

# **THE 10 SECRET STEPS TO** **RESTORING YOUR HEALTH** **THAT WILL CHANGE YOUR** **LIFE FOREVER !**

***(ARE YOU SICK AND TIRED OF BEING  
SICK AND TIRED???)***

**INSIDE THIS LIFE CHANGING REPORT,**  
**YOU'LL LEARN:**

- \* ***The 10 SECRET PROBLEMS THAT CAUSE ILL-HEALTH!***
- \* ***The 3 STRESSES and How They Will Ultimately Destroy You!***
- \* ***WELCOME To The 21st CENTURY Of Health Care!***
- \* ***WHY CONVENTIONAL METHODS You've Tried Haven't Been ABLE TO GET YOU BETTER!***
- \* ***WHY DIFFERENT GETS LONG LASTING RESULTS!***
- \* ***HOW 1 AMAZING Muscle Test Can CHANGE Your HEALTH AND LIFE!***

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**(CONTINUE READING THIS REPORT TO DISCOVER BRAND NEW INSIDER INFO...)**

## **Are You Tired Of:**

- Headaches that never go away
- Neck Pain
- Fibromyalgia
- Back Pain
- Carpal Tunnel Syndrome
- Chronic Fatigue

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- Allergies
- Depression
- And the rest of the complaints that drive people to countless doctors?
- Digestive Problems
- Sleep Irregularity

## **WELCOME!!!**

And thank you for your interests in this FREE REPORT. Many different types of people will read through this report:

- \* Truly Sick People Who Are Frustrated & Tired Of Being Sick, Yet Want To Become HEALTHIER.
- \* Sick People Who Are Skeptical Of This Information Because All Of The Other Methods Of Treatment They've Tried, Hasn't Been Able To Help Them.
- \* People Who Are Simply Curious On What The "10 Steps To Health" Involves.
- \* Doctors Who Want To Know What Others Are Doing Out There In The Health Field.

**Regardless of your reasons for wanting this report, WELCOME, AND IF YOU CONTINUE TO READ THE REST OF THIS REPORT, YOU'LL UNCOVER THE INSIDER'S SECRETS TO A HEALTHIER YOU THAT WILL CHANGE YOUR LIFE FOREVER!!!**

## **WELCOME TO THE 21st CENTURY** **Of HEALTH CARE!!!**

Our country is in the middle of a health care crisis. We, as a country, are spending more and more money on health care but the simple fact of the matter is that our country is getting sicker and sicker as a nation. The United States is the sickest of the industrialized nations in the world.

**IF THE U.S. IS SPENDING BILLIONS AND BILLIONS OF \$\$\$\$ TRYING TO GET SICK PEOPLE WELL WITH NEW MEDICAL TECHNOLOGY, NEW MEDICATIONS, NEW INSURANCE PLANS, AND NEW SURGERIES.....**

- WHY ARE MORE DISEASES SPONTANEOUSLY OCCURRING??**
- WHY ARE SO MANY NEW MEDICATIONS BEING DISCOVERED AND A SHORT TIME LATER REVEAL TO BE HARMFUL TO YOU???**
- WHY ARE MORE GERMS, BACTERIA, AND VIRUSES BECOMING RESISTANT TO THESE MIRACLE DRUGS???**

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**-WHY ARE CONDITIONS SUCH AS TUBERCULOSIS & MEASLES, WHICH AT ONE TIME WERE DORMANT, SPONTANEOUSLY SHOWING UP AGAIN???**

**WE DO NOT HAVE A HEALTH CARE SYSTEM, WE HAVE A DISEASE OR CRISIS CARE SYSTEM!!!**

**Why does our health care system focus on treating people once they have diseases and sickness instead of focusing on preventing these diseases and sickness from occurring?**

## **The Difference Of Conventional Treatment & Why Most Of The Time It Doesn't Work...**

### **Let's Take A Look At A Routine Visit To The Doctor:**

(Mary Jane goes to the Doctor because she is always fatigued, has sore muscles, has no energy & her head hurts. She is really frustrated with being sick and tired all of the time. SHE WANTS TO KNOW WHAT IS CAUSING HER PROBLEM. The Doctor evaluates her, and tells her she has FIBROMYALGIA AND MIGRAINE HEADACHES. So after the Doctor gives a name to her signs and symptoms, he tells her it is very common, nothing is really wrong, & prescribes some medication to her. Mary Jane takes the medication for two weeks, has some minor side effects that the Doctor warned her about, but notices that she really isn't feeling too much better.)

