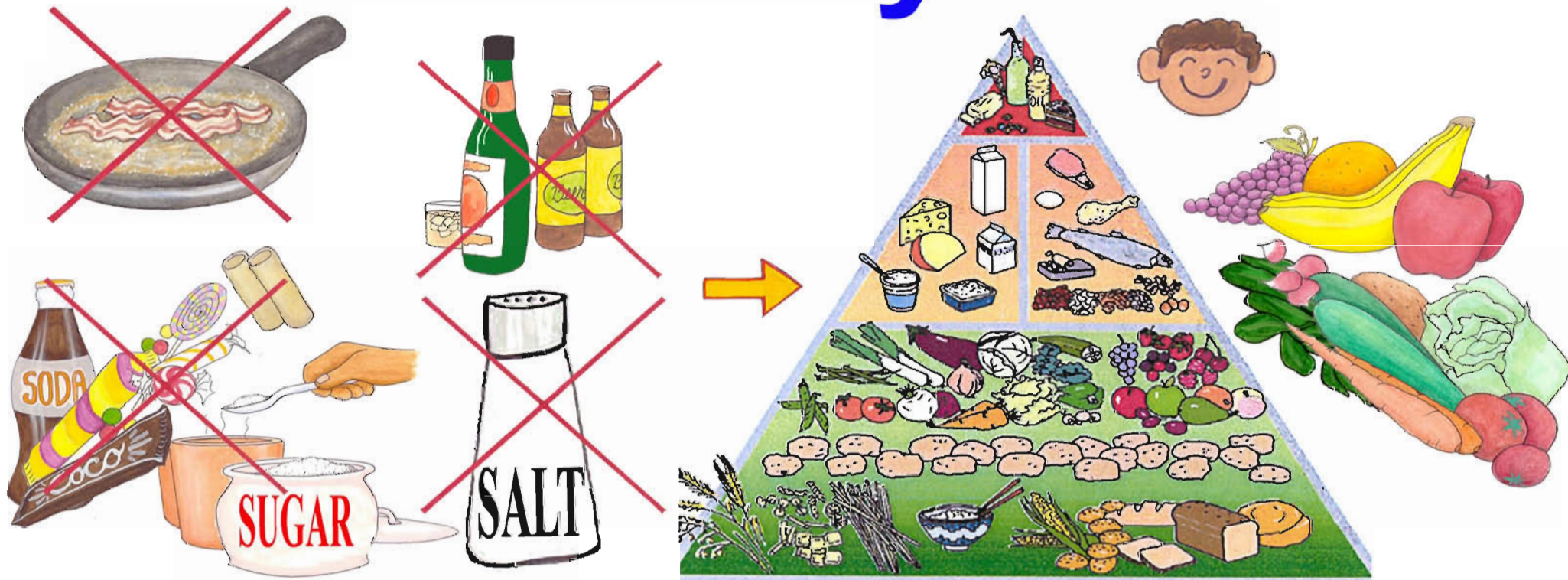
YOU

Doing Just 3 Things

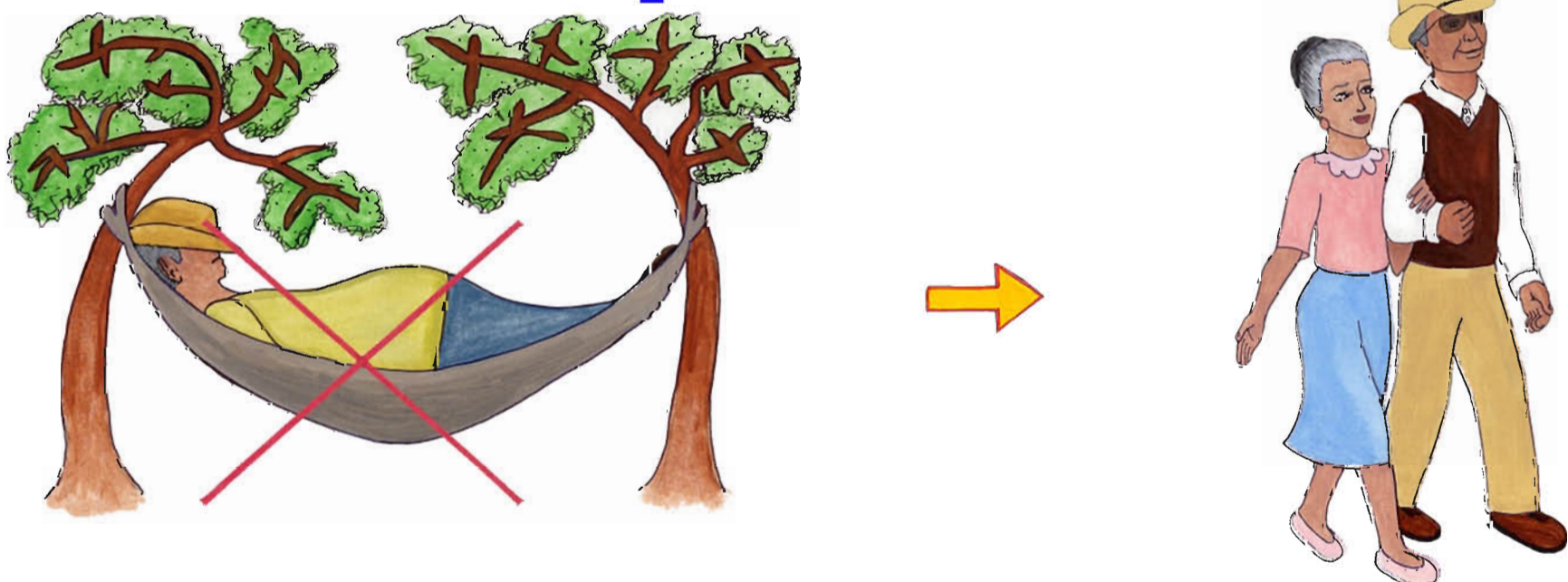
**(Much more important than all
of our hospitals & clinics, doctors & nurses,
and drugs & surgeries combined.)**

THE 3 THINGS

1. Healthy Diet



2. Adequate Exercise



3. Not Using Tobacco

