



The CREATION Health Breakthrough

THE BUZZ

“Most of us want a healthy, energy-packed life – but only a handful of us have learned how to get it. In *The CREATION Health Breakthrough* Dr. Reed proves to be both wise physician and master motivator. Read this book and don’t put it down until you’ve mastered its message. You’ll be glad you did!”

Barry C. Black, PHD, D.Min., D.D., United States Senate Chaplain,
Rear Admiral (ret), US Navy , Author of *From the Hood to the Hill*



“Follow this guide to a personal weekend retreat that will integrate healthy behaviors into your lifestyle and rejuvenate you life experience!”

MEHMET OZ, MD, professor and vice chairman of surgery,
Columbia University, bestselling coauthor of *You: The Owner’s Manual*



“The health-care system in our nation is based on sickness rather than wellness. *The CREATION Health Breakthrough* focuses on those things that were given to us by our Creator in order that we might maximize our health”

BEN CARSON, MD, director of pediatric neurosurgery, Johns
Hopkins Hospital, author of *Gifted Hands*, *Think Big* and *The Big Picture*



“I can do this! I can live a healthy lifestyle, and I won’t die trying. As I read the simple suggestions in this book, I was filled with hope, and I came away with a plan for the re-creation of my life.”

LELAND R. KAISER, PHD, health futurist, Kaiser Consulting



“The *Creation Health Breakthrough* is the best book I have ever read on balance and lifestyle...really!! It is well written and includes many practical, evidence based recommendations for improving health. Monica Reed draws on her personal story and the stories of others to make the book interesting and personal. Using the word “Creation” as an acronym has helped me remember the principles more easily and I am working at incorporating them into my life permanently. I plan to share the book with every administrative director at Loma Linda University Medical Center as we strive, through the blessing of God, to become our individual and collective best.”

RUTHITA FIKE, CEO, Loma Linda University Medical Center



“The *CREATION Health Breakthrough* gives clear and practical life-enhancing help – it’s a whole-person instruction manual. If you need recharging, reenergizing, and renewal, this book is a must-read!”

SCOTT BRADY, MD, author of *Pain Free for Life*

