

"J. Michael Zenn has written a wonderful book on health...What we need to do is to whole heartedly embrace the principles of "The Self-Health Revolution". I enthusiastically recommend this book!"

– JOHN MACKEY, Co-Founder and Co-CEO of  
**WHOLE FOODS MARKET**

# THE SELF HEALTH REVOLUTION

## WILL REVEAL:

How to reverse your chronological age by 10 years

3 simple things you can do to get fit and stay thin forever

A forgotten remedy that will get rid of aches and pains forever

One thing you can do now to extend your life by 15 years

The little known reason most people feel tired and run down

One thing that will instantly add vigor and passion to your sex life

The hidden ingredient in our food that is causing us to get fat



# J. Michael Zenn

# THE SELF HEALTH REVOLUTION

As Seen on #1 Rated Daytime News in LA (CBS / KCAL) 600,000+ viewers

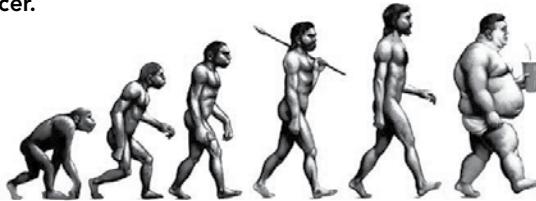
“ Our viewers (and staff) loved him. We can’t wait to have him back on. This guy rocks! ”

Sandra Mitchell, Emmy Award Winning Journalist & News Anchor at CBS in Los Angeles (KCAL)

 <http://youtu.be/J8hGI2uQ9E0>

## Guaranteed Attention Getters from the book:

- **Why Are We All Getting 40% Fatter?** - To make more money, our livestock animals (**Cows, chicken, pigs, fish**) are **injected with Estrogen that makes them fatter (40%)** What happens when you eat this estrogen loaded meat? **It makes you 40% fatter.** The steak granddad ate is not the same steak that you’re eating today. He ate it and perhaps stayed skinny, you eat it and you are going to get fat. That’s not all, our young **girls are maturing at 9 yrs old and young boys are developing breasts and even more disturbing, estrogen has now been linked to cancer.**



- **Everyone Has Cancer!** - If you are in a room of men, **50% of the men in that room will get cancer** (according to the American Cancer society). 35% of all women get cancer. We began the so called War on Cancer in the 70's and by all accounts we are loosing that war. **According to a recent study, almost everyone over age 30 already has cancer.** Zenn says, our body is either getting rid of cancer or the it is progressing, much of it depending upon how healthy we are eating.



- **You Are What You Eat...Eats!** - "You are NOT what you eat"..."You are what you eat...EATS!". We must ask ourselves, "what's in our food and where does it comes from?" How was the vegetable or animal I am eating raised? What did it eat? What drugs was it taking? Was it sick or healthy? You won't believe what Zenn's research uncovered! Much of our food today is not actually food at all. **Pringles can no longer be called potato chips in Europe because they are actually only 42% potatoes.** It's what J. Michael Zenn calls Fake Food. A good rule of thumb is, "If you can't pronounce the names of the ingredients...don't eat it"

### □ Our Children Will Not Live as Long as Their Parents

If you have a child born after the year 2000, that child has a **1 in 3 chance of being obese and diabetic.** We are raising up the **first generation of American children that will live a shorter life than their parents.** Children as young as **8 years old are now having heart attacks.** As these children age over the next 20 years **our country is facing an obesity epidemic that no health care system in the world will be able to handle.**



### □ The #3 Killer That Nobody Knows About

Guess what the #3 cause of death is in America? Lets see, #1 is diseases of the heart, #2 is cancer, and #3...drum roll please...the answer is...Healthcare! Yes, you heard right **Death by healthcare is the #3 Killer and the largest number of these healthcare deaths are from...get this... "taking your drug as prescribed by your doctor".** It kills over 106,000, more than die annually of Prostate Cancer, Breast Cancer and AIDS combined. Author, J. Michael Zenn says you need to be careful and think twice before popping your next prescription pill.

### □ How Clogged Are Your Arteries?

Arteries are amazingly flexible creations. They can actually support blood flow even while 80% blocked with sludge from fat. You can be walking around the mall with major blockage, totally unaware of the ticking time bomb under their skin. The book will show you how you can quickly **disarm this bomb simply by what you choose to put in your mouth.**

- **The 30 Second Diagnosis** - A study by the Journal of the American Medical Association revealed the average interaction between doctor and patient before interruption is a whopping 23 seconds and the average doctor makes a diagnosis within 30 seconds of seeing a patient.

Today, doctors do not have time to talk to us much less get to know our true health issues. J. Michael Zenn says, "the time has come, we must take matters into our own hands and seize control of our own health, he calls it **"Self Health".**

- **The Fifteen Minute Miracle** - Diets don't work... **root word in Diet is "Die"**...The Self Health Revolution asks you to start eating more, Not less. Zenn simply tells you to **start doing 1 thing, 3 times a day, for 15 minutes, every day.** If you do, he promises you will lose weight, get rid of aches and pains, feel energetic and avoid chronic illness.



