

Top Program:

The Owner's Manual For the Human Body

... includes **High Energy Principles & Practices Course--**

8- 10 week Course presented by Lucky Joy Wells.

... includes 75 Comprehensive Lessons in Natural Health and Superlative Wellness to be sent upon completion of the High Energy Generation and Practices 8- 10 week Course.

AN OWNER'S MANUAL FOR THE HUMAN BODY

This program of action, education and support may include:

- * A full and Comprehensive Health Course – the best ever written with education and guidance that will put you in charge of your own sustainable health and lifestyle.
- * One to one tutoring, education and support for your wellness with face- to face visits where possible as well as telephone, email, skype support and so on. Duration: 8- 14 months.
- * A Curated Health and Energy Course (8- 15 modules) for your study plus handouts.
- * Access to a Health Library of books (primarily digital), video and audio with additional links to read or purchase pertinent, accurate supportive materials.
- * Lifelong natural wellness knowledge, programs and how- to's for sustainable health and decreased susceptibility as well as growing resistance to both preventable and communicable illness and disease.
- * A knowledgeable, helpful, actionable review of your own Personal Health Profile from information you provide, critiqued with an eye to directing you to increased wellness, energy and lifestyle.
- * Helpful Resources, including a list of licensed medical doctors and institutes whom I and my colleagues work with who no longer drug their patients but rather, wean them off drugs and dependency on medicines and harmful medical perspectives.

Program Value / Cost Breakdown

The Ultimate Value Package-- What You're Getting:

- * Comprehensive Health Course plus Health and Energy Course + handouts.

Value = \$1200- \$1500 (original stand- alone cost for course)

- * 5- 8 months unlimited appointments for mentoring, tutoring, unlimited support.

Cost @ 3- 4 sessions/monthly (\$60 per ea.) = \$180 to \$240/mo. for 8 months =

Value = Over \$1440.00 - \$2000.00

- * Health Library Access – books, e- books, video, audio etc.

Value = \$750.

- * Personal Health Profile / critique & suggestions (if included)

Value = \$150.00 (Subtotal= \$3840 to \$4320.)

- * Superior, drug- free health and energy, increased focus and productivity, savings money on medical expenses and other areas.

Value = Savings up to \$50,000 yearly on medical expenses alone.

- * Lifelong natural wellness knowledge for sustainable health; Being in charge of your own sustainable health and lifestyle as well as being able to help friends and family in health, health crises and much more. Value = Priceless

Valuation-- You Receive = \$4000 or more (materials and services)

Health savings = \$1,000- \$10,000 per year & up

Good Health = Priceless **Total Value= Priceless**

Your Costs -- 8- 12 month Course + Tutoring, Counsel, Profile + Materials, etc.

Sliding Scale Suggested -- Pay what this is worth and affordable to you.

Typically clients have paid \$1200 up to \$5000 + for Course w/ support to this Program.

Two students taking the course together is helpful and are priced as one.

Talk to us-- No serious student is turned away lack of funds.

Questions & concerns: luckyjoy01@msn.com 808 822-0333

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High Energy Principles & Practices Course--

6-- 10 week High Energy Generation Wellness Lifestyle Supercharge

Six Week Abbreviated **Quick Start Course** for **Quick Beginner Study--**

Week 1 Week 1 in the Quick Start Plan teams Module 1 up with Module 3 for Week 1

Module I --Basics/ Introduction Philosophy, Principles, And Practices Of This Science
Discussion Of The Medical Approach To Health And Disease What Health Really Is
The Nature And Purpose Of Disease; Care Of The Ailing; **Stages of Disease** ; Q & A

Part 2 – Happiness, Health and You

Module 3 -- Life Essentials Air, Water, more; 19 Essentials

Week 2 in the Quick Start Plan teams Module 2 up with Module 4

Module 2 -- **Body Wisdom, Nutrition, Mind And The Emotions:**
--**Stress , Meditation, Relaxation**

