

# ***Stress, Hormones, & Belly Fat***

Get Off and Stay Off the “Conveyor Belt to Poor Health”

A Special Report to Help You Get Your Health  
Back and Enjoy It for Years to Come!

*“There’s no reason why your 20s should be your peak vitality years. There’s no overwhelming reason why you can’t “flatten” that peak into a plateau over three, four, five, or even more decades. But in order to live that way, you must stop practicing the mistakes that prevent ageless living — repeated mistakes that eventually make damage recovery and rejuvenation impossible.”*

**By Dr. Chess Miles, DC**

Passionately helping thousands Achieve and Enjoy a  
Healthier, Fitter, More Vibrant Life



Dr. Chess Miles, DC

Lifestyle Architect  
Wellness Mentor  
Spirited Speaker

Using her blueprint, you harness your simple, self-care practices and changes of habit. These practices cover the 5 essential keys to resolving the underlying cause of your health problems including your nervous system, your hormone balance, detoxification, nutrition and fitness.

Her curriculum covers everything required to take control of your health and fitness, while dispelling the ever-growing number of fallacies and myths related to this subject. Dr. Miles' fascinating and refreshing approach to body transformation includes topics on mind set, nutrition, a unique exercise program and hormone balance. The program will work for all ages, but offers additional specifics to the middle aged "Baby Boomers". Her unique ability of delivering her presentation in an upbeat and humorous fashion, leaves her audiences with a new sense of excitement and motivation.

## ***Stress, Hormones, & Belly Fat*** **Get Off The Conveyor Belt of Poor Health**

### **A Special Report by Dr. Chess Miles, DC**

It's gut-wrenching for me to see a new patient walk into my wellness center who is too far gone for me to help them reverse their pain and ravaged health. Sadly, they've allowed too much damage to take place for too long. Oh, yes, I can almost always make them more comfortable without some drug-store product clouding and numbing their senses, but I just can't get used to serving these troubled ones and their faded hopes for restored health.

I'm no wimp by a long shot, yet sometimes I cry at night having examined them and listened to their stories of anguish. I wish it could be different for them.

The problem is that these broken souls have been accepting a slowly diminishing quality of life for years — maybe even decades. They've been riding a slow-moving "conveyor belt to poor health" that leads to the pits of misery. In truth, their quality of life began slipping from their grasp long ago, with *plenty* of forewarning. Now, their "conveyor belt" future (or perhaps their present) contains things like:

- Chronic disease symptoms such as obesity, diabetes, cancer, and heart/circulatory disorders.
- Female problems, prostate problems, and hearing problems.
- Wheel chairs, canes, walkers, motorized carts, oxygen bottles, and adult diapers.
- Brittle bones and shrunken, stooped bodies, plus a medical specialty designed just for "old people" called geriatrics.
- Heart bypass scars and the horrors of Alzheimer's.
- The life-altering and often life-destroying devastation of chemotherapy.
- Financial ravages resulting from explosive medical fees, drug costs, and "assisted" living expenses.

Of course, there's more to the picture, but you get the idea. It's a credible overview of the state of public health, yes? All you have to do is look at the people around you to see what is going on.

Does that picture contain a future that *you* want to experience? Even more important, are some of the images in the picture already hitting a little too close to home?



Dr. Miles practices Functional Wellness in Pasadena, TX at her "ProHealth Wellness Solutions" where she incorporates nutrition, hormone balance, chiropractic, fitness and permanent weight control. Her doctorate is in Chiropractic with certifications in neurology. Other specialties of practice include lifestyle coaching and mentoring.

Let me tell you what creates such a picture in case you don't already know. The vast majority of those who ride the conveyor belt to hell have made many, many poor health choices over a long period. The saddest thing is that most of the riders didn't even know they were making poor choices. They listened to trusted voices, but those voices were not coming from those versed in protecting health. Rather, the voices were coming from those versed in sickness care and symptom-masking through drugs. Although both sickness care and drugs are necessary under certain conditions, *they are not the tools of wellness and prevention*.

Other "trusted" voices that have been leading our country on a rapid downward spiral in health are those coming from the processed and fast-food industries. Those voices tell us in their endless advertising and world-class marketing lingo that they are bringing good things to life.

