

# Feel Amazing!

BY NATURAL HEALING EXPERT,  
LEAH E. MCCULLOUGH, AUTHOR OF  
*FREEDOM FROM FIBROMYALGIA: 7 STEPS TO COMPLETE  
RECOVERY*



Photo By Mack McCullough

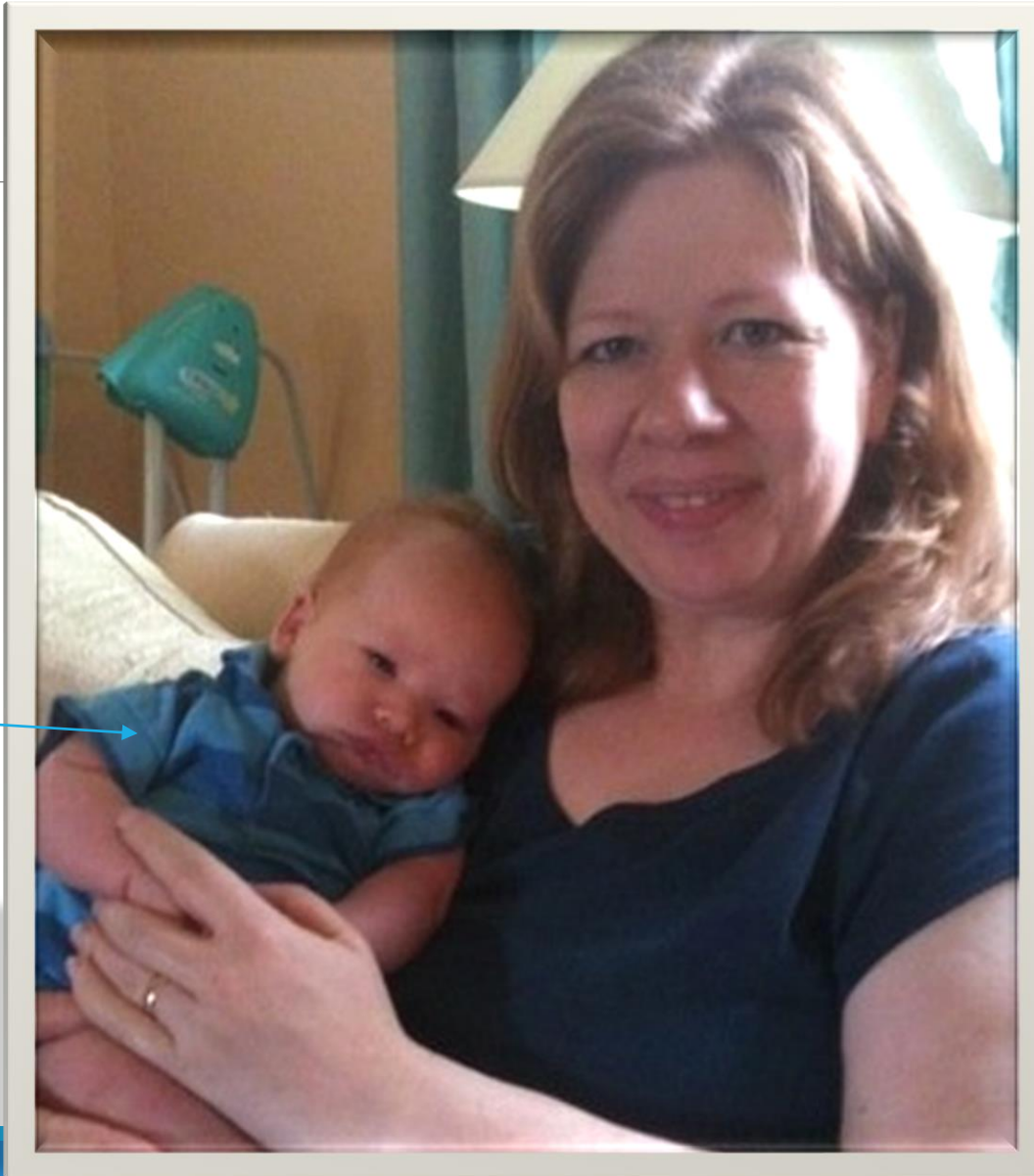
2007

**I “Shouldn’t” Be Here**



2009

Miracle  
Baby!