**LITTLE DOES MARY JANE KNOW:** That the pain from her headaches are simply her body telling her that something in her body is not working properly.....IT'S AN ALARM! A WARNING SIGN!!

**Her Muscle Soreness, Lack Of Energy, and Chronic Fatigue are simply a direct result of 1.) her body working overtime to keep up with the increased demand placed on it from the medications prescribed to her and 2.) her BODY NOT FUNCTIONING PROPERLY! HER BODY IS IN COMPLETE DISARRAY AND IT IS LETTING HER KNOW ABOUT IT!!!**

**NOW HERE'S THE QUESTION: *If Her Body Is Trying To Tell Her Something About The Condition Of Her Health,* WHY IS SHE TRYING TO COVER UP WHAT HER BODY IS TELLING HER WITH MEDICATIONS?**

*The Reason She Is Having These Problems Is Not Because Her Body Is Lacking Tylenol Or Any Other Medication! It's Because Something Isn't Working Properly!*

**LET'S PRETEND YOU ARE DRIVING YOUR CAR DOWN THE ROAD AND YOUR BRIGHT RED ENGINE LIGHT COMES ON. YOU KNOW THAT THERE IS A PROBLEM WITH YOUR ENGINE BECAUSE YOUR CAR IS WARNING YOU. NOW ARE YOU GOING TO PUT A PIECE OF BLACK TAPE OVER THE ENGINE LIGHT AND PRETEND THAT IT NEVER CAME ON??? THEN WHEN THE BLACK TAPE FALLS OFF AGAIN, THE RED LIGHT WILL STILL BE THERE WARNING YOU OF A PROBLEM. ARE YOU GOING TO PUT ANOTHER PIECE OF TAPE OVER IT AGAIN??? SOME PEOPLE MAY DO THIS , BUT THOSE PEOPLE WILL BE THE ONES SPENDING A LOT MORE MONEY IN THE LONG RUN TO REPLACE THEIR ENGINE. THEIR CAR MAY NEVER RUN THE SAME AGAIN. MOST PEOPLE ARE GOING TO GET THEIR ENGINE CHECKED OUT TO FIND THE CAUSE OF THE PROBLEM.**

**YOUR BODY IS A MILLION TIMES MORE IMPORTANT THAN YOUR CAR. SO, ARE YOU GOING TO PUT A PIECE OF BLACK TAPE OVER YOUR HEALTH CONDITION, OR ARE YOU GOING TO FIND OUT WHAT THE CAUSE OF THE PROBLEM IS???**

Health is not achieved by putting foreign harmful substances in the body, or having unnecessary surgeries to achieve health from the outside in. **HEALTH IS ACHIEVED FROM CORRECTING THE CAUSE OF WHY SOMETHING IN YOUR BODY ISN'T WORKING PROPERLY AND LETTING YOUR BODY NATURALLY HEAL ITSELF FROM THE INSIDE OUT!!!**

**THAT IS WHY I AM WELCOMING YOU TO THE**

## 21st CENTURY OF HEALTH CARE.

Why do I say this?.....Here's Why!

**In order for someone to be pain free, symptom free, disease free, and function at 100% of their optimal level of health, there are certain factors that must all be working together in your body as a whole for you to feel this way.**

In NATURAL HEALTH CARE, there are three major factors or stresses that are responsible for people's ill health and their sickness/disease process problems. These 3 factors which can create INTERFERENCE WITH ONE'S HEALTH are:

### **(THE 3 MAJOR STRESSES)**

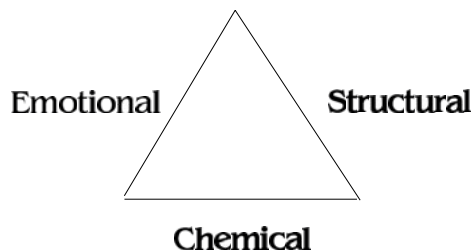
1.) **Structural Stress** examples such as: (Birth Trauma, Slips and Falls, Sports Injuries, Physical Abuse, Work Injuries, Poor Posture, Repetitive Motions, Sitting On a Wallet For Years, Continuous Sitting or Standing, Automobile Accidents)

2.) **Emotional Stress** examples such as: (Relationships, Career, Children, Fast-Paced Life, Quick Tempered, Traffic/Road Rage, Verbal Abuse, Perfectionist, Procrastination, Loss of a Loved One, Depression, Anxiety, etc.)