### But it's a big, FAT lie.

It's not our lives that are reaping the "good" things. Instead, it's the food processors' lives that benefit because cheap, denatured, calorie-loaded, fat-dripping, trans-fat-impregnated, chemical-laden, and chemically addictive products are so very profitable! That junk is everywhere!

Look. Everyone is destined to leave the planet. In the end, our bodies just stop working because that's part of nature's blueprint. But must we create and experience a personal decline over many decades because we embrace sickness care and junk food?

My fondest vision for those I care for and care about, including myself, is that we will cavort through our "senior" years with pep in our step, a twinkle in our eyes, and the joy of getting out of bed each morning under our own steam while looking deliciously to the adventures of the day.

Then, one morning we just won't wake up, or maybe we'll keel over mid afternoon and stir no more, or just spend a few days in the hospital saying our grateful goodbyes to those whom we love.

Now that's a picture I can embrace, and one that I know is well within most people's grasp. Yes, I'd much rather just keel over following a fulfilling, vital life than take a long, desolate ride on the conveyor belt to hell, waiting — maybe even hoping — for nature to take its course! And I'm willing to do my part to make that fulfilling, vital life a reality for both my loved ones and myself. Are you also willing?

I can teach you what you need to know with my comprehensive **PRIME™** system, a system that provides a simple yet effective approach that's almost unheard of in the wellness programs that you see pitched these days.

But *you* are going to have to step up to the plate! A fabulous, productive, vital, and supportive life does not come from a welfare program!

The health you want will require that you take charge and change your lifestyle in ways that make sense to you, but change you must! With my system, I show you what to do and how to do it. And when it starts working for you, your enthusiasm for “sticking with the program” does not have to come from me! Yes, I can mentor you, but I can’t hold your hand 24/7.

Imagine a life where one chronic illness after another doesn’t have to pile up because of poor diet, poor health habits, poor handling of stress, and little or no exercise. Imagine a life where you don’t need drugs to put you to sleep, wake you up, slow you down, perk you up, or calm you down. With **PRIME**, you learn that using drugs to cover up symptoms doesn’t correct the real problem —poor health. Instead of continuously mopping up a wet floor every time it rains, why not fix the leaky roof?

**With my program, you get the *correct, mind-opening* information. It’s information that helps you separate fact from fiction and the practice of myth from the practice of scientifically proven principles. Make the effort to understand and use the information I give you (I make it easy) and you’ll be filled with a sense of both enlightenment and achievement. Learning the truth about health — *true* health and quality of life, that is — gets you and keeps you off the conveyor belt to hell.**

With **PRIME**, there’s no more guess work. And the program’s reliable, no-holds-barred, clinically proven results speak for themselves (please do see the sidebar for at least a few *real* patient testimonials). However, you may not know me personally, so you deserve a little background.

I’ve been coaching patients to optimal wellness and breakthrough health (they will tell you) for two decades. I first help them reverse years of decline that they often mistakenly called “aging.” Then I challenge and inspire them to exploit their personal wellness potentials to write new chapters for their lives — chapters filled with vitality, joy and happiness. That seems to be a large part of my life’s mission since I enjoy seeing others succeed so much!

My professional practice includes chiropractic, nutrition, anti-aging, hormone balancing, fitness, appearance/body rejuvenation, and permanent weight control. I also practice what I preach in my own life.



*“Stress equals aging. Reduce stress in all its forms, and aging suddenly slows – dramatically. This is a message that Dr. Miles carries with her at all times. But she also shows you how to do it with her PRIME approach for quickly reclaiming health, youth, and quality of life through youth – preserving habits. This is important work!”*

Loral Langemeier  
National Bestseller  
Author,



*"I was tired, worn out, had low energy, and wished that 10 lbs. would just disappear. Did I mention my cholesterol seemed to be going up?"*

*Now, for the side Effects:*

*I sleep all night; enjoy a huge boost in energy and well-being; have a great deal more strength; the cholesterol has dropped and so has the weight. I feel good about myself and I am handling the stress of daily life much more effectively."*

J. S.

At the same time, I'm an ardent researcher and have embraced as mentors some of the most insightful wellness researchers and experts you'll find anywhere on the planet. I'm not at all bashful about "standing on the shoulders of giants" to work at the "cutting edge" of wellness practice. And because I have advanced studies in cervical spinal trauma, nutrition, fitness, functional endocrinology, and neurology, I'm able to understand and take advantage of the opportunities my mentors keep providing.