# What You'll Learn

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**5 Pillars of Feeling Amazing**

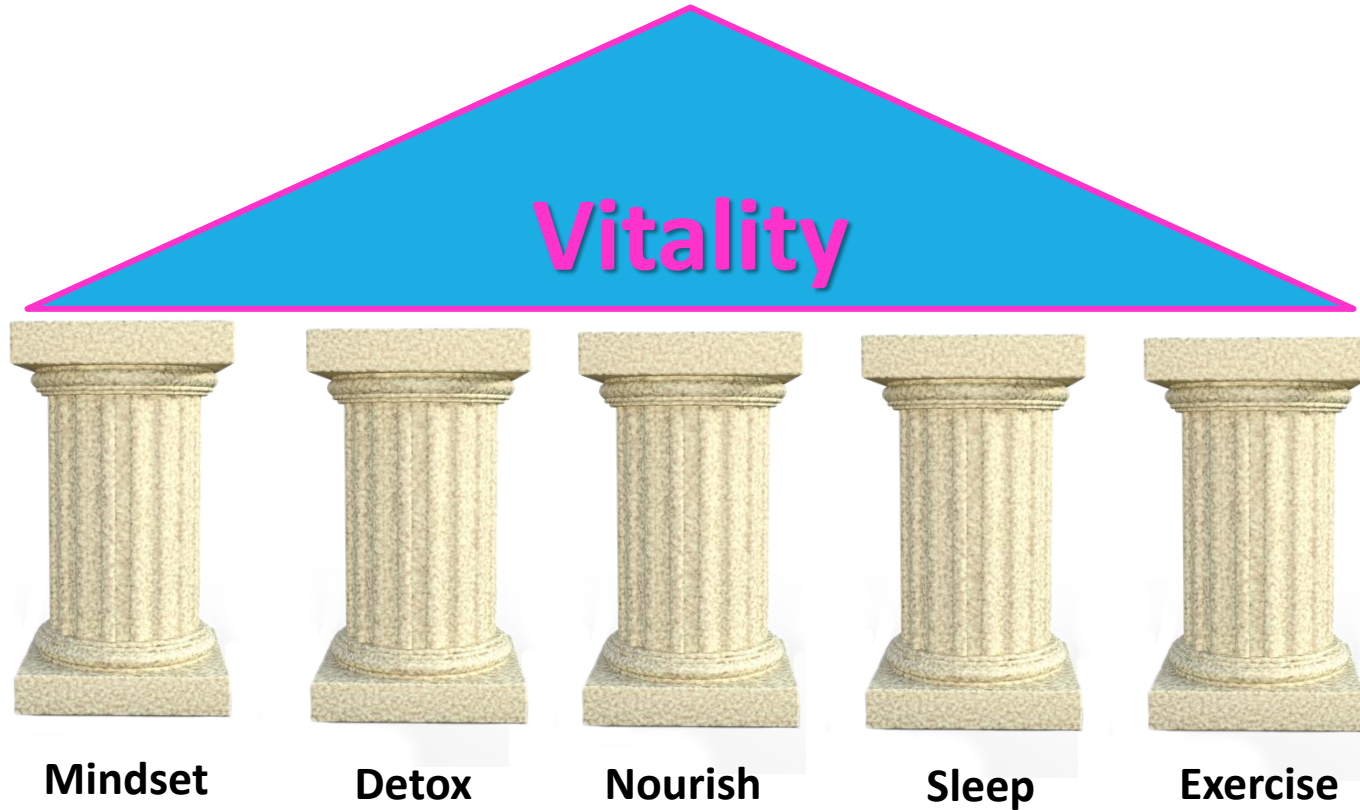
**What *Really* Makes You Tired**

**Protect Yourself from The Yuck**

**Where To Get More Information**

# Feel Amazing = Vitality and Energy

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# 5 Pillars for Incredible Energy