Module 4 -- **Human Dietetic Character /**
Introduction To Nutritional Science

Week 3 Stand Alone Modules = **Module 5 & 6 (Weeks 5- 7 or 5-10)**

Module 5 -- Human dietary-- Details--

--**Meat & Animal products in the Diet**

-- **The Laws of Life**

Week 4 **Module 6 Human Dietary II; Food & Combinations-- More Details**

Part 1: **Human Dietary: Foods, Non- Foods and other Concerns: Health & Harm**

Part 2: **Food Combining in Digestion** – includes **Part 1** (9 Food- Related Lessons): L 20,
Digestion; L43, Cooking; L29, Condiments; L30, Sugar, Sweeteners ; L31, Processed Foods ;
L34, Beverages ; L39,42 Supplements, Herbs

Week 5 **Module 7**

Lifestyle & Energy Generation, Practices & Practicals

Part 1: **Environment, Chemicals & Toxins** in Home & Air;

Part 2: **Rest, Sleep & Exercise**; Eating Issues; Body Detox in Transition;

Part 3 : **Lifestyle Changes** – Inducing and Maintaining Changes to

ENERGY DRAINING practices Eating, foods, non-foods, emotions, stress, eyestrain, eating
practices, stimulants, Changes expected – Managing your new Lifestyle

Week 6 Additional Client Support & Materials as needed.

--> Quick Start Course ends here. Advanced Student Modules are below

High Energy Principles & Practices Course--

8- 10 Week Course

Modules 8 – 10 Weeks 6- 10 Advanced Student Modules

Week 6 -- is additional Client Support, Discussion & Materials as needed.

A deeper look, discussion and planning into the initial 2 & following modules,
with additional discussion as per client need.

Week 7 Module 8:

Part 1: **Nature's Healing -- Contagion, Epidemics,**

Part 2: **Benefits of Natural Health; Nature's Full Physiological Rest**

First Aid And Natural Health; Contagion and Epidemics; Nature's Rest; Digestive Rest

Lessons:- **First Aid And Natural Health**

– **Contagion and Epidemics**

-- **Nature's Rest** * The Body's Innate Wisdom as Guidance

– **Full Digestive Rest--** Questions & Answers • Articles

– **Mealtime Habits;** Eating, Fasting; Intermittent, Longer & Half- fasts

Week 8 --

Module 9: Drugs, Cures, Curing, Concepts; Medicine & Hospitalization, Treatment Modalities

Lessons: **Drug Medication Dangers:** Over-the-Counter & Prescription Drugs

- **No Cures** -- Treatment Modalities; Shortcuts

– **"Curing", "Cures" and Medical Concepts**

– **More Treatment Modalities**

-- **Hospitalization – Beware-- Treatments to Accept or Avoid**

Weeks 9 & 10 -- As per client / Group Need

Module 10 – Further Resources & Discussion Information, Motivation and Practicals for Lifestyle Change + Additional Resources

– **Books & Videos** – transmitted Electronically w/ Additional Lessons

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Programs from Drug Free Doc.com

Wellness, Weight and Lifestyle Programs

"Life Energizer" Program Basics, Level I:

helps you integrate & apply health- building practices, self-care and balance in your life. Essential information & new directions supplement basic offerings to help you see results steadily and quickly into heightened energy, health & weight fitness.

- The Wisdom of the Body
- Living Well: Lifestyle Choices, & Assessment
- Inferior and Superior foods & Strategies
- Weight loss Diets; Dieting, Losing Cravings
- Tuning in to body & mind, coping;
- Lifestyle addiction, positive addiction
- Goals; Honoring your needs; Making changes & Staying on the Wellness path.

More Topics:

- -- Nerve Energy: key to bodily & mental output
- -- Roles of digestion, sleep, rest, exercise, more...
- -- Wellness Needs and their fulfillment
- -- Nutritional Practices for Super- Energy
- Readiness assessment and Personal Consults as needed

Program Two: **Advanced Wellness/Supercharger:**

... is for you who are ready to leave behind old, threadbare concepts of health and disease and make a leap into Super- energy and wellness. A full Health/ Energy Intake & Personalized evaluation, and intensive re- education "Supercharge" you for a virtual paradigm shift with extraordinary results. Six months to a year of counsel are included in this program, emails & phone calls as needed for support.

