

## MAY Announcement *from* Verne Varona



Every May I offer a month of low discount rates for the varied types of counseling that I do. I've been using **Skype** for about 10 years now, as well as **Oovoo.com**, and its taken me into homes all over the world. This early morning, I was in India speaking to a couple just prior to their evening bed time and this afternoon I spoke to Hawaii clients, just getting ready for their day. After lunch, I counseled a former neighbor in Florida. That's technology! And with that, the convenience of follow-up works well.

**So here's the real question:** What's keeping you from really transforming? How are you getting in your own way? What are you using to become numb or distracted from doing what you love and allowing fear to be in your driver's seat? **One-on-one counseling can help**—it's a conversation with an honest, articulate friend that acts as a guide for the adventure that you've been avoiding. You get to bounce your questions off of someone that can provide comprehensive responses without the need to give you esoteric fiction. Let's talk real.



### **Client Review** - \$99. One 1-1/2 Hour Session and 4 Weeks Follow-Up

You've had a session, you want a tune-up and need to personalized your diet to deal with current concerns, energy, digestion, better moods, weight control and sleep quality. This session considers where you are at presently with your self-care and dietary path and helps to tailor it individually in order to sensitize you—and quickly. This way, you'll be able to know quickly what works and what doesn't while feeling more in control.



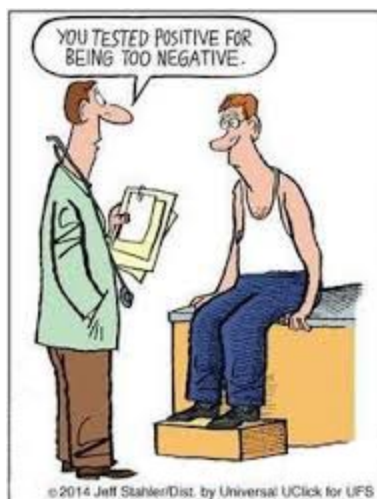
**New Client** - \$150. One 1-1/2 Hour Session and 4 Weeks Follow-Up

You're a bit overwhelmed with theory, you want something health oriented and personalized but you're short on time, slightly impatient and very stressed. There's help available and this requires some basic info that's practical and a quick path to figure your next step. Lots of support available and noticeable changes occur fast. If a second session is needed, it will be gratis. Normal rate is: \$375.



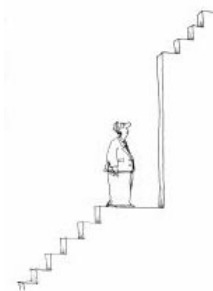
**Healing Path** - \$150. One 1-1/2 Hour Session and 4 Weeks Follow-Up

You are using food a medicine and want to know the best ways to reduce inflammation, enhance immunity, get deeper more satisfying rest, reduce cravings for junk food and keep on the straight and narrow. I can help you here. Having done this for the last 40 years and in my own personal as well as familial path, and time has allowed me to learn simpler ways to make this experience more powerful, meaningful and healing.



### **Emotional Perspective - \$99. One 1-1/2 Hour Session and 4 Weeks Follow-Up**

At the core of most of our illness, is usually a deep psychological one that was fed by your growth experiences, parenting and important relationships with family, children, spouse, work, etc., that exerted some degree of influence on you. We have patterning, judgments, stubborn expectations and displaced feelings that keep us emotional hostages and in self-sabotaging mode. This also includes valuable goal work I've developed that can be transformative. Most of my work has had this aspect of healing inject itself into my work almost seamlessly—I do this with about 65% of clients and its made my results more effective, personalized and real.



### **Your Next Step!**

Choose a plan, make a commitment, reserve a place, ask for a Pay Pal invoice. That's it: you in! The sessions I have allotted for the four weeks beginning late April fill quickly and I tend to under-schedule which allows me to take my time and learn more about you. Reserve your place (they usually fill within the first 10 days) receive your questionnaire and begin the process! And, it's fun! Seriously!

- Questions? **Email:** [vv@vernevarona.com](mailto:vv@vernevarona.com)



## VERNE VARONA

Verne Varona has become known as one of the most captivating and dynamic health educators in the country. For forty years, his lectures, workshops and media appearances have motivated thousands of people to take better and more conscious care of their health.

Verne has become a renowned keynote speaker throughout the US, Canada and Europe with a captivating style that uses humor, insight and practical science to improve and enrich the lives of many. He studied Traditional Chinese Medicine and nutrition at the East West Foundation of Boston, Massachusetts (1970-1974).

He is a frequent guest on a variety of media platforms where his research expertise and entertaining teaching style make him a welcome and often repeat visitor. For five years, Verne was the nutritional consultant and co-founder of a popular Los Angeles medical group with a clientele that featured well-known entertainment and sports professionals.

With his physician associate, Verne co-created, The ODDS Program (Off Dangerous Drugs Safely); a dietary program designed to reverse pharmaceutical drug dependency such as hypertension, diabetes and over-the-counter drug dependency with dietary and lifestyle guidelines that are featured in his published books.

Verne's first book, *Nature's Cancer-Fighting Foods* (2001), was revised and updated in 2014 and is available from Perigee Books at The Penguin/Random House Group. Verne's second book, *Macrobiotics for Dummies* (May, 2009—Wiley Publications), is part of the internationally popular *Dummies* series and is a comprehensive work embracing a flexible, multi-cultural health perspective on body, mind and spirit.

Verne is a native New Yorker living in Manhattan and currently working on several multi-media projects.

*"Real healing is about challenging our fears; expanding what has been constricted and making what is rigid more flexible. Ultimately, healing is about opening to trust and recovering faith."*

— Verne Varona

## **Last Word**

“Part of Varona’s genius is his profound insight into the psychology of healthy eating. Rather than demanding immediate abandonment of our lifelong habits, his book gently guides us down a pathway of step-by-step changes that are practical and manageable. You will find *Nature’s Cancer-Fighting Foods* to be a treasure trove of wisdom and clarity. Varona understands the partnership between our body, which is affected by the eating choices we make, and our spirit, which depends on our thinking, our relationships, and our faith. His wisdom will empower you to make important life-saving changes in your eating habits and enable you to sustain those healthy eating patterns over the long haul.”

— **Mark Scholz, MD**

Medical Director, Prostate Oncology Specialists Inc.,  
Marina Del Rey, and Executive Director, Prostate Cancer Research Institute, Los Angeles