In truth, I'm passionate about what I've learned, and I feel compelled to pass it on. That's why I've developed the "five pillars of optimized health" that serve as the foundation for my **PRIME** lifestyle enhancement program and make it into the unique system that it is today. One of the most important parts of my approach is that I coach my patients to *care for themselves* so that they can become self-sufficient in tailoring and practicing their wellness lifestyles. I give them the information they need without holding back in any way.

"You can't have optimum health and wellness without enlightened self care."

**The World Health Organization defines health as "... a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."**

My revolutionary **PRIME** program is a radical departure from "disease care." There are plenty of places where you can get disease care. Instead, my patients use my no-nonsense, clinically proven, "wellness enhancing" protocols to transform their lives from poor health to optimal health. Then their need for disease care shrinks dramatically.

Through many years of research in the fields of nutrition, wellness, and resistance training, I've learned about the myths that destroy health and fitness programs. I've also learned about the secrets to increasing one's chances for a richer, more enjoyable life.

**My PRIME Program is a plan that allows you to take back the wellness, youth, and vibrancy that you may have allowed to slip through your fingers, either through self-neglect or through ignorance of the anti-aging "secrets" that I reveal in my program.**

If we insist on making the same old mistakes, our lives start revolving around drugs, surgery, a dependence on continuous medical intervention, and a long, disheartening trip on the conveyor belt to hell.



## Too Much Stress Accelerates Aging and Leads To Poor Health

### Step Number One towards Reclaiming Your Health

Manage your stress and you'll dramatically reduce your time on the "conveyor belt."

That's right. It's not the passage of calendar years that creates the symptoms of "aging" and deterioration that we see and feel. Rather, what gets to you is stress that you don't have the health to handle as it arises. Therefore, chronic stress "piles up" in the form of negative conditions that take their toll physically, mentally, and emotionally. Sometimes even spiritually.

No, you can't change your calendar age, but you can resist or even reverse years of stress damage by using my easy-to-follow **PRIME** protocols. My patients are happy to report that you can reverse years of poor health by changing your lifestyle and incorporating the tried and true day-to-day techniques I outline in my program.

The sooner you start, the better the results. It's all about learning science-based secrets for "ageless" living and shattering the perpetual health-and-fitness myths that cloud the vision of so many of us. With my innovative approach — the advanced **PRIME** approach — you'll be able to get a handle on runaway stress and its effects. With this comes the start of optimized living.

### Runaway Stress Is the Beginning of Poor Health Are You Experiencing Signs of Runaway Stress?

Here are most of the common signs of runaway stress. The list is long, but you need to recognize the most common expressions of stress before you understand the importance of doing something about it:

You cringe in front of a mirror because of growing bulges, fading muscle tone, or unmistakable signs of "premature aging."

Aches, pains, or a foggy brain have become your closest friends.

You feel tension. You're irritable. You aren't able to concentrate.

You experience dry mouth, tooth grinding, sweaty palms or cold hands, a pounding heart, shallow breathing, chronic headache, low self-esteem, or withdrawal.

Your sleep quality is in the pits, and exhaustion rules your day.

You get an upset stomach or urinate frequently.



*"Before joining the program I wasn't active at all, and now I am very active! I am now able to live a very active lifestyle! My wife is now very happy with my energy level and how interactive I am with her. This is very healthy for our marriage."*

*"The education and the visits will benefit you long term if you just follow the program. Listen to what they have to say. This is a great solution to any problem that you are having. At least try it. Listen to what they have to say because it does work!!!"*

T. S.



“I feel as though I have tried everything. I have been on and off a diet for 25 years. I have hired trainers, joined gyms, and tried just about everything. What I have discovered since working with Dr. Miles is that none of these things, alone, are going to change my body. With Dr. Miles help, I have established a routine that includes healthy eating, exercise and supplements that address my personal needs. This program is tailored to me and changes as I change. The change is obvious on the outside, but more importantly, the change on the inside is incredible.”  
~ D. B.

You have a lowered sexual drive.

Your workouts are, well, not working out!

Tight muscles may cause pain and trembling, or you might have nervous twitches.

