

Super Health, Super Wealth

HOW TO AGE
GRACEFULLY
WITH YOUTH
AND VIGOR

DR. DEAH CHIEN CHEN



THE BOOK

IN THESE PAGES YOU WILL UNCOVER...

Use the spiritual approach. When you change the inner world, you change the physical world. What happens in the energy world will tend to manifest physically.

To give longevity, vitality and wellness

- Energy follows thoughts. Positive thoughts help build a healthier immune system
- Laugh, be happy and grateful
- Exercise always if you want to live well and longer
- Get enough sleep to keep you healthy and be happier
- Do meditation & yoga for relaxation/ stress management
- Continuing clean and purify your chakras
- Eat foods over supplements
- Eat food rich in monounsaturated fat (healthy oleic acid) to reduce bad cholesterol and raise good cholesterol level for a healthy heart
- Eat food rich in vitamins and fibre for its antioxidants to stay young and to prevent obesity.
- Always clear the circulatory and energy channels
- Drink plenty of water to stay hydrated
- Absorb the earth, air and sun prana to stay healthy

"Be the Beautiful and Incredible You!"

Dr. Deah Chien Chen



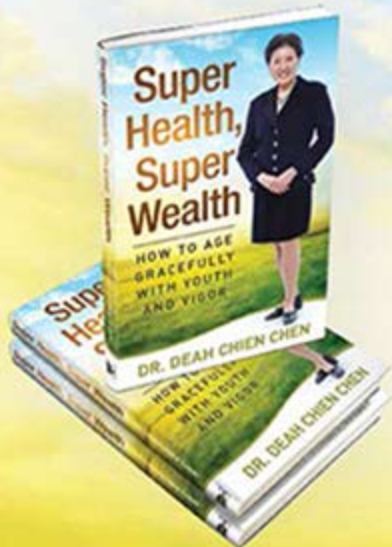
THE BOOK

DESCRIPTION

To be healthy, having the right nutrition, healthy life style, meditation, exercises, happy and positive thoughts are all important. Think of holistic health for one to be super healthy. When you are internally and externally strong, your ability to achieve success and abundance is greater.

LEARN HOW...

Learn how to think positively. Thoughts are energy. Firm belief is the emotional gunpowder, whether the thought created is positive or negative. Energy can affect your body and your health. It can affect you psychologically, spiritually and financially. What you think repeatedly with conviction will tend to materialize. If you believe it can be done, it can be done!



TESTIMONIALS



Super Health, Super Wealth covers all angles—from physical exercises and eating, to the spiritual meditation level and the psychological level of removing negative thoughts and emotions from within. It also gives simple recipes on how to eat healthily by tap energy life from the fruits, plants and nuts without killing the life force within them.

Dr. Andrea Maxi, N.D., Author of *MAXimized Health*



This is a simple book on how to live healthily. It is based on common sense without the medical jargons. Any 6 years old kid can read and practice it. It all depends on one's choice whether to eat and live healthily or continue consuming the sugar, fats and oil to toxic the body.

Benjamin Foo, Author of *iPossible*

TESTIMONIALS



This book gives you the tool how to live a simple and healthy life. It will open your eyes how to live simply, utilising all that Mother Nature provides. Breath in the fresh air, walk bare-footed in the park, absorb the sun energy, swim in the sea, and enjoy rustic nature. Absorb the light, air, water, earth and wood energy (Prana) that is free in nature.

Marilyn Pierce, Author of Ground Work before Pound Work



Super Health, Super Wealth is a wonderful book which teaches one to keep life simple. Living a simple life do not cost tons of money. Having a positive attitude in life wins half the battle. It will change your outlook on everything. Learning to count one's blessings, be grateful, be appreciative and be forgiving have great effect on one's health. Dr. Chen writes it with such passion and belief.

Suzanne Miles, Author of Fork it!