

How to Not Get Sick Ever Again

By Mark Rist

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***I recommend reading through this at least 2-3 times. There is a lot of very useful and powerful information throughout this eBook. I made this eBook specifically to be short in length and get right to the point; condensed, concise, and packed full of powerful information.**

Introduction

A little about myself...

My name is Mark and I've been studying and researching the human mind and the unconscious mind for over five years now, and have spent 1,000's of hours studying and researching the human mind and the unconscious mind. I have a passion for learning as much as I can about humans and the human mind. As part of my studies per se, I have read several books by Dr. John Sarno (for those unfamiliar with him, look him up), two books by Dr. Sigmund Freud, and have been using my own healing system on myself for five years now. I had pain and other symptoms which led me to Dr. Sarno's discoveries and books, and I was amazed at how truthful it was. It really does work for the majority of people who give it a try and really commit themselves to it, but for me I needed something more. So I developed my own system of healing the human body using what I learned from Dr. Sarno, Dr. Freud, and from my own trials and errors on myself and others. Anybody looking for how to not get sick should really give this a try. It has worked wonders for myself and others and it can work wonders for you too. I have not been sick; have not had a cold, the flu, or anything like that or anything even at all in over five years since I discovered this. Nor have I taken any antibiotics in that span, my body heals itself, even bacterial infections/illnesses. There are no tricks here; it's what is really going on. It is part of the human condition and how human beings really are. Do what the program requires and you should be able to prevent or heal any common one to two week sickness or illness for the rest of your life.

For the full program, purchase at realwayloseweight.com/coldandflu.

Thank you.