



# The raw facts on better health & living longer

The key to better health and a longer life is simple – leave out the foods that make you sick.

For 40 years, Dr Fred Bisci, a pioneering nutritionist, has applied this simple philosophy to his own life, as well as working with over 35,000 people with a wide range of health issues.

“We’re eating too much of processed foods, too much of animal protein, and too much of food generally, and our bodies can’t handle it”, said Dr Bisci.

The good news is that our

bodies have an extraordinary capacity to heal and rejuvenate, provided we give our bodies the opportunity.

## DISCOVER YOUR BODY'S FULL POTENTIAL

Dr Bisci’s programs are designed to meet you at whatever level of health you’re at now, and to empower you to transform your health and fitness like never before.

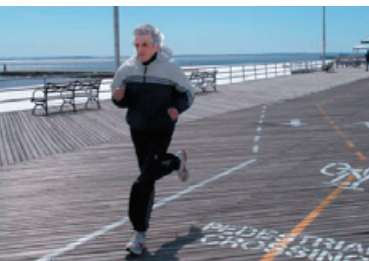
By following an ‘Intermediate Diet’ of fresh raw foods, and reducing your intake of animal products, you can substantially improve your cholesterol level, blood pressure, energy levels, and life expectancy....and that’s just the beginning.

*“His amazing success is his gifted ability to look at the body’s biochemistry and then meet the person on his or her own level.”*

Tamera Campbell, CEO & Master Harvester, Klamath Algae Products

*“His nutritional advice is tangibly inspiring because he thoroughly lives what he teaches. You can feel it.”*

Michael Saiber, President, Vision/E3 Live



At 79, Dr Fred Bisci is living proof of the benefits of ‘real’ fresh foods.

**SEE NEXT PAGE FOR DETAILS OF DR BISCI’S AUSTRALIAN TOUR**

## SEMINAR ONE

### What It Takes To Be Healthy

The areas covered include: Just how healthy are we? Could the experts be wrong? Why science has failed? Is the truth too simple for some scientist to accept? Is change really possible? What to eat and what to stop eating? Re-kindly the body's ability to heal.

## SEMINAR TWO

### Taking Your Health To Another Level

The areas covered include: Why lifestyle and dietary changes seem so difficult. Why dieting doesn't work. How much protein we really need and from what source. Carbohydrates, do they really make us fat? What happens when you eat real food and omit processed food.

## SEMINAR THREE

### A Lifetime Of Regeneration & Wellness -Pt 1

The areas covered include: Extending our lifespan. Why some people do everything wrong and seem to get away with it. Genetic dispositions. Are they really so? The social ramifications of lifestyle change. Stress and social pressures, the destructive force on our bodies and minds. The difference between vitamins, supplements and minerals. The anti-oxidant theory, how valid is it? Why our schools do not teach this. Other factors to the healthy lifestyle.

## SEMINAR FOUR

### A Lifetime Of Regeneration & Wellness Pt 2

The areas covered include: Health, are we coming from the wrong understanding? The right information: claims people make. Are we designed to eat a specific diet? Can lifestyle change really work, and is radical lifestyle change safe? Lifestyle and environment, are they responsible for the majority of our diseases? Eliminating disease by lifestyle changes. Real fresh foods: emotional, psychological and spiritual effects.

# AUSTRALIAN TOUR DATES AND TIMES

## Perth

Thursday May 7th 7pm – 9pm (Seminar One)  
Friday May 8th 7pm – 9pm (Seminar Two)  
Saturday May 9th 9am – 5pm (Seminar Three)  
Sunday May 10th 9am – 5pm (Seminar Four)

## Sydney

Thursday May 14th 7pm – 9pm (Seminar One)  
Friday May 15th 7pm – 9pm (Seminar Two)  
Saturday May 16th 9am – 5pm (Seminar Three)  
Sunday May 17th 9am – 5pm (Seminar Four)

## Gold Coast

Thursday May 21st 7pm – 9pm (Seminar One)  
Friday May 22nd 7pm – 9pm (Seminar Two)  
Saturday May 23rd 9am – 5pm (Seminar Three)  
Sunday May 24th 9am – 5pm (Seminar Four)

## Melbourne

Thursday May 28th 7pm – 9pm (Seminar One)  
Friday May 29th 7pm – 9pm (Seminar Two)  
Saturday May 30th 9am – 5pm (Seminar Three)  
Sunday May 31st 9am – 5pm (Seminar Four)

## Costs

Two hour seminars \$30 (per person)  
Day seminars \$130 (per person)

## Discounts if you attend:

- All Four events: \$260
- Both 1 Day events: \$240
- Both evening events and 1 Day events \$160
- One Evening event and One Day Event \$140

## LIMITLESS HEALTH BENEFITS. LIMITED TICKETS.

To reserve your seats for Dr Bisci's inaugural Australian Tour, please refer to the seminars, locations and times above. For bookings contact John Wood on 089 252 0426, or email [johnawood@iinet.net.au](mailto:johnawood@iinet.net.au)