You know your hormones balances are all out of whack, but you have no idea what to do about it other than suffer.

Your doctor has you worried about the “numbers” from your last physical exam.

Your single greatest weapon for warding off surgery or chronic disease is ... hope!

You are handling your quality-of-life problems with stimulants, products from a drugstore, and/or the services of “sickness care” professionals.

As a spouse, parent, lover, friend, business owner, employee, student, fitness seeker, or creative worker, your lackluster performance is leaving others out in the cold — and you’re not feeling very warm about it, either!

**Got stress? Of course you do. We all do. How you manage your stress determines if and when you ride the conveyor belt to hell.**

If you want to experience the pure joy of optimized living and satisfy your personal wellness potential, you must:

1. Be able to recognize the early symptoms of stress buildup in your body and how it affects your emotions.
2. Learn how to avoid — or at least sidestep — life challenges that lead to stress buildup.
3. Learn how to heal stress buildup that has already occurred.

If you’d also like to live a fabulous, productive, vital, and supportive life, and then just cease to run when your time has come, then you need to know much more than what comes out of medicine, pharmacology, and TV drug commercials!

## Which Body Shape Are You?



Estrogen

Adrenal



Thyroid

Liver

For example, you need to know that it's not the passing of calendar years that harm you, but inactivity, faulty thinking, and accumulated, chronic, unchecked stress!

**Many aging myths need to be shattered**. Even the impact of genetics on long-term health is now being turned on its head. For example, today we know that genetics only contributes about 3–5% of our longevity. The rest comes from life choices that affect how our genes behave under the conditions we hand them.

If you're confused about what it takes to achieve maximum wellness and a physical appearance you can be proud of, I can help. If you're looking for a better diet and fitness program than you've followed in the past—or at least tried to follow — I can help. But before explaining how and why I can help you, I first want to make it clear what we're up against when we opt for maximum wellness. Also, why so many people fail to get what they're seeking:

**The number one reason most people fail to achieve their wellness goals or even maintain their current state of health is that 90% of the information available to them is inaccurate or deliberately misleading.**

For example –

### Here Are Some Myths Concerning Diet And Weight Loss.

**MYTH:** Overweight is a disease that leads to other diseases.

**FACT:** Overweight is a *symptom* of diminished wellness — a wake up call that things are going wrong in your body. It's the same diminished wellness that leads to common diseases such as hardened or clogged arteries, hypertension, stroke, and diabetes. So excess fat doesn't really *cause* these diseases for the most part, it's just a warning sign that you're suffering from bad habits and poor health.

**MYTH:** The main purpose of body fat is to insulate and cushion you.

**FACT:** The body has chemical messengers that trigger fat to be stored as energy. If you're overweight and can't lose those unwanted pounds, your chemical messengers (hormones) are not functioning properly.

**MYTH:** Eating fat makes you fat.

**FACT:** No. It's the inability to burn fat that makes you fat. Chronically overweight people burn carbs very easily, but they burn stored fat only with much difficulty (if at all). It takes the right knowledge and a measured effort to become a fat burner. It doesn't happen by itself.



**MYTH:** To lose weight, just cut calories.

**FACT:** Cutting calories is the answer to weight loss *only if you're already in good health and have a diet and exercise program tailored to your physical makeup and stress levels*. For most people with stubborn weight, the very last thing they should be doing is cutting calories because it doesn't work. IT DOESN'T WORK! By the way, did I say IT DOESN'T WORK? Once my **PRIME** program becomes a regular part of your lifestyle, you won't ever have to count calories again. And guess what ... you'll lose fat that will come off and stay off for good.

**MYTH:** But many people are losing weight on modern weight-loss diets, aren't they?

**FACT:** The largest study of weight loss has shown that *diets do not work for the vast majority of dieters and may even put lives at risk*. "You can initially lose 5 to 10 per cent of your weight on any number of diets," says researcher Dr. Traci Mann, "But after this honeymoon period, the weight comes back. We found that the majority of people regained all the weight, plus more. Sustained weight loss was found only in a small minority of participants, while complete weight regain was found in the majority."

The UC researchers analyzed the results of more than 30 studies involving thousands of dieters. Although the overview did not name specific weight loss plans, some of the more popular diets in recent years have included the low carbohydrate, high protein Atkins diet, South Beach, LA Weight Loss, Nutrisystems, Weight Watchers, Slim-Fast, Mediterranean, and the GI diet, which is rich in whole grain carbohydrates.

