

## From the Introduction

If you could take a peek into my life and lifestyle, you would see someone who plays hard, works hard, and enjoys radiant good health and an abundance of vitality. I love how I feel almost every minute of every day. I weigh thirty pounds less than I did in high school, and I perform better in sports today than when I was in my twenties. I continually give thanks for how much my body supports me to be the best I can be, to do the most significant work I am able to do, and to help as many people as possible. Also, I have a lot of energy, for which I am grateful.

Things were not always this way. As you will see in *Health Matters*, I have hauled myself back from the brink of serious health issues. I believe that if you are looking for solutions to unresolved health, energy, weight, and food issues, you will love what you learn, and soon you will also love how you look and feel. You are about to learn how to create lasting change through a proven, time-release formula.

Because of how much my life has changed and improved over the decades during which I have practiced the lessons I am sharing here—the same lessons I continue to practice—I feel that I must give back. My commitment is to help you see that keeping your health optimized is among the most worthy endeavors of your life. The world is a better place when all of us make taking care of ourselves a priority.

*-Rosie Bank*