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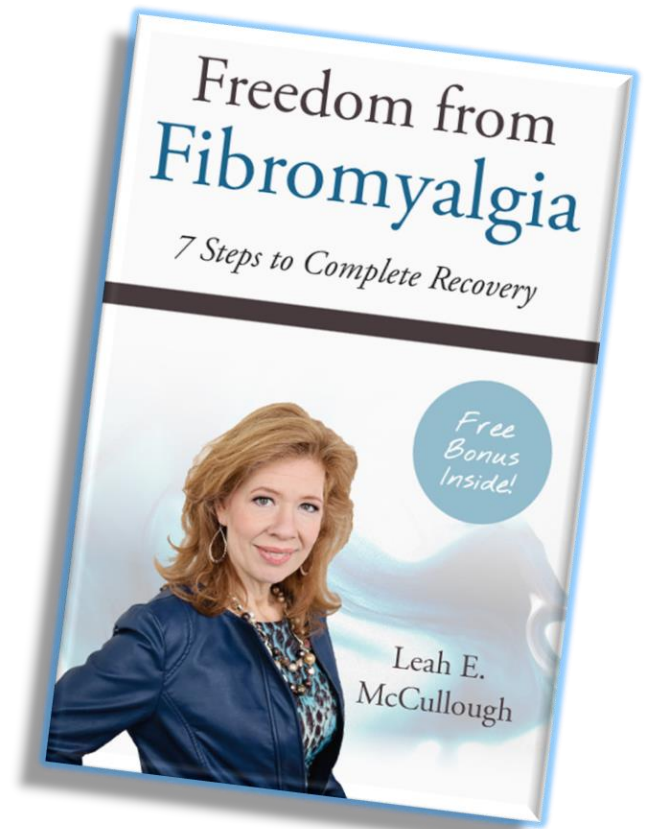
Mindset Matters

Get the Lead Out and More (Detox)

Nourish Deeply

Restorative Sleep

Exercise Smart



# The Goal

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The goal of this program is for you to have enough energy to move easily through your day with clarity, vivaciousness, and positivity. To go all day being able to get what you need and want accomplished, such as work, home duties, exercise. When it's bedtime to feel satisfied and able to easily get to sleep. Sleep well. Wake up feeling refreshed.

**With a song in your heart and a pep in your step.**

# What *Really* Makes You Tired - Energy Zappers

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1. Stress, negative attitude
2. Exposure to toxins
3. Processed/dead food that depletes the nutrition from your body
4. Lack of Restorative Sleep
5. Lack of or too much exercise

