

INDEPENDENT DISTRIBUTOR OF

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Abundant
Living

Good health





Regardless of
what we do in life...



Happy healthy lifestyle



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Statistics in *Australia*

- 1 in every 15 hospitalisations are classified as potentially preventable
- Coronary heart disease (CHD) is the leading cause of disease and death
- 3 in 10 deaths in Australia are due to cancer
- 29% of Australians have arthritis and other musculoskeletal conditions
- 25% of children aged 2-17 are overweight or obese
- 1 in 10 deaths are related to diabetes
- 45% of Australians will experience depression or anxiety
- Suicide accounts for 23% of injury related deaths

Australian Institute of Health and Welfare, 2021



Statistics in *New Zealand*

- ▶ Heart disease, lung cancer, diabetes and suicide are the major causes of death in New Zealand
- ▶ 1 in 5 adults experience chronic pain
- ▶ 1 in 10 children aged 2-14 years are obese
- ▶ Over 260,000 people have diabetes
- ▶ 670,000 New Zealanders aged 15 or over are affected by arthritis
- ▶ 1 in 8 are suffering from asthma
- ▶ 1 in 5 adults are diagnosed with depression or anxiety
- ▶ 12 New Zealanders die by suicide every week

Ministry of Health Manatu Hauora, 2021





Cancer



Stress



Diabetes



Arthritis

There is a potential health



Digestion
Problems



Influenza



Heart
Problems



Allergies



Depression



Obesity

problem in *every* home



Asthma



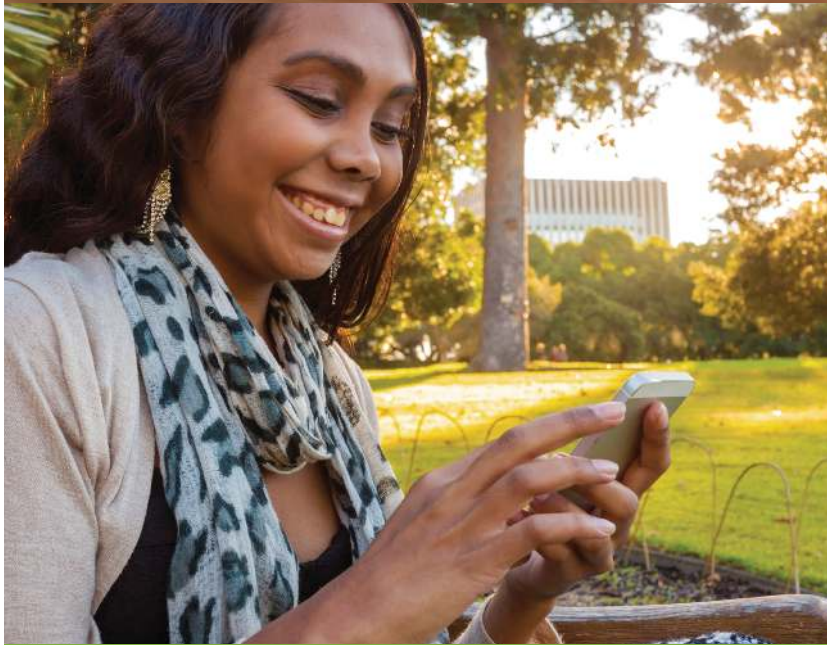
Reproductive
Problems



Sleeplessness



Anxiety



Health professionals are saying that lifestyle choices are important. Prevention at *home* rather than...



