

## WHO CAN BENEFIT FROM BIO-ENERGY TESTING™ ?

Anyone.....

- ✓ Wanting more energy
- ✓ Wanting to slow down the aging process
- ✓ Wanting to feel and function years younger
- ✓ Any chronically fatigued individual
- ✓ Needing help with weight control
- ✓ Wanting to prevent the diseases of aging
- ✓ With heart disease, diabetes, arthritis or high cholesterol
- ✓ Wanting to know if their health program is really working
- ✓ Wanting to maximize workout efficiency

**EVERYONE CAN  
BENEFIT!**



Discovery Health  
Healing Center

**LIVE LONGER, RESIST  
DISEASE AND MAXIMIZE  
YOUR QUALITY OF LIFE.**

HOW OLD ARE  
YOU REALLY?



No matter how many candles you blow out on your next birthday cake, your biological age is determined by how well you produce energy: "If you are 90 years old and produce energy of a 40 year old, you are essentially forty years old."

**GET IN TOUCH**

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# BIO-ENERGY TESTING™

## BURSTING WITH ENERGY



**A BREAKTHROUGH TEST TO  
IMPROVE YOUR ENERGY AND  
FIND THE KEY TO YOUR  
HEALTH**

Discovery Health  
Healing Center

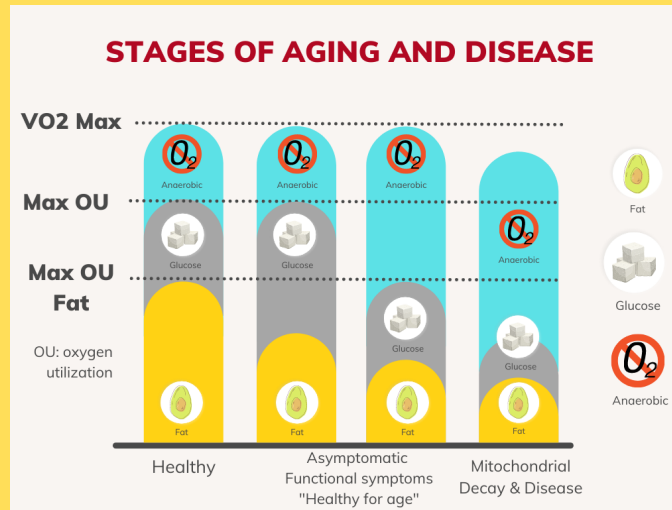
# DO YOU HAVE AN ENERGY CRISIS?



Fatigue is the single most common complaint doctors ever hear. Decreased energy production is often considered to be a RESULT of the aging process, but that is wrong. Research now shows that decreased energy production (oxygen utilization) is in-fact the cause of symptoms, disease and aging.

## WHAT IS BIO-ENERGY TESTING™

Bio-Energy Testing™ involves the use of a pulmonary gas analyzer and stationary bike to measure how much oxygen the body uses and how much carbon dioxide the body produces, both at rest and while biking. Humans make energy by converting O<sub>2</sub> to CO<sub>2</sub>. The special software takes this data, to determine mitochondrial function.



## WHAT RESULTS WILL BIO-ENERGY TESTING™ SHOW?

- Thyroid insufficiency, low T3 in cell
- Adrenal Factor (stress): effect of Cortisol and DHEA levels in cell
- Resting metabolic rate, resting fat metabolism: are your carbs shutting you down?
- Energy Quotient (EQ): overall health, toxicity, mitochondria function
- Biological age (vs # of years old)
- Optimal caloric intake & fat burning level
- Ideal carbohydrate/fat intake
- Exact exercise zone & fitness factor
- Metabolic Type

## OXYGEN UTILIZATION IS THE KEY



YOU COULD LIVE TO BE 100!



“ You don't have low energy because you age... You age because you have low energy! The Bio-Energy Testing™ measurements are used to create any individualized health and anti-aging program designed to increase your energy levels, prevent disease, and keep you functioning optimally for the rest of your life. ”

DR. FRANK SHALLENBERGER  
AUTHOR OF BURSTING WITH ENERGY

ONLY AVAILABLE AT DHHC  
(in state of WI)