

# HOW TO MAXIMIZE YOUR HEALTH IN THE 21ST CENTURY

SAVE MONEY, BURN FAT, TRANSFORM YOUR HEALTH AND LEARN  
THE 3 ESSENTIALS YOU MUST IMPLEMENT TO DRAMATICALLY REDUCE  
THE RISK OF DISEASE AND SLOW THE AGING PROCESS

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# How to Maximize Your Health in the 21<sup>st</sup> Century

Save Money, Look Sexy, Maximize Your Health, and  
Learn the 3 Things You Must Do to Prevent Disease  
and Decrease Aging



Written By: Dr. Isaac H. Jones

A handwritten signature in blue ink that reads "Dr. Isaac H. Jones".

Edited By: The Designer Health Centers Team

**This Document is New Health Model Approved!**



**NewHealthModel™**  
*Changing Healthcare Systems Globally*

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## The Future of Healthcare

*"This is the ultimate guide to understanding the future of healthcare. These strategies have literally transformed my health and life."*

*- Steve Linder, Founder of SRI Training*

This document may be the beginning of learning how to maximize your life experience and live the life of your dreams. Through applying what is written throughout this book, you could:

- Increase your ability to focus and perform
- Increase your energy, peace and vitality
- Begin addressing major underlying causes of disease
- Learn top fat loss strategies
- Learn major causes of cancer, heart disease and diabetes
- Learn major underlying causes of ADHD, Parkinson's, Multiple Sclerosis, ALS and more
- Understand the 21<sup>st</sup> century disease epidemic and what to do about it
- Maximize sexual performance and sensations
- Learn the 4 steps that anyone needs to take to transform their health

If we don't have our health, we have nothing. What good is your money without health? What good are you to your business, mission or family if you don't have your health? Poor health doesn't just bring diseases and disorders. It steals quality experiences away from you, your family, friends, and grandchildren. What is possible if you had optimal health? Would you be more confident and essentially be more attractive? Could you make more money? Would your relationships be maximized? Could you experience more joy and have more peace? Do you realize that by implementing certain health strategies you might be able to overcome diseases that you are genetically susceptible to? What other levels of health could you have that you're not even aware exist? Beyond "feeling okay" could you feel more energy and vitality? Could you optimize nervous system and immune function? Could you experience life like you've never experienced it before?

The evident answer is that true health can bring all of these things and more. Health optimization is what I teach and it's what I've dedicated my life to. I want to show you how to have increased levels of energy and vitality. I want to show you major strategies to overcome and prevent disease. I want to show you what the 3 major interferences are that can block healing in your body. I want to show you simple health strategies to implement into your everyday life. I want to show the successful entrepreneur, busy executive, and the moms that have too much to do how to easily integrate high-energy health strategies into their lives. But first we must ask these fundamental questions. What is health? What interferes with it? Do I have disease developing silently in my body right now? What model of health care makes sense to live in?

Just before we get into this report, I would like to have the opportunity to tell you a little bit about myself and why I have authority to teach in this arena. At a relatively young age I was diagnosed with ADHD and Dyslexia. I couldn't focus in class, and had to take my tests in special needs in order to have enough time to finish. Doctors prescribed several different types of medications, but side effects only made matters worse. Back at home my mom was on antidepressants and my dad was on high blood pressure medications and at high risk of a heart attack. Both of my parents were several pounds overweight.

We were a happy family but didn't know the potential that existed for our health and our lives. The traditional medical model wasn't helping us reclaim our health. In fact, it was worsening our conditions.

Eventually, my mother took me to a chiropractor and a naturopath after exhausting our options with the traditional medical community. The chiropractor and naturopath literally transformed my life forever and introduced me to learning advanced health strategies. Within a matter of a few months I was out of special needs, my acne cleared up and my ability to focus sky rocketed. I overcame ADHD and Dyslexia and started to realize that I wasn't "broken", but I had many gifts, talents and abilities. I started to get "A"'s in classes and the oddly enough I was even the first one to finish many of the tests! The health strategies introduced from the chiropractor and naturopath, along with the improved grades that I was earning, made such a massive impact in my life that I decided to become a doctor with a focus on understanding

underlying causes of disease.