# THE SELF HEALTH REVOLUTION

## Who Is J. Michael Zenn?



J. Michael Zenn is simply an average guy who, in 1991, **lost the hero of his life, his dad.** His father was overweight, plagued with chronic illness, and taking several pharmaceuticals. He was only 57 years old when he collapsed with a massive heart attack.

**At the age of 40, Zenn looked in the mirror and saw the frightening image of his father's disease.** Overweight, without energy, troubled digestion, and on the verge of chronic illness himself...Zenn determined that he would not die far too early in life as his father had.

In order to save his own life, Zenn poured himself into learning everything he could about wellness (calls himself the Human Sponge). **Zenn read over 200 books, scoured 1000 websites,** listened to countless CDs and tapes, traveling hundreds of miles to talk with some of most enlightened people on the planet.

What Zenn learned was shocking and truly life altering. **Within a few months he had lost 50 pounds, 6 inches from his waist and began to feel and look younger than he had in a two decades.** What he discovered was so revolutionary he decided to leave his job, spend a year writing a book, and dedicate his life to telling everyone about this powerful, new-found message, what he calls "The Self Health Revolution."

He describes himself as just "**an ordinary guy who discovered an extraordinary secret**" that he now feels compelled to share with the average, ordinary people everywhere.

## Praise for Self Health Revolution

**“J**Michael Zenn has written a wonderful book on health that accurately describes the growing health problems in America. He provides invaluable suggestions which can help anyone to lose weight and live a life full of vitality and superb health. Obesity, diabetes, heart disease, stroke, and cancer are primarily lifestyle diseases that we need not ever suffer from, but which currently result from the unhealthy diets and lifestyles that most Americans indulge in. **What we need to do is to whole heartedly embrace the principles of healthy eating and healthy living outlined in “The Self-Health Revolution”.** I enthusiastically recommend this book!”

**John Mackey**  
Co-Founder and Co-CEO of Whole Foods Market

**“W**hat has happened to our food today? Now finally a book that clearly exposes the causes of our massive health problems! *The Self Health Revolution* is a simple, easy to follow guide to optimum health.”

**Tom Campanaro**  
Founder and CEO of Total Gym,  
the World's Best Selling Home Gym

**“W**hat a masterful and inspired job of bringing together a mountain of lifesaving information into one blazing page turner. If ever there was a single book anyone interested in his or her health and well being should read without fail, this is it! Read this book now, put it into practice, and share it with the people you love. You will be glad for the rest of your long and healthy life.”

**Harvey Diamond**  
Best-selling health writer of all time Author of Fit for Life  
One of the top 25 best-selling books in history  
(along with the Gone With the Wind and the Bible)



# THE SELF HEALTH REVOLUTION

## A Few of the Questions J. Michael Zenn Can Answer?

- ❑ Why did the **CEO of the** largest and most recognized health food store in the world, **Whole Foods Market, read this man's book twice** in a row and then personally contact him to voluntarily offer his enthusiastic endorsement?
- ❑ What caused Harvey Diamond, **author of Fit for Life, one of the best selling health books in history,** decide to overwhelmingly endorse this man's book after meeting with him for only one hour?
- ❑ What compelled an **Emmy Award Winning Journalist** and major news anchor to book this man on her #1 rated news show within 24 hours of receiving and reading his book?
- ❑ Why would the **creator of the best selling health and fitness machine in history, The Total Gym,** seek this man out to share his ideas on health with Total Gym's 4 million customers?
- ❑ What is the **one hidden ingredient** this man found in our food that's **causing us to get 40% fatter?**
- ❑ Why does this man believe that virtually **everyone already has cancer and why 50% of all men and 35% of all women** are now being diagnosed with cancer?
- ❑ What is the **shocking #3 killer that this man uncovered** that virtually no one knows about?
- ❑ Why does this man say **our children will be the first generation of Americans to live shorter lives** than their parents and 1 out of 3 of our kids born today will be obese and diabetic?
- ❑ What does this man mean when he says..."**You are NOT what you eat!...You ARE what you eat...EATS?"**
- ❑ How did this man **lose 60 lbs and 7 pant sizes by eating more food** than he ever had before?
- ❑ What is the **1 thing** this man discovered he had to do **3 times a day, for 15 minutes every day** in order to lose weight, get healthy and ultimately save his own life?
- ❑ This man observed that **doctors only spends 23 uninterrupted seconds with their patients and makes a diagnosis within a mere 30 seconds.** What does he think this means for our personal health?
- ❑ This man claims that **91% of Americans will die in one of four ways** and he can tell us how to prevent it; what are they and how does he know?
- ❑ This man reveals in his book that you can start doing **one thing now that will increase your life span by 30%.** What is it?
- ❑ Why are so many average people who are not health nuts and don't normally read health books, now reading this man's book and getting healthy for the first time?
- ❑ What are the **287 things this man learned are in our local drinking water** that may make it impossible for people to ever drink tap water again?
- ❑ What are the **5 ingredients this man rediscovered that we must get in our bodies every day** in order to stay thin, end pain, feel energetic and avoid chronic illness?