**Some of the specific findings:**

While most lose some pounds initially, more than two-thirds pile the pounds straight back on — and quickly. They end up heavier than they did to start with. It's the vicious cycle of going from fat to fatter — losing the same weight over and over and over again, and then gaining more back! Further, the strain placed on the body by repeated weight loss and gain cycles means most people are better off not dieting at all.

Dr. Mann's research showed that up to two-thirds of dieters put on all the weight they lose — and more—over a four to five-year period. Half of those taking part in one study were more than 11 lbs heavier five years later, while dieters taking part in another study actually *ended up heavier than other volunteers who hadn't tried to lose weight*.

**Research has shown repeated, rapid weight gain and loss associated with dieting can double the risk of death from heart disease, including heart attacks, and the risk of premature death in general**. Such yo-yo weight loss has also been linked to stroke and diabetes, and shown to suppress the immune system, making the body more vulnerable to infection.

**MYTH:** If you can't lose weight and keep it off, there's something wrong with your willpower and discipline.

**FACT:** If you can't lose weight and keep it off, it's because there's something wrong with your health. Millions of people in this country experience *strong and continually distracting hunger urges* even though they are taking in more than the number of calories they need to sustain their body weight. These are powerful biological urges that stem from hormonal imbalances. Most will tell you that it's as if they have a little devil on their shoulder constantly whispering, "eat more bad stuff, get fatter."



*"I was in severe pain, had no mobility and I couldn't do the things I love. I enjoy riding my 4-wheeler and I just couldn't do it anymore. I can now say that after 4 months on the program I no longer have any limitations and I can ride all day. Dr. Miles is the first doctor I have seen who not only addressed my pain and symptoms, but actually helped me correct the underlying cause of my problems. Thank you Dr. Miles for helping me get my life back."*

L. R.

*"I got off 4 different blood pressure drugs as well as my cholesterol drugs and I feel like a new man. Just follow the curriculum."*

J. K.



Dr. Chess Miles  
Wellness Coach, speaker  
and lifestyle mentor of  
“**PRIME**” - an expert in  
stress and it's devastating  
impact on health and vitality.  
She teaches lifelong,  
optimized living. This  
breakthrough rejuvenation  
system has proven that  
diminished health and vitality  
can be reclaimed by  
just about any proactive  
person at any age.

**There's only one solution: You've got to get that devil off your shoulder.**

When you follow my science - and fact-based **PRIME** program, you'll be able to balance your hormones and get your diet, gland behavior, and exercise levels into the health zone. Your cravings will then disappear and you'll enjoy lasting weight loss as well as a new sense of health and vitality.

**MYTH:** The *real* secret to weight loss is moderation in all things.

**FACT:** False, false, false. If you have a stubborn weight problem, moderation won't work for you until you get healthy . In fact, moderation may be impossible while that hormone devil is whispering in your ear.

Further, when it comes to weight-loss programs, *one size does not fit all* , despite what all the fads and authorities have told you. Different body types and different hormone rebalance challenges need different solutions. You *must* tailor your approach to you, and you *must* know how to tailor it. That's why you sometimes need the help of a qualified, professional wellness practitioner.

**Do you know what weight-loss solution is best for your body type ? Do you even know what your body type is and why your extra weight hangs on you the way it does?**

**Believe it or not, how your extra weight lays on you gives us tremendous insight into the glands and hormones that are creating your stubborn weight loss problems and what you must do to reverse the downward spiral .** (See the sidebar on page 8).

**MYTH:** Exercise along with healthy foods is the key to permanent weight loss.

**FACT:** Getting close to the truth. But if you don't get the *right type* of exercise and healthy foods for your body type and metabolism, your form of exercise and food choices can actually stop you from losing weight, or even make you gain it. **You *must* know what type of exercise and foods are right for YOU .** Further, you'll need to go beyond just diet and exercise for lifelong success.

### **Adrenal Hormones and Your Health**

**What Follows is an Example of What an “Adrenal” Patient Will Need to know in Order to lose Weight (Especially Fat).**

First, let's take stock.