...treatment in *hospital.*

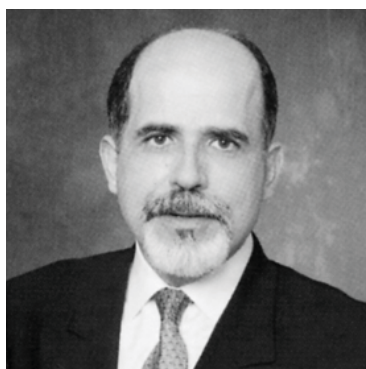


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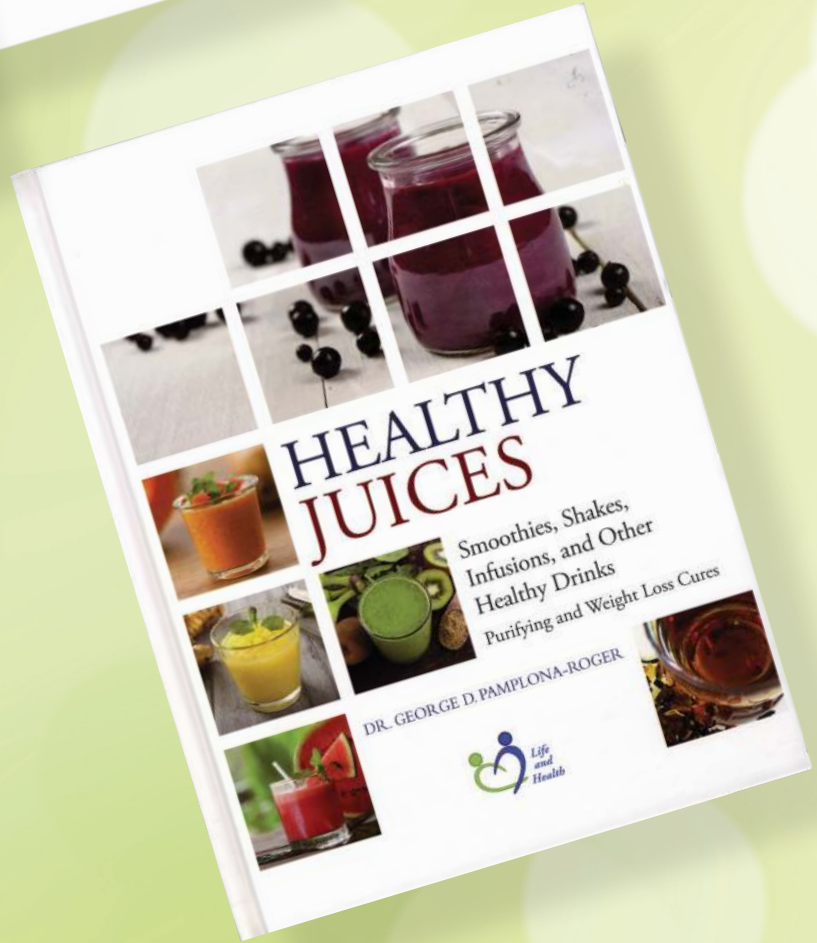
Improving your lifestyle
is based on *knowledge*,
not guesswork.



Dr George Pamplona-Roger, a world renowned nutrition expert, doctor of medicine and surgery.

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Holistic Health Series



Cancer



Stress



Diabetes



Arthritis



Digestion Problems



Influenza



Heart Problems



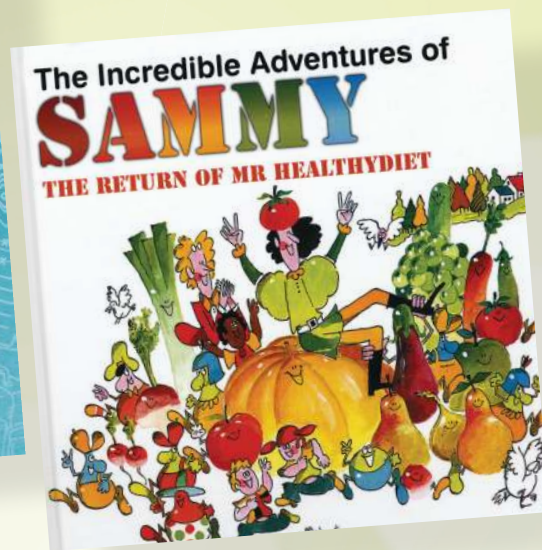
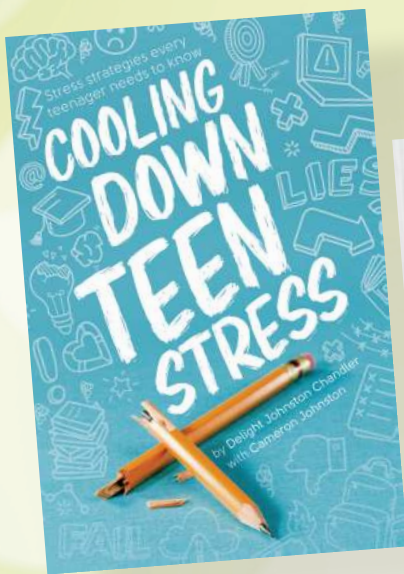
Allergies



