

# Self Disclosure

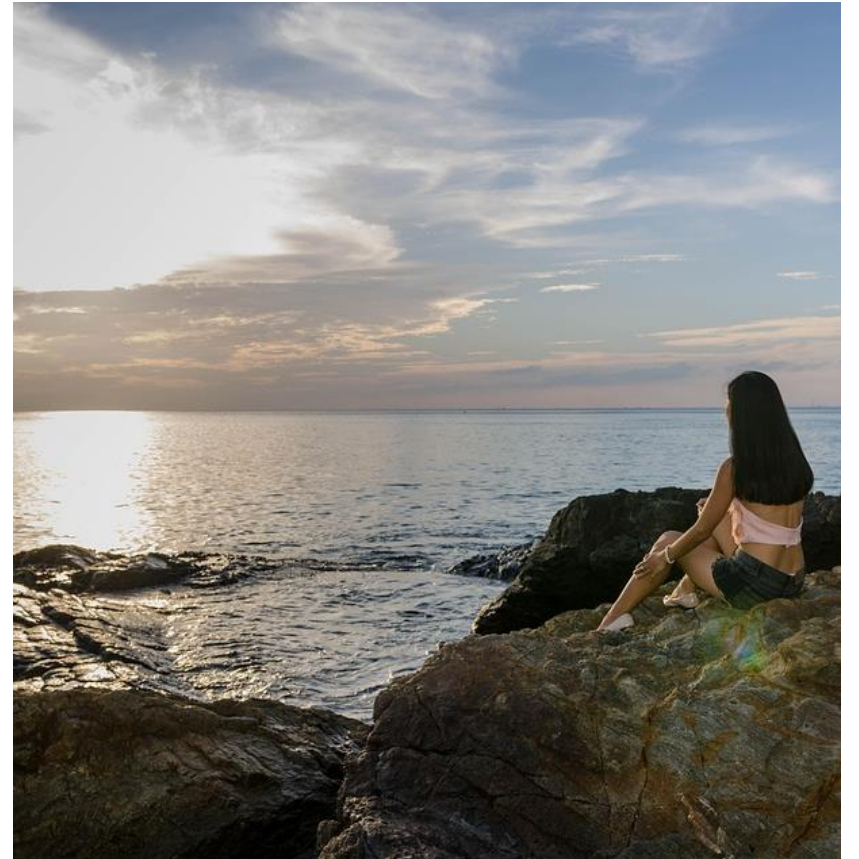
- Near death experience with COVID 19
- Second chance to do something significant
- This is the most satisfying medical program I have been involved with and it has made an impact in my life. It can only be successful if I am able to pass on this contagion to you.
- I trust it is for you too.

# “All things come to those who wait.”

“All hoped-for things will come to you  
Who have the strength to watch and wait,  
Our longings spur the steeds of Fate,  
This has been said by one who knew.

‘Ah, all things come to those who wait,’  
(I say these words to make me glad),  
But something answers soft and sad,  
‘They come, but often come too late.’”

*Mary Montgomerie Currie, writing under her pseudonym,  
Violet Fane*



Next Session

**Wednesday, August 7, 2024**

# Be prepared to...

- Build on nutrition, exercise, mindfulness, successful fasting
- New:

**Dealing with insomnia: How to regain sound sleep naturally?**