***Sleep is only part of the equation.***



# Mindset - Your Thoughts Matter

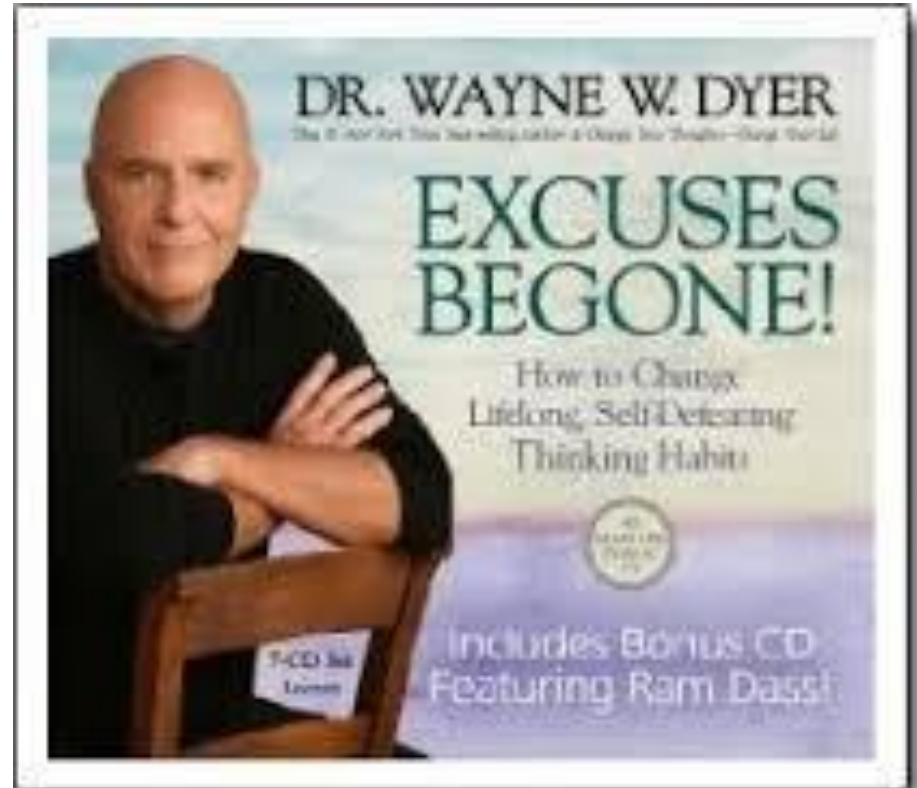
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**The Thoughts and Feelings You Have Today Determine Your Experiences In the Future**



# “I’m Tired” Is a Mind Virus

“Be encouraged by the unquestionable ability you have to elevate your life by a conscious endeavor.”



# Visualization

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Focus on the positive feelings

Visualize yourself achieving your goal

- Different perspectives
- Moving through different environments

Train your subconscious mind

# Faith of a Mustard Seed

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# DREAMS COME TRUE!

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6 years of stagnation

30 days of visualizing ~ Dreams

90 days met a practitioner

7 months recovered

Less than a year

Recovered for over 10 years!

# Restorative Sleep

Tweak your sleep meds/supplements

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Prematurely waking - a protein snack

Saturated fat

Meditation such as Restorative Sleep

# Free Resource

Lose Up To 15 Pounds  
In 30 Days  
Without Exercising,  
Starving Or  
*Stressing*



Leah E. McCullough

Go to [www.TheFibroLady.com](http://www.TheFibroLady.com)

