

THE BODY BY GOD

REBUILD *the* TEMPLE PROGRAM



Taught by:
Drs Ferris & Luckey

Finally, a proven, Bible-based system
that can transform your life—body, mind
and spirit—in only 40 days

By New York Times Bestselling author
and former Olympic team Doctor
Dr. Ben Lerner.

NUTRITION: *Eat like an elephant,
but look like a gazelle.*

EXERCISE: *Get in the shape of your
life-during the commercials!*

STRESS MANAGEMENT:
*Completely reprogram the way you look
at and react to the stress in your life.*

TIME MANAGEMENT: *Learn
how to triple or even quadruple your
amount of productive time.*

Date: Oct 2 (Tuesday nights)

Time: @ 7:15 PM

Place: **Zion Fellowship**

5188 Bristol Rd. Canandaigua, NY

*Program runs 6 consecutive
Tuesdays.

Cost: FREE (\$20 for workbook)

Register Today !!

For more information please call Victor
Advanced Chiropractic at 398-1201.

Website: www.victorac.com

Space is limited.

Rebuild the Temple: God programmed you to look great, have outrageous health, and experience incredible happiness. **The program is not hard, it's thorough.** You'll be amazed at how easy it is to make dramatic progress in the areas of nutrition, exercise, stress management, and time management. The key is the 1% solution: By getting just one percent better for God each day in these areas, at the end of 40 days you'll be 40% better for God.

- The four rules of Olympic success.
- Food by God vs. Food by Man
- Food Combining
- **Food timing:** Learn what foods to eat at what time of day to recover from pain and illness and to more easily have the body you want for the long-term.
- **Exercise:** how to get in the shape of your life- during the commercials – using three minute body-part routines and workouts that last as little as 10 minutes.
- **Stress Management:** completely reprogram the way you look at and react to the stress in your life.
- **Time Management:** triple or quadruple the amount of productive time you have so you can find more time for your family your health and your work.

Dr. Ben Lerner: America's Maximized Living Mentor. He is the author of the New York Times, Wall Street Journal, and the Christian Booksellers Association bestselling book. *Body By God: the Owner's Manual for Maximized Living*, and *One Minute Wellness*. An academic all-American wrestler in college, he has served as physician for the US wrestling teams in six World Team competitions and two Olympiads. At seminars, conferences, and media appearances throughout North America, he shows people how to apply the four laws of Olympic success achieve optimal health, outrageous happiness, and prosperity. Dr. Ben lives in Celebration, Florida with his wife, Dr. Sheri Lerner. He is the proud father of Skylar, Nicole, and Cael.

Seating is limited. Call 585-398-1201 for details. ***Registration required.***

- Begins Tuesday, October 2, 2007 at 7:15 pm.
- Location: **Zion Fellowship** 5188 Bristol Rd. Canandaigua, NY 14424 (585)394-7450
- Taught by: Dr. Ferris & Dr. Luckey

* Runs 6 consecutive Tuesdays for 1 1/2 hour in the evening.