Depression



Obesity



Asthma



Reproductive Problems



Sleeplessness



Anxiety

Top 8 health problems for children in *Australia*



Excessive
screen time



Obesity



Bullying



Illegal drug
use

Australian Institute of Health and Welfare, 2021



Not enough
physical activity



Unhealthy diet



Internet safety



Suicide

Top 8 health problems for children in *New Zealand*



Obesity



Excessive screen time



Bullying



Anxiety

Ministry of Health (www.health.govt.nz)



Unhealthy diet



ADHD &
behavioral problems

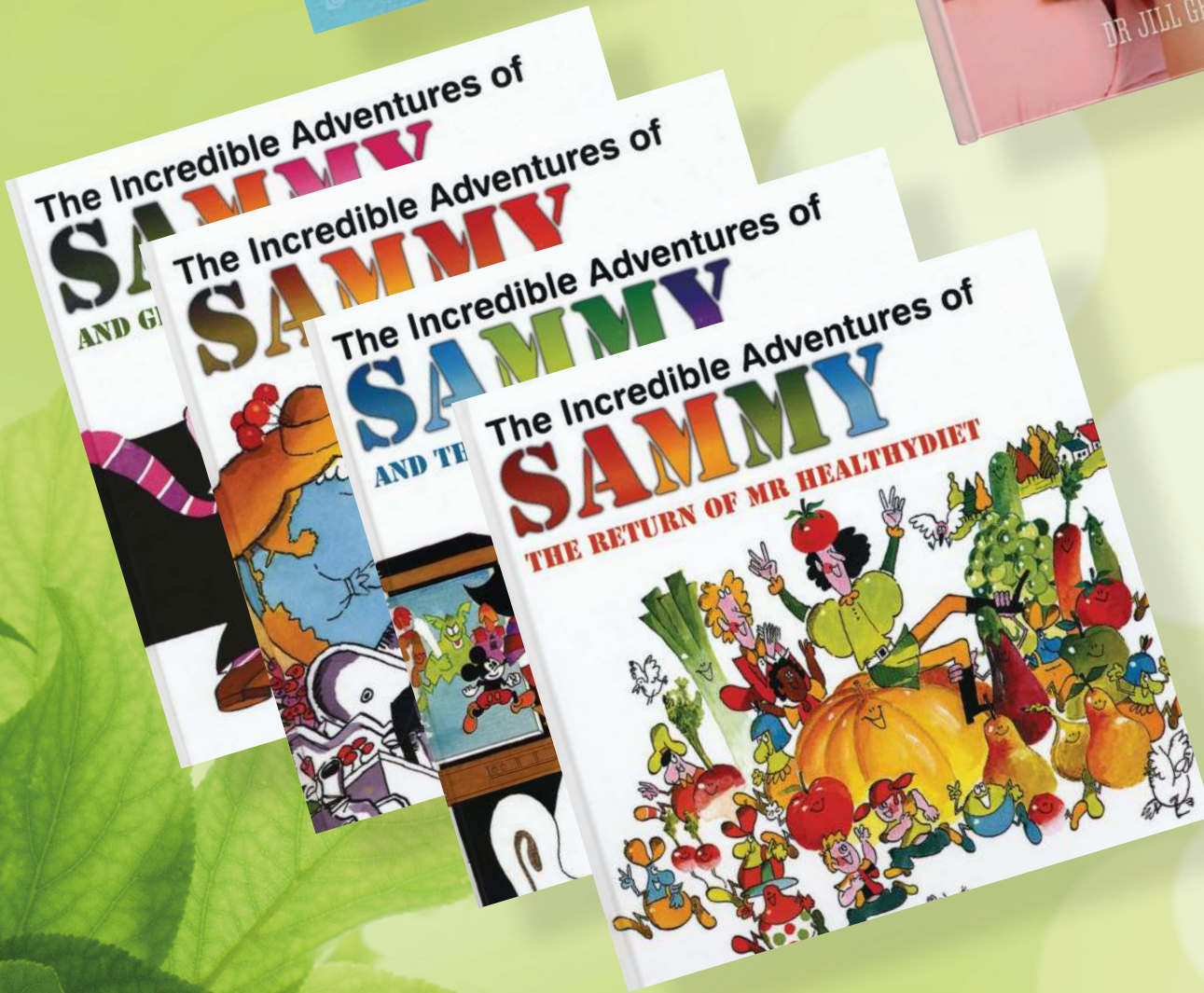
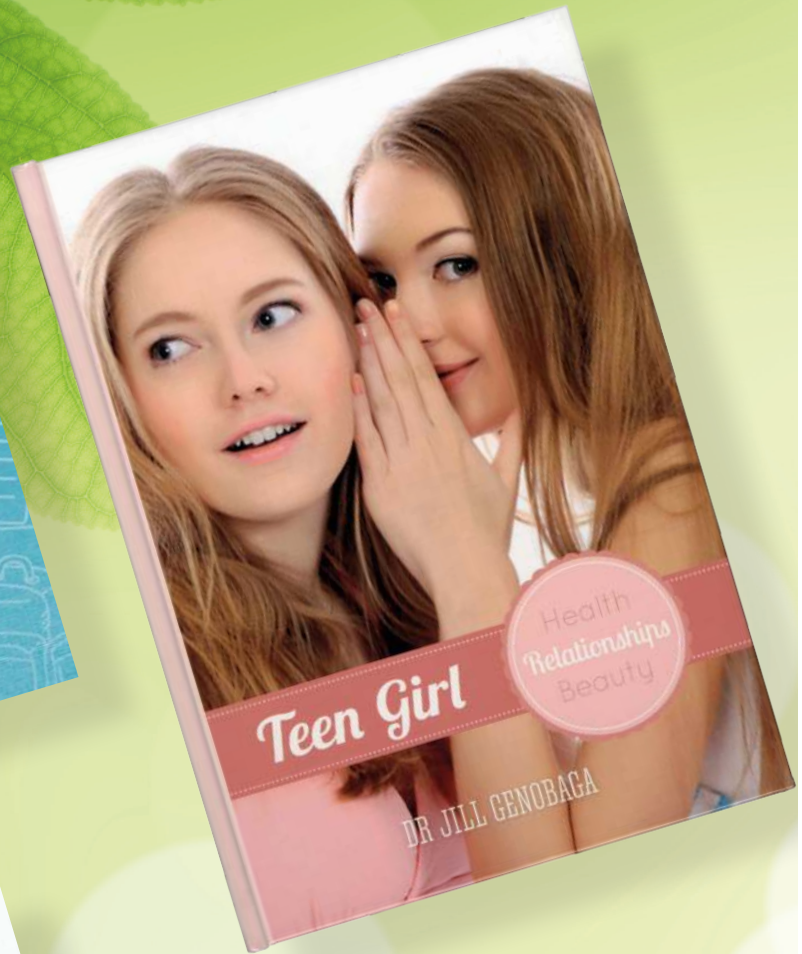
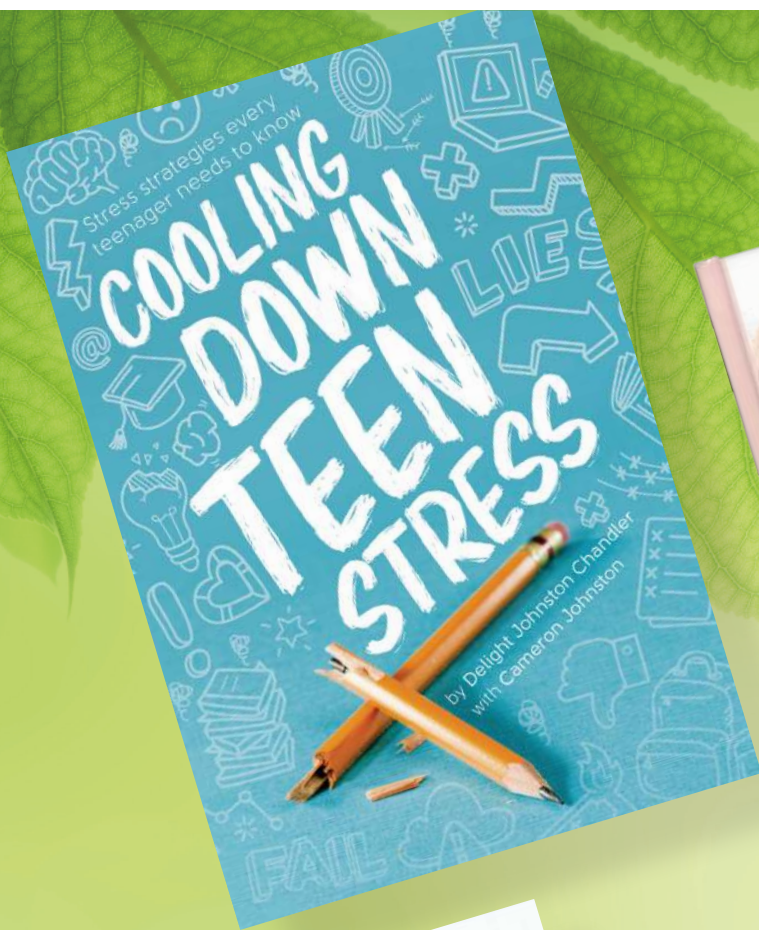


