

Learn **5 Key Steps To Healthy Eating** • **Curing Yourself From All Alliments**  
**Successful Weight Loss & Management** • **Stop Smoking in 7 Days—Guaranteed!**  
**Detox Cleansing** • **Identifying & Curing Digestive Problems**  
**Stress Management** • **Conquering Sleep Disorders** • **Eliminating Anxiety**



**“People spend exorbitant amounts of money and time on their health. They also bombard their bodies with toxic drugs hoping it will help. It doesn’t. People are plagued by more sickness, stress and over-weight problems today, than ever before in history.”—**

**Dr. Yoav Stein**  
**Director of Zone Health & Healing in Beverly Hills**

## A New Year...A New You... Health & Fitness From Head-to-Toe

**Health ailments—common colds, chronic aches and pains, serious illness such as cancer—do not develop over night. They are the result of a gradual breakdown of our bodies, according to Dr. Yoav Stein, Director of Zone Health & Healing, in Beverly Hills.**

Developed more than 60 years ago, *Zone Healing Techniques*, have gained worldwide media and medical attention by helping thousands of patients literally “*cure themselves*” from a full range of bad habits. From smoking and common health ailments such as nutritional deficiency-based weight gain/obesity to debilitating illnesses such as diabetes and cancer, *Body Imbalance*, states Stein, is the culprit behind most illness.

“Body imbalance causes a breakdown of the body’s immune system, leading to body/brain interference,” Stein explains. “When the brain does not send proper signals to the body, disease develops.”

*Zone Healing Techniques* break the body down into 6 systems or zones:

1. glandular
2. elimination
3. nervous
4. digestion
5. muscular
6. circulatory

“By manipulating the part of the spine that corresponds to each zone on the body, the brain is stimulated to receive the proper signal to send to the body. It takes months, even years for illness to take over the natural immune system in our bodies that protects us from illness,” explains Stein.

“In order to achieve our optimum physical health and emotional well-being we need to make a 180 degree change in our lives. To get to where we want to be takes dedication. When once and for all we make that commitment to change...change will happen,” he says.

According to recent national health statistics, drugs—prescribed or over the counter—are the #1 leading cause of death in the United States. And, crucial for us to understand, says Stein is the fact that the leading toxins that pollute our bodies are the very prescription and non-prescription drugs we use to *cure* our bad health symptoms in the first place.

“Hoping to reduce symptoms of illness, people have the tendency to take too much medicine which can cause an over dose” Stein says. “All drugs carry negative side-

**Being sick is not normal. It is not a natural state of our bodies.**

**We don’t *catch* cancer or diabetes or obesity...our bodies develop them.**

effects. If you take one drug to suppress one symptom—that same drug is causing some other problem to develop in another part of the body. Drugs do not treat the underlying cause of the health problem. Drugs merely suppress the symptoms.”

A perfect example Stein sights are the commercials we see on television. They treat one symptom, but then give a laundry list of possible side effects.

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### Common Reasons People Get Sick

1. Pick up a germ—virus or bacteria.
  2. Develop an illness or disease.
- This basis is traced to the amount of toxins in the body. Keeping the body balanced keeps the body on autopilot where optimum health, ideal weight and mental well-being are concerned.

“People maintain their cars better than their bodies,” states Stein. “There are natural and simple techniques we can do to keep our bodies in balance. And, they don’t cost a fortune. The medical community doesn’t promote them because—*illness and disease make more money.* Drugs and surgery are a last resort.

“*Zone Healing* offers patients an alternative path to health and body and mind longevity,” states Stein.

### Zone Health & Healing

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**Dr. Yoav Stein, D.C.**