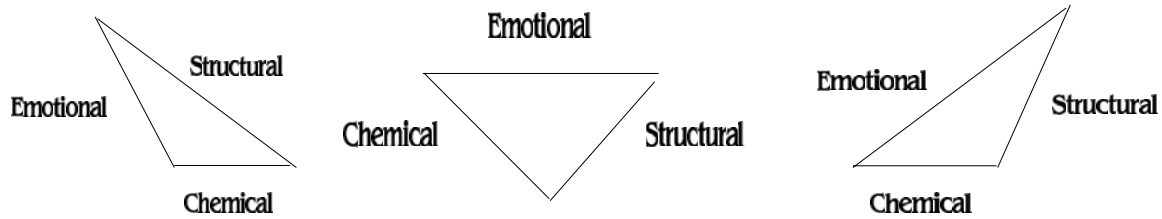
3.) **Chemical Stress** examples such as: (Poor Diet, Nutritional Deficiencies, Caffeine, Smoking, Excessive Sugar Intake, Artificial Sweeteners, Prescription Drugs, and others)

**(DO THESE SOUND FAMILIAR? HOW MANY STRESSES ARE YOU UNDER?)**

**In order for you to be as healthy as possible, your body must deal with these stresses and make sure that it can balance each one to function properly. Compare it to an equilateral triangle, when you are in total health and your body is able to handle all of these stresses, your perfect health will look like an equilateral triangle (A perfect triangle with all the sides the same length and the angles all the same.)**



**If your body is unable to handle too much CHEMICAL STRESS, OR EMOTIONAL STRESS, OR STRUCTURAL STRESS, it alters your balanced health triangle and skews one of the sides, such as:**



(if one of these is your health triangle, you need help!!!)

**If one side of the triangle becomes too small or too great, it struggles to deal with the amount of stress that is placed on it, the triangle becomes unbalanced. An unbalanced triangle results in poor health. Poor health typically presents itself in the form of some sign or symptom such as pain, a health complaint, or a disease process.**

**Your body is only able to function at 100% and express health when there is a balance between the three sides of the triangle. Many times, health problems involve more than 1 side of this triangle, as all sides are interrelated.**

**So... now that we know there can be multiple reasons causing ill health:**

***ASK YOURSELF THIS QUESTION.....  
Do you think that putting a name to a bunch of signs or symptoms, then utilizing drugs or surgeries to cover up your ill health, aches, & pains is finding out what is CAUSING YOUR PROBLEM? IS THIS REMOVING THE CAUSE?? (I'll let you decide on that one.)***

***HOW WOULD YOU LIKE TO BE EVALUATED NOT BASED ON YOUR SIGNS AND SYMPTOMS BUT BASED ON FINDING WHAT THE CAUSE OF YOUR PROBLEM IS???***

This is the **21st Century of Health Care**, and it is time to move beyond the TRADITIONAL Model of HealthCare. This country needs to start evaluating people individually as a whole and not as a diseased entity with crap shoot medications and unnecessary surgeries.

**NOW..... IT'S TIME FOR CHANGE AND DIFFERENCE!  
IT'S TIME TO EVALUATE YOU AS A COMPLETE PERSON AND NOT  
JUST YOUR PROBLEMS!**

**IT'S TIME TO FIND THE REAL CAUSE OF YOUR PROBLEM.  
IT'S TIME TO LOOK AT THE 10 SECRET ITEMS THAT CAUSE ILL  
HEALTH & HOW TO REMOVE THEM.**

**THE 10 STEP PROCESS OF EVALUATING YOUR HEALTH THAT  
WILL CHANGE YOUR LIFE FOREVER!!!**

**These 10 Secrets are the key to unlocking your body's  
hidden vault to being a pain free, energized, person  
who WILL know what it means to be  
and feel HEALTHY!!**

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**\*\*\*The 10 SECRET ITEMS THAT WILL DESTROY  
YOUR Health\*\*\***

- 1.) Having NERVE INTERFERENCE in your body
- 2.) An unbalance of ELECTRO-MAGNETICS
- 3.) Getting an ADRENAL GLAND DISORDER or THE GENERAL ADAPTIVE SYNDROME
- 4.) ORGAN NUTRITIONAL DEFICIENCIES
- 5.) Acquiring STRESS ON THE IMMUNE SYSTEM
- 6.) Depletion of ENZYMES
- 7.) Not having the PROPER BACTERIA IN THE DIGESTIVE SYSTEM
- 8.) ABNORMAL EMOTIONAL DISTURBANCES
- 9.) ANY ALLERGIES (FOOD OR ENVIRONMENTAL) OR SENSITIVITIES
- 10.) Acquiring METALS OR OTHER TOXINS INTO THE BODY

**REMOVING THESE 10 SICKNESS CAUSING**

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## **ITEMS IS THE FUTURE OF HEALTH CARE!!!**