Upon graduating from high school I went to the most prestigious health and wellness university in the world- Life University. While in university I learned from the top health experts from Harvard and Stanford that often visited the school for seminars and lectures. I received advanced certifications in 21<sup>st</sup> century intracellular detoxification and bio-nutrition, nervous system balancing and spinal correction and learned things that I could have never imagined. I even received an international academic scholarship!

After I learned these things I created a system. The first to benefit were my parents. My mom overcame depression and my dad overcame major risk factors for heart disease.

They are both now healthier than ever and have been medication free for years. My parents are in the picture above on the cover of a local magazine, *Mature Living*. The man in the picture is the chiropractor that I recommended for them while I was in school.



I graduated with honors from Life University with a doctorate in Chiropractic. After graduating I went on to work for one of the largest health centers in the world in Orlando, Florida. At the health center, I built an internationally recognized Bio-Nutrition and Detoxification Program that impacted thousands of patients each week. I was able to create systems from what I learned from the top health experts in the world to help virtually anybody in any situation. If you have a pulse and you're still breathing then you have the potential to heal. I focused on removing major interferences within the body to trigger its own natural

healing powers. The result is optimal health.

Because of the success of the program I had the opportunity to educate doctors all over America on how to implement true health strategies into their practice. I recently redirected my focus to invest 100% of my time on teaching this information to you. Currently I'm traveling the world speaking internationally, writing books, creating wellness programs and launching an online health center that will transform the health of people worldwide. I am already working with the Ministry of Health in Saudi Arabia and major health organizations in North America and Europe. This is the beginning of a health revolution!

## Reality

I am writing this book with great emotion as I learned of another person close to me whose mother just passed away from cancer. As a doctor, people have often shared personal stories of loved ones that have lost the battle to some sickness or disease. We all hear the statistics, but sometimes it doesn't truly hit home until someone close to us dies. Here are the staggering statistics:

- 1 in 3 women will develop cancer in their life time<sup>1</sup>
- 1 in 2 men will do the same<sup>1</sup>
- Cancer is claiming 1 in 3 lives<sup>1</sup>
- More than 1 in 2 people will develop one or more forms of cardiovascular disease<sup>2</sup>
- 1 in 2 people will die from cardiovascular disease
- 1 in 3 people will develop diabetes within the years to come<sup>3</sup>
- Stroke is the second leading cause of death worldwide. A stroke typically affects your life forever if you survive and is caused by the same underlying factors that trigger heart disease (i.e. stroke = "heart attack" of the brain)<sup>4</sup>

In 2010, the United States spent 12% GDP or \$2.7 trillion on disease care. In light of this fact, are we any healthier since the year 2000? The statistics don't lie:

- 1 in 10,000 children were diagnosed with Autism ten years ago... in 2010 1 in 110

- children in the U.S. were diagnosed<sup>5</sup>
- In the UK it's even worse with numbers as high as 1 in 58 children diagnosed with Autism<sup>6</sup>
  - ADHD, Dyslexia, Tourette syndrome and OCD are increasing at the same rate<sup>7</sup>
  - 1 in 6 five or six-year-olds will be diagnosed with some type of neurological disorder that affects the ability to learn and socially interact<sup>8</sup>
  - Upon autopsy of children who had passed away in car accidents examiners found up to 90% occlusion of their arteries. This means that those children were developing heart disease under the age of 10!<sup>9</sup>
  - 1 in 2 children born after the year 2002 will develop diabetes<sup>10</sup>

Between the years of 1975-2005<sup>11</sup>:

- Thyroid cancer has increased by 116%
- Testicular cancer has increased by 60%
- Acute Childhood leukemia has increased by 82%
- Non-Hodgkin's lymphocytic leukemia has increased by 67%
- Childhood brain cancer has increased by 39%
- Post-menopausal breast cancer has increased by 22%