Internet safety



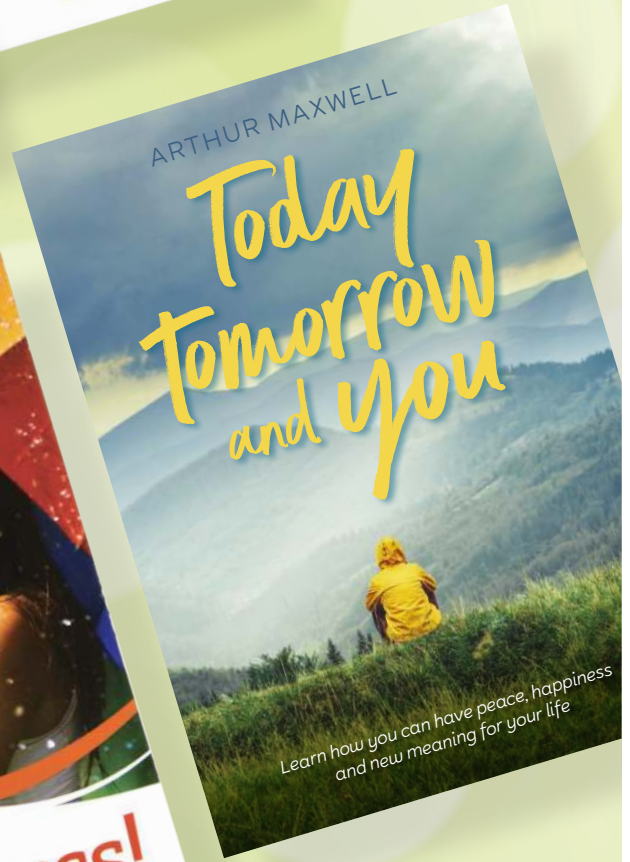
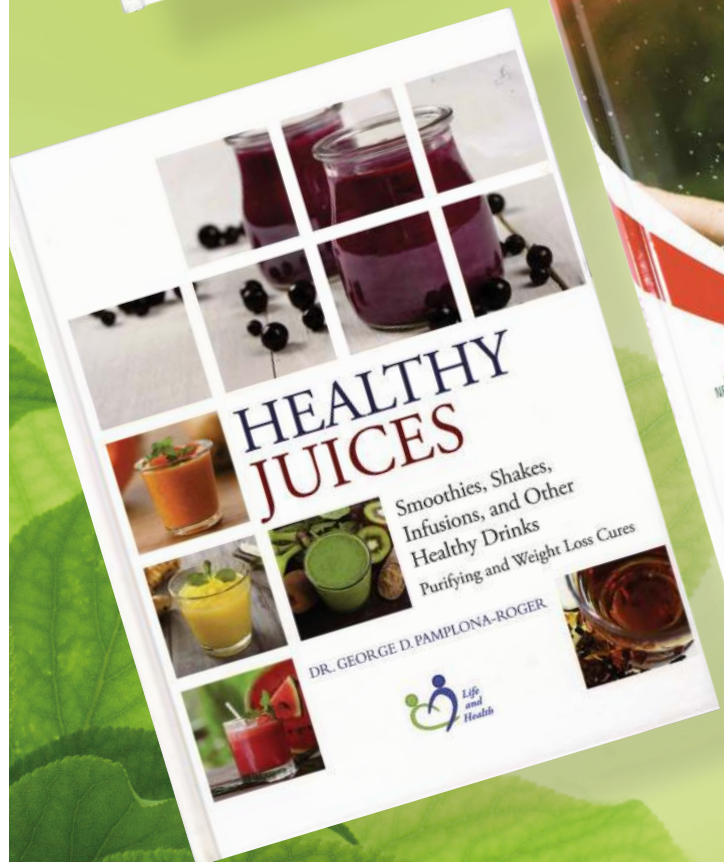
Depression &
Suicide