for the free eBook

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**IF YOU ARE WHAT YOU EAT**



**IS HANNIBAL LECTER MORE  
HUMAN THAN THE REST OF US?**

quickmeme.com



# Low-Level Fatigue

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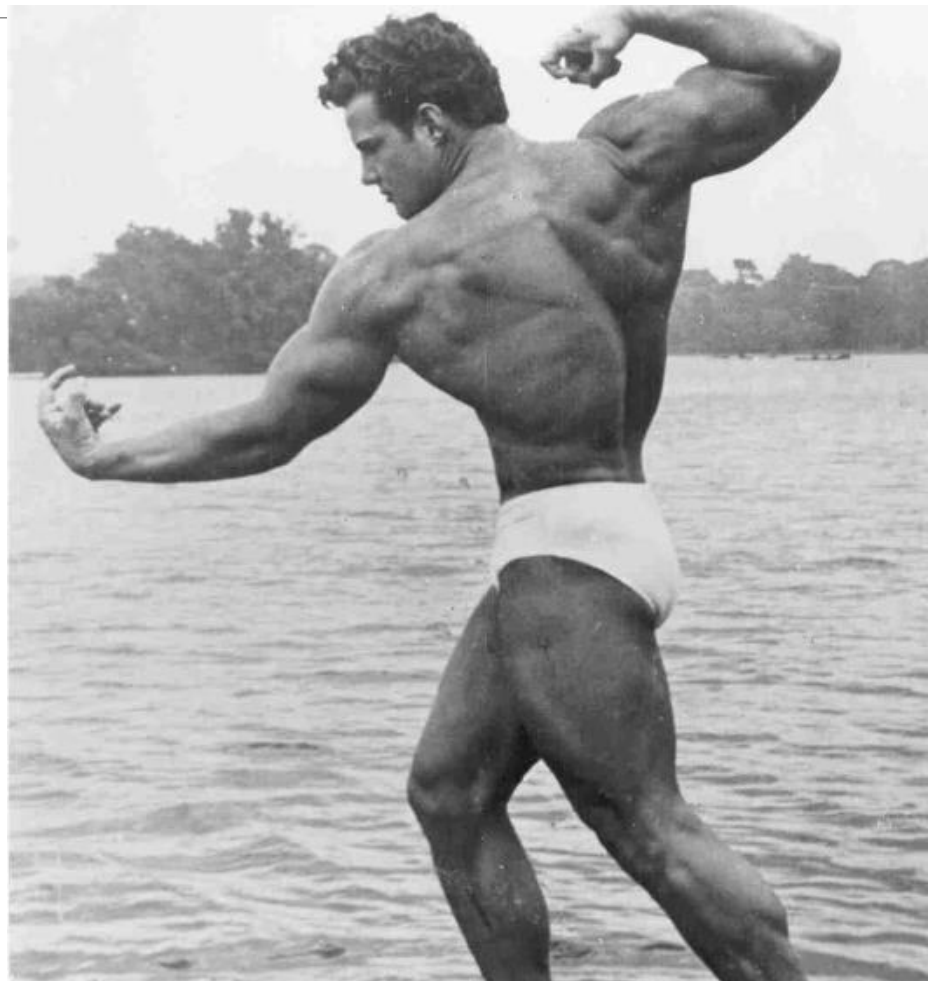
- Crushing fatigue lifted from the Quantum Leap
- Still had to take rest breaks

# The #1 Food For Energy

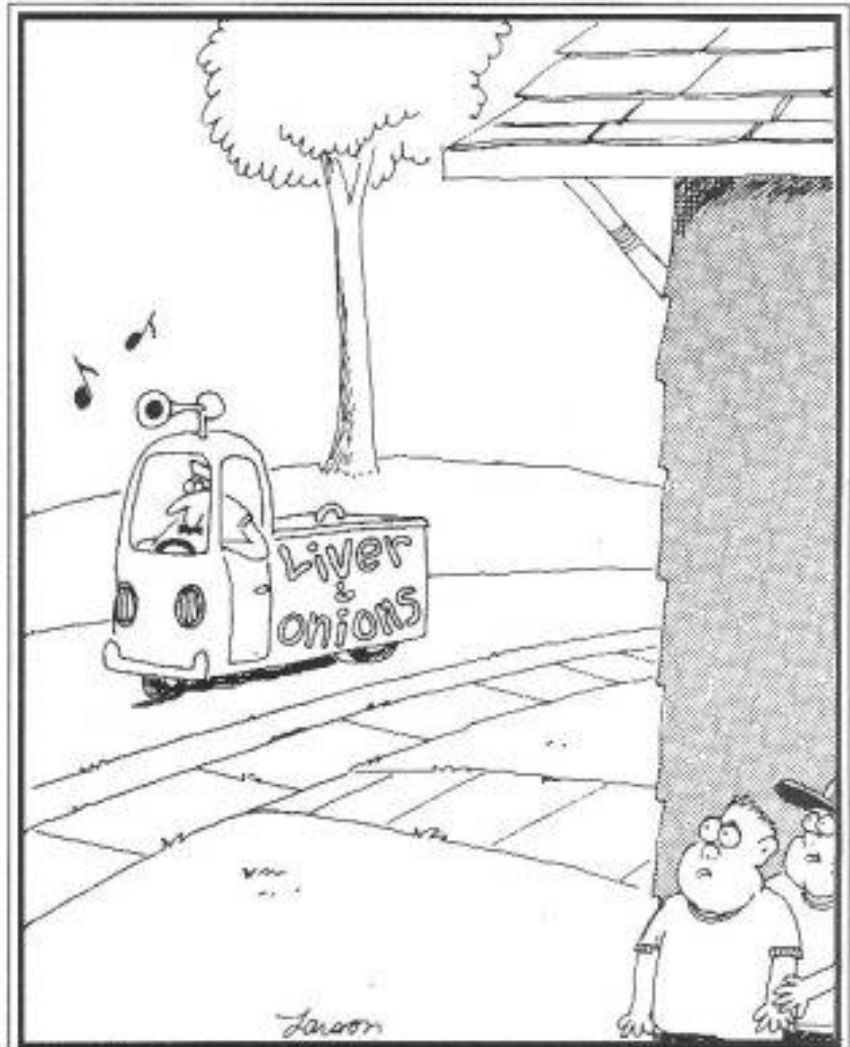
Your great-grandmother  
ate it once a week