Have you had any of these in your life? Injury, pain, surgery, infection, illness, divorce, financial stress, job stress, poison ivy, giving birth, irritable people, starvation diets, the menstrual cycle, eating junk foods, drugs and medication, excessive cold or heat, staring into computer monitors, and babysitting 15 small children under the age of five for over 13 hours? Of course you have. These are all examples of physical, mental and emotional stress. It wants to follow you everywhere!



Use leading-edge science to help you rejuvenate your mind and sculpt your body. Stop runaway stress in its tracks and reverse its damages PRIME that “youth inside” for a healthier, fitter, more vibrant life!

**Are you looking for a one on one health and wellness doctor/ coach?**

If so I do work with a limited number of new patients each month. These slots fill up rather quickly so please know we'll do everything we can to accommodate your request.

**To learn more about my one-on-one PRIME Program please call my office, (281) 991-7676**

Your walnut-sized adrenal glands, which sit on top of your kidneys, cannot distinguish among the various stresses that are present in your life — whether they are physical, mental, or emotional. The adrenals just pump out hormones to counteract stress — *any stress!* They are “fight or flight” hormones intended to serve us for short periods only. But today’s stresses are anything but short term ... so the hormones just keep flowing! If this persists, you can become an “adrenal type” of person — one who has overactive and/or exhausted adrenals.

*This is very serious business because your quality of life depends so very much*

*upon how well your adrenal glands work.* Visible symptoms develop with persistent adrenal imbalances. Chief among them is hanging fat in the midsection that sags downward over the belly.

Thinned-out arms, legs and buttocks generally accompany this fat because the key hormone that prevails during stress (cortisol) converts these muscles to sugar in an attempt to create more energy for a continually stressed body. With thinned muscles and a large abdomen, adrenal types often have a hard time finding clothes that fit. Moreover, *stress hormones in excess will steal protein from the bones, leading to osteoporosis.*

Sometimes a fat pad develops in the lower neck and upper back called a “buffalo hump.” Also, fat accumulation in the face may give a round or “moon face” appearance, a face that may redden because of weakened blood vessels.

**So why does the extra fat appear?** With all this sugar pouring into the bloodstream through the action of stress fighting hormones, the fat-burning hormones of the liver get turned off. Not even high-protein or low-calorie diets will turn them back on again! Then fat accumulates on the belly because of the excess sugar thrown into the blood to meet “dangers” that don’t exist. In the meantime, insulin stores the extra sugar as fat to keep your blood sugar levels out of the danger range.

In other words, stress hormones prevent fat burning. Counting calories or eating more protein simply will not help you.

To make matters worse, some adrenal types will try to work off fat with heavy exercise. But this just creates more stress and more stress hormones. Result? Less muscle and even more fat!

Sounds strange, doesn’t it, but it’s true. Many of those with adrenal weakness will actually get fatter with the wrong types of exercise! Can you imagine how frustrated adrenal types can get with their exercise programs?

**What a predicament! Fortunately, adrenal imbalances can be corrected to turn muscle-burning adrenal types into fat burners again.**



*"After three months, I have a new outlook on life and feel empowered to make changes. I also see the results I have been looking for. I am ready to start the next chapter in my life feeling healthy, strong and alive."*

*I recommend this program to anyone wanting to improve his or her health—physical and mental. You will emerge transformed and be able to reclaim the healthy body you deserve"*

N. H.

*"I'm a big guy and have always been so. Thanks to Dr. Miles and her Lifestyle program, I have transformed my body and my life. I am still a big guy, I'm just not a big fat guy. Thank you so much for teaching me how to LIVE!"*

L. B.

But that's only part of the adrenal story. Exhausted adrenals can run short of anti-inflammatory hormones and create a chronic stage in the body where pain and inflammation stay present for years (e.g., fibromyalgia). Sore muscles don't seem to recover after exercise. Pain triggers stress hormones, which turns off fat burning. A deep, restful sleep becomes impossible. Constant fatigue, mid-afternoon drowsiness, and brain fog or dullness prevail. Caffeine beverages become a constant sidekick, doing yet more damage to the already exhausted adrenals.

### **So what's an adrenal type to do?**

Your adrenals didn't go out of whack overnight, and they surely won't get back into whack overnight. You don't want to try balancing your endocrine system without professional support. The feedback messages between your adrenals, pituitary and hypothalamus are quite complex and are easily disturbed by uninformed tinkering. Please don't try to go it alone. If you do, chances are good that you'll end up worse than you started and not know why!