Children's Health Series





Holistic Health Series



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ENCYCLOPEDIA OF FOODS AND THEIR HEALING POWER



EDUCATION AND HEALTH LIBRARY

ENCYCLOPEDIA OF FOODS HEALING POWER



EDUCATION AND HEALTH LIBRARY

ENCYCLOPEDIA OF FOODS HEALTHY RECIPES

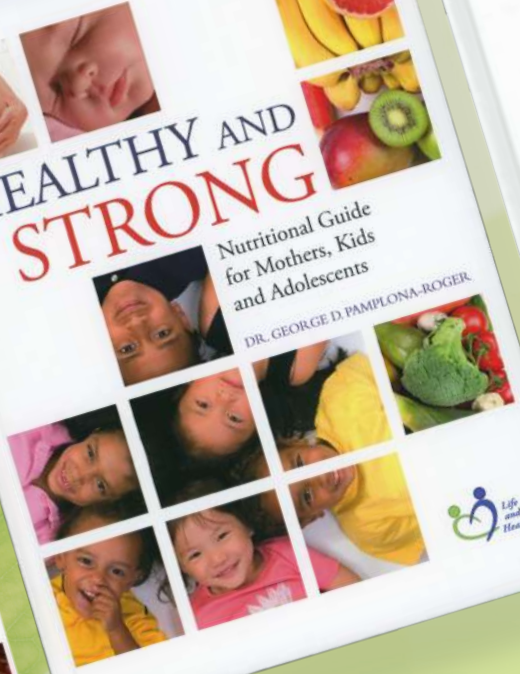


EDUCATION AND HEALTH LIBRARY

HEALTHY AND STRONG

Nutritional Guide
for Mothers, Kids
and Adolescents

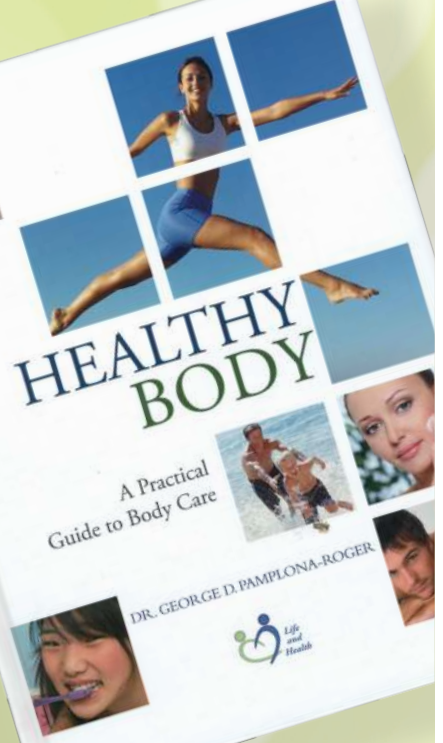
DR. GEORGE D. PAMPLONA-ROGER



HEALTHY BODY

A Practical
Guide to Body Care

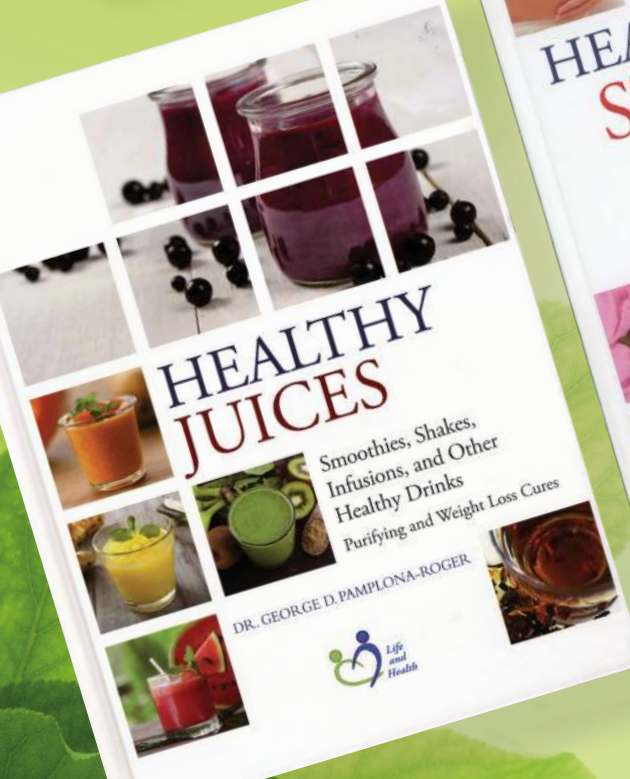
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HEALTHY JUICES

Smoothies, Shakes,
Infusions, and Other
Healthy Drinks
Purifying and Weight Loss Cures

DR. GEORGE D. PAMPLONA-ROGER



Holistic Health Series



Outstanding advantages

- Easy to understand language
- Explaining how foods can either harm or heal the body
- Saving money by providing plant based alternatives to expensive drug treatments
- Revealing how medicinal plants can protect against disease
- Helping to reduce pain and suffering and providing peace of mind and hope for the future





Payment options

for

- Cash
- Electronic Funds Transfer (EFT)