*Whether you have one of these items, two of these items, or all of these items present, you're body is not functioning at it's full optimal potential. These items, when present, WILL NOT allow you to function like the finely tuned machine that you are capable of being. Even though you may feel fine, if one or more of these items are present in you, it is slowly building up becoming worse and worse and silently killing you. It won't be until it's a full blown crisis when your body let's you know there is a problem. By this time, a sign, symptom or disease process has occurred letting you know something is wrong which makes it much harder to treat than catching these stresses at an early stage.*

## **YOU'RE MOMENTS AWAY FROM FINDING OUT THE STEPS TO REMOVING THESE 10 ITEMS TO BECOME A HEALTHIER YOU**

**Naming a disease process and then putting foreign chemicals in the body to combat it or cutting the problem out must not be working, or else these methods would have made all the sick people in the world well over the last hundreds of years.**

***FREE MANUAL MUSCLE TEST & A CHANCE TO CHANGE YOUR LIFE FOREVER.....FIND OUT HOW!***

*Hello! Welcome to FLORIDA CHIROPRACTIC CLINICS,*

*We would like to thank you for taking the time to read the information that has been presented to you. We realize that many different people will be reading this: some that are just curious in what the 10 SECRET ITEMS are, some of you who are at the end of your rope and are simply frustrated with the fact that no one has been able to help you with your ill health, some which numerous doctors have told you that nothing is really wrong, or it is all in your head.*

*THERE IS A REASON FOR EVERY SINGLE THING THAT HAPPENS IN YOUR BODY WHETHER IT'S GOOD OR BAD. This seems to be the distinguishing factor among the health care profession. Since Chiropractic is a HOLISTIC HEALTH CARE Practice, We get a first hand chance to see how resilient the human body actually is, and how the doctor inside of you can lead you*

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to better health. If you find the CAUSE of why you are having pain, sickness, or ill health and then remove the CAUSE of why you are having the pain, sickness, or ill health, you give the inborn doctor inside you a chance to function without the restrictions of EMOTIONAL, CHEMICAL, OR PHYSICAL STRESS. When you eliminate these things, the body has a chance to heal itself and the body is able to overcome it's sickness and ill health.

Unfortunately, the people who come into our offices, have usually been through the entire medical regime and never found the results they were looking for. Their ILL HEALTH is still present. We are usually their last resort, as they have no one else to turn to. That's fine with us because we know that the approach we take in our office is SO DIFFERENT THAN WHAT THEY'RE USE TO AND SO DIFFERENT THAN WHAT ALL THE OTHER DOCTORS WERE DOING. When we show the patient right before their eyes that they have any one or more of the 10 ITEMS present in their life CAUSING THEIR ILL HEALTH by utilizing a manual muscle test, they are simply in disbelief and wonder why no one else has ever taken this approach with them. THERE IS NO DISPROVING THIS METHOD OF MANUAL MUSCLE TESTING TO UNCOVER THE 10 ITEMS. Once they enter our office, they are no longer looked at as a person with the symptoms of Fibromyalgia, Asthma, Depression, Back Pain, Being Tired, Digestive Problems... (the list can go on and on)... they are looked at as a TOTAL PERSON and then evaluated by CHECKING TO SEE IF ANY OF THE 10 ITEMS are present in their life. If one or more of the 10 ITEMS is present in their life, we know that they are not able to function at 100% and their body has restrictions which are limiting their life and CAUSING their problem. Any of the 10 ITEMS that are present, are then eliminated and their body is able to heal itself. YOU SIMPLY HAVE TO REMOVE THE RESTRICTIONS PLACED ON THE BODY, WHICH MAY BE ANY ONE OR MORE OF THE 10 ITEMS LISTED PREVIOUSLY. We do not cure diseases!!! We let the body do that, We simply remove the restrictions placed on the body.

That is why we are offering a FREE MANUAL MUSCLE TEST TO SEE IF YOU HAVE NERVE INTERFERENCE PRESENT, JUST ONE OF THE ITEMS ON THIS LIST. DIFFERENT IS GOOD AND DIFFERENT GETS RESULTS, JUST ASK SOME OF OUR PATIENTS WHO HAVE UNDERGONE THE 10 STEPS TO HEALTH:

**(INCREDIBLE PATIENT TESTIMONIALS.....)**

**“I first came to FLORIDA CHIROPRACTIC CLINICS several months ago with several severe health complaints. After applying the 10 STEP PROTOCOL to me, and after utilizing the incredible recommendations he gave me, I noticed a HUGE DIFFERENCE within my body. I am in the health profession my self,**

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*and I know what it means to have a better quality of life. With the 10 STEP PROTOCOL and recommendations, I FEEL 100% BETTER! THANKS!!"*  
- Cindy M.

