



The CREATION Health Breakthrough

BOOK SUMMARY

Despite scores of new medical treatments and explosive technology gains, millions of Americans are suffering and needlessly dying from entirely preventable diseases — chronic diseases all linked to lifestyle choices. Today, 61 percent of all deaths in America are tied to the top three lifestyle-related diseases: cardiovascular disease, strokes, and cancer. Forty percent of these deaths are entirely preventable by making positive choices. Without question, lifestyle is the No. 1 “disease” and killer of Americans today — and there's no drug, treatment, or procedure to cure it.

In *The Creation Health Breakthrough: 8 Essentials to Revolutionize Your Health Physically, Mentally and Spiritually*, Dr. Reed takes this “disease” head on and prescribes eight fundamentally powerful and scientifically proven essentials to reverse the negative effects of lifestyle, to prevent disease in at-risk people, and to ultimately achieve total health and wellness. Based on the Creation Acronym: Choice Rest Environment Activity Trust Interpersonal relationships Outlook Nutrition

Avoiding fad diet advice or miracle drugs, Dr. Reed treats Americans right where they hurt — by combining the best of science, the best of faith, and the best of lifestyle. She helps readers to discover their own tremendous power to make life-changing choices and to harness the power of the mind, body, and spirit to live longer and feel fantastic.

Realizing the benefits and yet the tremendous challenge of lifestyle change, Dr. Reed also shares the successes and failures of her own health journey. In addition to proven principles for achieving whole person health, *The Creation Health Breakthrough* features Dr. Reed's unique *3-Day Rejuvenation Therapy* and her *8-Week Lifestyle Transformation Plan*. *Creation Health* is also being developed into several seminar formats of varying length to be offered at Florida Hospital and around the nation.

Available for the first time in book form, *The Creation Health Breakthrough* delivers the astonishing principles used as the blueprint for building the groundbreaking health-and-healing hospital known as Celebration Health — a facility dubbed “the hospital of the future” by the *Wall Street Journal Street Journal*.