Nonetheless, there are a number of safe, common-sense things you can do, *starting today*, to reduce the impact of stress on your adrenal glands. I can't go into all the details in this brief report, but I can give you the lay of the land. If you're still reading this special report, you're serious about reclaiming the wellness that is your birthright. And, as I point out in my book, *PRIME*, wellness is 95% self care.

Those who want to mask symptoms with drugs or put the bulk of responsibility for their wellness into the hands of some practitioner rather than taking the bull by the horns are not ready to reclaim their health. They are "conveyor belt" passengers watching life slowly go by and wondering why they don't have the "luck" to enjoy it. They hope the drugs will give them happiness.

### **So here's a short list to get you started:**

1. Learn about how your subconscious mind works to either help you or hurt you in your wellness efforts. Dr. Charles Webb's book, *Metamorphosis*, contains a short, crash course in how to turn your subconscious mind into a powerful ally so you can sculpt the life you want.
2. Avoid sugar, processed foods, sweet fruits, grains and starches. This is a tall order for most uninspired people, but I don't count you among the uninspired. And don't fall for the myth that natural, whole grains are good for you. They *may* become suitable for you once you're healthy, but they are poisons for insulin-resistant or insulin sensitive people — and this includes adrenal types.
3. Consume lots and lots of raw, whole, nutrient dense, high-fiber vegetables (but not refried beans or other starchy vegetables). And don't allow yourself to get hungry. When eating more quality vegetables that are low in fat, you may find it necessary to eat more frequently. Don't skip meals.



*"I had been suffering with Fibromyalgia since 1980 to the point that I was bedridden and could barely walk to the bathroom. I had severe pain in most of my joints and muscles and had lost mobility in my neck. I was miserable. Dr. Miles explained her program and it just made sense.*

*After just a short time I noticed great results. I'm not nearly as fatigued and actually have endurance and stamina.*

*I am so thankful to Dr. Miles and her staff for so much relief from the Fibromyalgia and for better overall health and happiness.*

B. S.

*"I've lost 21 pounds, resolved my sinus issues, allergies, headaches and fatigue. It's so easy I just followed the curriculum and did whatever Dr. Miles asked me to do. Keep doing what your doing doc because you are changing lives!"*

K. J.

**4.** Learn how to cut out the caffeine. It's a terribly harmful crutch for adrenal types.

**5.** Workout smarter, not harder. Understand what exercises work best for you and your specific needs.

**6.** Get an adequate amount of sleep. Go to bed before 11:00 p.m. Make up your mind to get at least seven hours per night because getting less is leading to obesity and pre-diabetic conditions.

**7.** Don't carry stress! Everyone is under stress in one way or another. It's a necessary and inevitable part of life. But you need to learn how to leave it outside the door of your inner temple.

## Congratulations!

You now know more about health and vitality than 90% of the general population.

**Are you ready to learn more? Are you ready to feel good again? Do you want to reclaim your health, lose fat, and enjoy the vitality and spirit you enjoyed in your youth?**

## FIND OUT HOW MY PRIME PROGRAM CAN HELP YOU HAVE THE HEALTH AND VITALITY THAT'S GONE MISSING IN YOUR LIFE.

My **PRIME** rejuvenation and wellness system is a unique blueprint for practicing a wellness lifestyle. You'll discover the proven methods that allow you to recover from the ill effects of poor information, poor choices, and poor habits that have been speeding up your aging process and holding you back from the abundant and fulfilling life you were destined to live.

**For the first time ever, I reveal the 5 pillars of optimized health that you must manage to resolve the underlying cause of your health frustrations. By now you must know that just treating symptoms will not work. The conveyor belt to hell is strewn with people who have chosen to treat symptoms.**

## 5 Pillars of Optimized Health:

*"I sleep better, have more energy. I do my job better and have more energy to do it. My mental clarity and recall has improved which really helps in my line of work. I am less stressed out on the job and handle the unexpected a lot better."*

P. M..

*"The snoring was begging to create a problem in my marriage. Not only do I sleep a lot better but my wife does too. And my relationship with her has improved a ton. I am so glad we did the program together. She has lost 26 pounds and I have lost 17 and neither one of us have acid reflux anymore."*