You will welcome positive, lasting advantages and be thrilled with your new- found joy, energy, and heightened freedom from health worries, AND save a bundle in future health care pricing, as you step into this dynamic vision.

All courses are adapted to suit your individual needs.

Part II covers *Part I* info and support, **plus:**

- Full Personal medical history Intake* and Health Consults
- Human Physiology & its Biological Adaptations
- Nature's laws in Health & Disease
- Hierarchy of Nutritive & Non- nutritive factors in Wellness
- Disease Causation, Prevention & Healing
- Hospital, Medical, & Other: Tests & Treatments
- Pertinent Facts, Studies & Questions

COURSE CONTENTS SAMPLER

The Essentials of Life

1. Pure Air, Pure Water ◦
2. Cleanliness ◦
3. Temperature Maintenance ◦
4. Sleep and Rest ◦
5. Food -- The Role Of Food In Health ◦
6. Exercise And Activity Are Essential To Well-Being ◦
7. Relaxation is Essential To Health ◦
8. Sunshine Is An Essential To Health ◦
9. Recreation And Play-- Health Essentials ◦
10. Emotional And Mental Well-Being ◦
11. Assurance Of Life And Its Means ◦
12. Pleasant Environment ◦
13. Creative Useful Work ◦
14. Self-Mastery ◦
15. Gregariousness and Social life ◦
16. Motivation: Having Purposes Or Causes To Serve ◦
17. Expression Of Natural Instincts Relative To Health ◦
18. Aesthetic Well-Being

PART 1 THE FOUNDATIONS OF LIFE

- * 01 Natural Hygiene, The Way Of All Life
- * 02 Wisdom And Intelligence Of The Body
- * 03 The Natural Hygiene System I
- * 04 The Natural Hygiene System II
- * 05 The Nature And Purpose Of Disease

PART 2 ESSENTIAL NUTRITION

- * 06 Nutritional Science
- * 07 The Human Diet, Section One
- * 08 The Human Diet, Section Two
- * 09 Air, Sunshine and Natural Light
- * 10 The Role Of Water
- * 11 Rest And Sleep

PART 3 HANDLING AND EATING FOOD

- * 12 Basic Digestive Physiology
- * 13 Food Combining Principles
- * 14 Selection And Storage Of Foods I
- * 15 Selection And Storage Of Foods II
- * 16 Preparing And Serving Foods I
- * 17 Preparing And Serving Foods II

PART 4 FOODS IN THE HUMAN DIET

- * 18 Meat
- * 19 Animal Products
- * 20 Seasonings And Condiments
- * 21 Sugars And Sweeteners
- * 22 Refined And Processed Foods
- * 23 Beverages In The Diet

PART 5 FOODS * 24 – 27 Sugars, Molasses, Garlic, Onions, Fermented Foods, etc.
* Positive Effects of Better Food Choices

PART 6 HARMFUL PRACTICES

* 28 Most Supplements Are Inferior* 29 The Dangers Of Drugs* 30 Herbal Drugs* 31 Tobacco And Alcohol* 32 Harmful Foods* 33 Overeating, Food And Diet Fanaticism

PART 7 EXERCISE IN HEALTHFUL LIVING

* 34 Exercise - What It Does* 35 Exercise Programs* 36 Exercise In Your Lifestyle* 37 Exercise And Children

PART 8 THE HEALTHIEST LIFESTYLE

* 38 Self-Sufficiency* 39 Healthy Skin* 40 Healthy Eyes And Teeth* 41 Healthy Hair* 42 Stress Management

PART 9 SOCIAL AND HEALTHY LIVING

* 43 Healthy Living Within The Family* 44 Socializing And Natural Hygiene

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