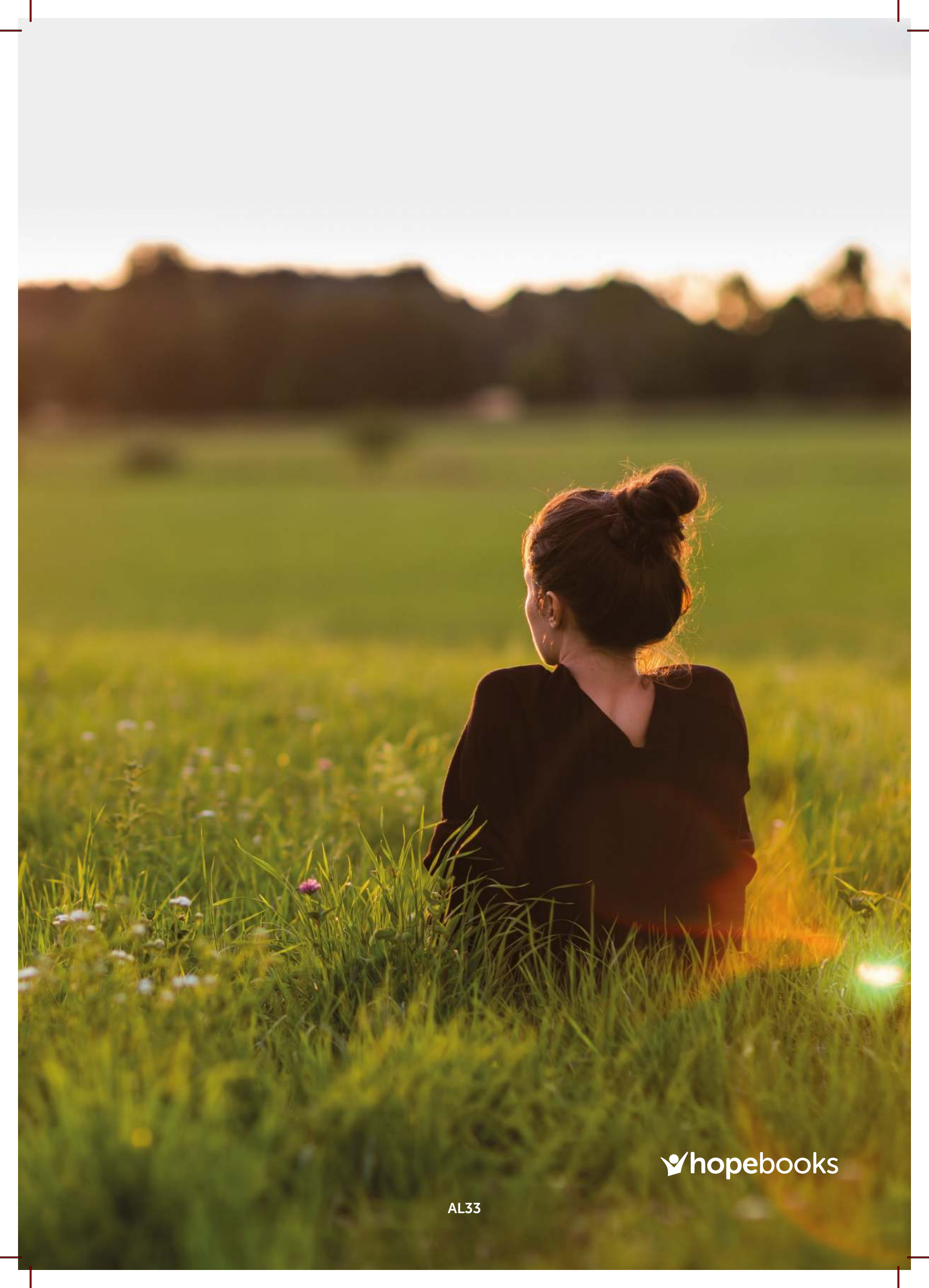
➤ Credit card



or

- Easy investment plan





Easy investment plan

Your

- ▶ Bank/Building society/Credit union does it all for you
- ▶ Direct debit
- ▶ No interest
- ▶ No deposit



Payments either

► Weekly/Fortnightly/Monthly

Instalments

► Suited to your budget

Volumes delivered

► As you pay for them

Who else might *benefit*?

- Friends
- Colleagues
- Relatives