*"I'm amazed at how much better I feel now after utilizing the 10 STEP PROTOCOL and recommendations. I have more energy, I'm not dizzy anymore, my blood pressure has lowered, and I am holding my adjustments a lot longer. They found things structurally wrong with my heart that I had prior knowledge to, but never informed them of. During the MANUAL MUSCLE TEST, a weakness showed up when he tested my heart for structural problems, after they found it, I told the doctor that I have heart-valve problems and I have a family history of cardiac conditions. This is WILD!!!"*  
- Jennifer H.

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*"If You Already Think That You Already Know Everything There Is To Learn, And You Always Do What You've Always Done, You'll Always Get What You Always Got, The Same Results!!!"*

**If you have bad health and you think you have all the answers, you will probably stay in bad health because you have to do something different to get different results!**

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- Those of you who have made it this far in the report, thank you!!
- Those of you who sent away for this report for strictly reading pleasure and inquisitiveness, we hope you have enjoyed it!
- Those of you who sent away for this report because you are serious about your ill health and are **SICK AND TIRED OF BEING SICK AND TIRED**, while people are telling you that nothing is wrong:

## **YOU HAVE TWO CHOICES FROM THIS POINT...**

- 1.) Continue Self-medicating, COVERING UP THE REAL CAUSE OF YOUR PROBLEM, and live with the terrible pain and ILL-HEALTH FOREVER. -OR-
- 2.) Admit your problem is ruining the quality of your life, and do something DIFFERENT, other than temporarily covering up your problem with drugs. FIND OUT THE REAL CAUSE OF YOUR PROBLEM AND REMOVE IT TO BE PAIN FREE AND HEALTHY!

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**HERE'S HOW TO HAVE YOUR OWN:**  
**“FREE MANUAL MUSCLE TEST FOR NERVE INTERFERENCE**  
**AND CONSULTATION.”**

If you would like to have a “FREE CONSULTATION & FREE MANUAL MUSCLE TEST,” we offer these services as a courtesy with no further obligation, strictly for you to have a chance to see WHY DIFFERENT IS GOOD AND DIFFERENT GETS RESULTS. You will be able to sit down with one of the doctors and discuss EVERYTHING you want to tell them about your condition and have the MANUAL MUSCLE TEST performed.

A MANUAL MUSCLE TEST will be provided which will show YOU, RIGHT BEFORE YOUR EYES, exactly if a problem is present and if you are in the right place to get relief. THERE WILL BE NO MISTAKING TO YOU if your condition will be helped by the 10 SECRET STEPS TO HEALTH . IT'S THAT EASY.

After the MANUAL MUSCLE TEST and CONSULTATION, THERE IS NO OBLIGATION FOR ANY FURTHER CARE OR SERVICES, however if and only if you feel that THE 10 STEPS TO HEALTH PROTOCOL can be of benefit to you, you will have the opportunity to arrange another appointment, possibly for that same day, for you to start the ball rolling and get underway with the rest of THE 10 STEP PROTOCOL.

*“This MANUAL MUSCLE TEST is the MOST AMAZING thing I have seen in a very long, long, time, It's UNBELIEVABLE!!!.”*

*- PAUL Z.*

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If **“THE 10 SECRET STEPS TO HEALTH”** and a FREE MANUAL MUSCLE TEST interest you, SIMPLY CALL to schedule your FREE appointment @:

**FLORIDA CHIROPRACTIC**  
**CLINICS, Inc.**

*5290 Seminole Blvd. Suite A & B. St. Petersburg, FL.*

*“(I look forward to MEETING with you in person. It will be a pleasure providing you with this FREE MANUAL MUSCLE TEST, to show you why “THE 10 SECRET STEPS TO HEALTH” is so very DIFFERENT and how DIFFERENCE GET RESULTS!!!”*

*-Dr. Greg Yingling*

**Remember:** This is a FREE MANUAL MUSCLE TEST for NERVE INTERFERENCE, with no further obligation! Call today to schedule your M.M.T. and CONSULTATION. Call (727)398-2988. For The soonest appointment possible, CALL TODAY!! THERE IS A WAITING LIST so

**FLORIDA CHIROPRACTIC CLINICS, INC.**  
**5290 Seminole Blvd. Suite A & B. St. Petersburg, Fl. 33708 Phone #: (727) 398-2988**

*there is no time to delay any longer.*

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