And unfortunately the list goes on. With the multi-trillion dollar "healthcare" industry focused on treating the effects or symptoms of disease, the numbers will continue to skyrocket. Why hasn't the healthcare industry changed its approach? One reason could be that massive residual income streams are created from a positive feedback loop of sickness and disease as more people are focused on treating symptoms instead of seeking to understand the root cause. This creates artificial health in that people assume that they are healthy because they don't have any perceived symptoms. While medications may be good in emergency situations, most of the time they elicit fake results. This is why the motto at [Designer Health Centers](#) is "*True Health. Real Results.*"

A perfect example of understanding the concept of artificial health points to heart attacks. In the medical community, high cholesterol is a "key indicator" of a person's risk for heart

disease. Most health professionals monitor cholesterol and prescribe cholesterol lowering medications in an attempt to reduce the risk of heart attack. Isn't it surprising then, that up to 50% of people that have had heart attacks had low cholesterol not high?<sup>12</sup>

Propaganda via non-for-profit organizations that are funded by pharmaceutical companies continues to pull at the emotional heartstrings of the western world. They do this through painting a completely different picture of reality by telling people that "the numbers are going down" and "we're winning the war on (insert disease)." They persuade people to give more money to fund "symptom research" versus "prevention" and "cause" research perpetuating this positive feedback loop. The question is, who's going to stand in the gap? Your children and grandchildren are counting on us. Someone has to make a difference and that's why there needs to be a health revolution.

By now you probably understand that we are living in a time unlike any other in the history of mankind. There is more disease than we have ever seen and this is truly the new epidemic. But there has to be a solution. You deserve to know what the research is saying about the cause of many 21<sup>st</sup> century health problems and what can be done about the conditions that are plaguing society today. But, first we need to understand how we have found ourselves in this situation in the first place.

## Models of Health

*"Problems cannot be solved by the same level of thinking that created them."*

*- Albert Einstein*

First we must address the fundamental issues of the two models of health care. There is nothing more devastating than having a false belief and receiving false information about the source of health and illness. False beliefs about the source of illness and health have caused more death and suffering than all human wars combined. There is nothing more important than learning the truth about the origin of health and disease.

There are two models of health care. There is the reactive *Traditional Medical Model (TMM)* and the proactive *New Health Model (NHM)*. The *TMM* focuses on mechanistically treating symptoms and disease with two primary tools: drugs and surgery. One word that describes the *TMM* is “effect” as most health professionals are treating the effect of the *cause* of disease. Treating the effects of problems never creates a solution. Symptoms are your body’s “cry” for help. They are signals that you are sick and need to make changes. What happens if you silence the smoke alarm over your bed at night? Does that get rid of the fire in the basement?

The reality is that focusing on treating symptoms creates more sick people. To exemplify the flaws in this type of thinking consider a recent study in *The New England Journal of Medicine*. In 18,000 premenopausal breast cancer patients (breast cancer is one of the worst types of cancer), investigators found that treating the bone reduced the recurrence of cancer by 35%.<sup>13</sup> In this study treating the bones affected the breast. This study provides sound evidence that when you change the soil the seed doesn’t grow as well. If you change the system you can have a marked affect on cancer.

We need to start looking at disease prevention and treatment holistically. The very foundation of the *TMM* is flawed and sooner than later will cave in. The *NHM* focuses holistically on prevention, behavioral change and addressing the causes of disease formation. One word that describes the *NHM* is “cause” as we are focusing on reducing and removing the interferences within body

### Models of Healthcare

#### The Traditional Medical Model (TMM) overview:

- Focuses on the effect (symptoms) - \$\$\$\$
- Tools are drugs and surgery
- Enforce the belief that healing comes from a pill, lotion or potion
- Research focuses on effect and temporary relief
- Don’t question the doctor or the system
- Relies on insurance for “health care” - \$\$\$\$
- Wait to get sick before taking control of your health
- All chronic disease is genetic

#### The New Health Model (NHM) overview:

- Focuses on the cause and health creation - \$
- Tools are lifestyle and behavioral change and detoxification
- Healing comes from within
- Rely on evidenced based strategies that get to the root cause
- Empower yourself through asking questions and education
- Relies on insurance for emergencies and focuses on true prevention - \$
- Stop disease from forming in the first place through behavioral change
- Chronic diseases are lifestyle and environmentally induced (genes <10%)

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