D. C. & S. C.

*"I was on cholesterol meds years as I watched my health decline year after year. I was truly on the conveyor belt to poor health Dr. Miles talks about. I lost 13 pounds, got off all meds and feel 20 years younger and all I did was follow the system. Thanks for being my health coach."*

M. G.

**Nervous System** – This pillar of optimized health is really the master computer that controls every function in your body. When it's out of sync, you're out of sync. I show you ways to "re-boot" it for optimum performance and efficiency. This allows wellness care to become 95% self-care. You benefit by being able to tell your doctor, "Goodbye," or at least, "We won't need to be seeing so much of each other anymore."

**Hormone function** – Learn about the devastating outcomes of hormone imbalances and how they affect your sleep cycles, carbohydrate cravings, digestion, and sex drive. You'll learn about the three fat storing hormones that prevent weight loss and lead to belly fat. I show you how to easily test for these hormones in the comfort of your own home. You benefit by learning how to get your hormones back in balance, naturally, and not by taking high-risk synthetics.

**Detoxification** – Our world is more toxic than ever. We absorb these toxins through the air we breathe, the water we drink, the medications we take, and all the chemical additives in our food, including hormones in meat and milk products. These chemicals play havoc on our body by blocking the effects of natural hormones on target tissues and preventing the absorption of nutrients. I show you the proper ways to rid your body of these dangerous toxins, allowing for improved digestion, more energy and clearer skin.

**Nutrition** – Understand why cutting calories and yo-yo diets really increase your body fat percentage. Let me tell you about foods that energize and nourish while activating the six fat-burning hormones. You'll gain the benefit of a lifestyle that allows pleasure in eating rather than rigidity that leads to failure.

**Fitness** – Learn how to exercise right, not harder. My approach is an exact science that gets you burning fat 24/7. I take you through baby steps that will prevent you from making the mistake of over-exercising. You'll no longer spend 30 to 60 minutes on a treadmill, which can actually work against you. With **PRIME**, you become a master at transforming your body, spending no more than 35–40 minutes at exercise three times per week.



Dr. Chess Miles, DC  
ProHealth Wellness Solutions

6733 Fairmont Pkwy  
Pasadena, Tx 77505

Phone: 281-991-7676

Email:  
drmmiles@inspiringwellnesscenter.com

**PRIME** is for everyone. It's a simple "connect-the-dots" system that even the most inexperienced hopefuls will be able to master in no time. So no matter how long you've been out of shape or ailing, or how hopeless turning back the clock seems to you, you'll find success with my **PRIME** rejuvenation and wellness system.

**Lose those unwanted pounds and inches, increase your energy, sculpt your body with fat-burning, toned muscle, reduce your stress, balance your hormones, look and feel 10-20 years younger.**

A Unique Blueprint for Rejuvenation and Lifetime Wellness:

- Use leading-edge science to help you rejuvenate your mind and sculpt your body
- Stop runaway stress in its tracks and reverse its damages
- Reclaim that "youth inside" for a healthier, fitter, more vibrant life!

**Are you looking for a one-on-one health and wellness doctor/coach?**

If so, I do work with a limited number of new patients each month. These slots fill up rather quickly, but please know we'll do everything we can to accommodate your request.

Please call my office today, schedule a consultation, in-office or over the phone.

***Our one hour consult fee is regularly \$287,  
BUT call within 3 days of receiving this  
free report and pay only \$87!  
That's a savings of \$200!***

Let's get together and take the first step to get you on the path to reclaiming your youth, health, and general zest for life!

**To Your Regained Health,  
Dr. Chess Miles, DC**

*P.S. Please share this report with friends, family, or anyone that you feel would benefit. Thank you.*

ProHealth Wellness Solutions, Dr. Chess Miles, Dr. Melvin Aldridge, and staff do not intend to diagnose, treat, cure or prevent any health condition or disease. All advice given is intended for health maintenance only and should not replace or delay the use of traditional medical care. It is imperative that you are under the care of a medical doctor or a doctor licensed to prescribe medication. If you are currently on prescription medication, we ask you not to make any changes or go off these medications without first consulting your prescribing doctor. The statements on this page have not been evaluated by the Food and Drug Administration.