It was a 1950s era body  
builder supplement

Naturally high in  
detoxifying Vitamin A,  
when raw also high in  
Vitamin C



# Fast – Simple – Easy - Predictable



## Liver

Nutrient-dense

Sacred Food

Important source of Vit. A,  
D, K<sub>2</sub> and Iron

When raw, a source of Vit. C

# Rats Study

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# 3 Easy Ways: From the Hardest to the Easiest

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1. Ground Meat Recipe 2:1
2. Frozen Liver “Pills”
3. Desiccated Liver Pills

Not Liver and Onions or Paté

# What Would You Do With More Energy?

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- Within a 3 days a noticeable difference
- Able to start work on my book
- Training for the Air Force Half-Marathon



# Randi Gets to See The Pope!

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A blue spiral-bound notebook is shown at an angle. The cover features four white starburst patterns. The title 'Eat to Energize' is written in a large, light blue, cursive font. Below the title, the subtitle 'Strategies and Recipes for Using The #1 Super Food for Energy' is written in a smaller, white, sans-serif font. At the bottom, the author's name 'Leah E. McCullough' is written in a light blue, sans-serif font. The notebook is set against a white background with a thin horizontal line.

# *Eat to Energize*

Strategies and Recipes for Using  
The #1 Super Food for Energy

Leah E. McCullough



## ***“...recovery is possible.”***



*“In her book Leah shares a wonderful account of how her life transformed from pain and suffering with fibromyalgia to recovery and ability to resume activities. Her path demonstrates that fibromyalgia is a disabling medical condition, and that recovery is possible.”*

**Hal Blatman, MD, DAAPM, ABIHM**

Medical Director of *Blatman Health and Wellness Center*, Past President of the American Holistic Medical Association

*With Leah’s unique healing processes and remarkable energy-related techniques, I was able to release fibromyalgia pain from my body and it has not reoccurred. I don’t know how she did it, but it works! If you are suffering from chronic pain, you too can be helped through Leah’s guidance and expertise.*

***Chelsea Hanson, a happy client***



# Let's Stay Connected!

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The Unconventional Traditional Newsletter

Contact me regarding scheduling a possible keynote, workshop or training

Comments on improvement (please be gentle 😊)

# Eastway

## The 3D Healing Complete Recovery System

- Freedom from Fibromyalgia: 7 Steps to Complete Recovery Paperback (29.95) and Ebook (19.95)
- Optimal Health Guided Meditation CD (24.95), MP3 (19.95) and transcript (9.95)
- Restorative Sleep Guided Meditation CD (24.95), MP3 (19.95) and transcript (9.95)
- Learn to Test Any Supplement or Food to See If Its Right for You (9.97) Link to Video
- Eat to Energize: Strategies and Recipes for Using the #1 Superfood paperback (19.95)
- Unlimited Email Coaching (1100)

**Total Package Value of Over \$1300!**

**Show Price of Only \$97**

**Save Over \$1200!**

# Look What All That Healing Made!

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