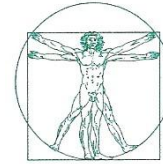


*Your key to*

***Extreme  
Athletic  
Enhancement***



*Dimensions of health...*

*Greater vitality...*

*Functional anti-aging...*



***Exceed Your Known Potential!***

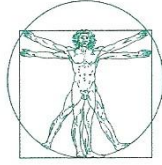
**Vibrant Health Institute**

Near Sunrise and Swan, Tucson AZ 85718

**520.615.1336**

**Mobile Service By Special Arrangement**

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## Go Beyond Team Nutrition Protocol

We are proud to tell you that none of our testosterone and hormonal elevating therapies red-flag as steroidal, artificial or illegal.



Vibrant Health Institute specializes in helping people achieve and maintain optimum vitality. Modern science is opening new possibilities.

Utilizing advanced scientific knowledge, along with natural and nutraceutical modalities, we tailor your individual program to bring all elements of your physical being into a new level of harmony and efficiency on the cellular level. Improvements in energy, strength, patterns, and digestion are discernible within weeks and continue to build.

All beginning programs are six months in duration.

*We will gladly furnish testimonials at your request.*



## Take Your Athletic Career To A Brand New Height With:

- Clinical strength cellular-nutrition
- Increased mental sharpness
- Bio-identical hormone lifters
- Dynamic sexual performance
- Clinical grade neurological support
- Bolstering of REM state sleep cycles
- Whole body vitality
- Revved-up metabolism



- Rapid injury regeneration
- Reduced down time
- Mega-boosted immune defense
- Cutting-edge super-tech cellular delivery
- Enhanced circulation
- Mega-elevated testosterone and DHEA levels
- Stoked Hormone "O" potential



**W**e begin with your comprehensive interview that gives you an opportunity to establish your personal goals for a fulfilling, energetic lifestyle. Everything you tell us about yourself, your current physical problems, and your previous experience with medical services is meaningful to the Vibrant Health Institute professionals. We listen carefully, and ask diagnostic questions about your daily schedule, diet, exercise, sleep, food cravings, pharmaceutical medications, mood cycles, consumption of alcohol and drugs, allergies, respiratory difficulties, and digestive processes.



Your individual program for extreme athletic enhancement includes a number of proven, effective modalities:

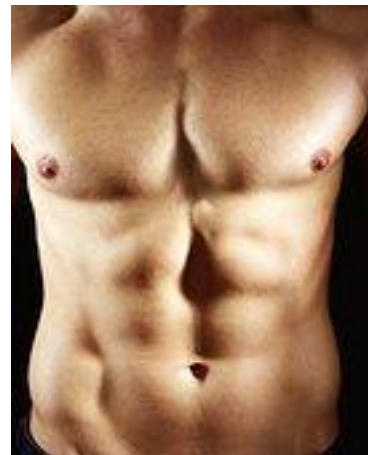
- + Rare Advanced European Nutraceuticals
- + Vibrant Health Institute Engineered Bio-Formulations
- + Psychoneural therapy (brain wave balancing) – Hormonal Boosting
- + Homeopathy
- + Isopathy
- + Personal diet plan treating food as medicine
- + Acid-alkaline balancing
- + Detoxification of heavy metals and drugs of all kinds
- + Colon hydrotherapy
- + Oxygenating and ozone therapies
- + Practitioner grade vitamins, minerals, and probiotics
- + Targeted metabolism / digestive aids
- + Overcoming emotional, mental, and spiritual blocks to healing
- + Electromagnetic and light therapies
- + Laser therapy detoxification
- + Cosmeceuticals
- + Required weekly check-ins

Vibrant Health Institute programs have brought lasting relief from conditions that did not respond to other medical treatments, such as:

Asthma / respiratory blockage  
Chronic bronchitis  
Adult onset diabetes / hypoglycemia  
Arthrosclerosis / poor circulation  
Allergies / food intolerances  
Hypertension / high blood pressure  
Eczema / psoriasis / rashes  
Fibromyalgia / chronic fatigue syndrome  
IBS/ abdominal bloating / diarrhea  
Colitis / Crohn's disease / diverticulitis  
Hormonal imbalance / thyroid

Mood swings / depression / anxiety  
Mental confusion / memory loss  
Poor sleep patterns / excessive sleep  
Indigestion / acid reflux disease  
Candida / intestinal parasites / fungus  
Liver malfunction / gall bladder  
Neuralgia / neuropathy / ALS

Diminished mobility / loss of flexibility  
Weakness / faintness / dizziness  
Cancer / tumors / prostate disorders  
Bladder infections / incontinence  
Migraine headaches



## Vibrant Health Institute staff

### Audrey Langdon

draws on decades of wisdom to heal the negative attitudes, thought patterns, and emotions that drain physical health and energy. An authority on the meaning of dreams and spiritual experiences, she is a certified psychotherapy counselor. She has worked with leaders in communications, the arts, and industry.

### Jimmy Volpe, NA, NT

### Rena Goichberg, OHT

### Mary Wettstein, OHT



### Karl VanArsdale, NC, OHT, NAS, DN-APP

is the founder and CEO of Vibrant Health Institute. A nutritionist and specialist in colon and oxygen therapy, Karl has extensive training in other natural modalities. His knowledge of scientific advances and his insights into each client's needs are unique.

Celebrities across the United States and dignitaries from other countries have sought Karl's services. He has traveled to people's homes to administer extended treatments. His individualized programs have changed many lives – the elderly on the brink of death, exhausted business executives, athletes striving to compete, mature men and women wanting to stay at their best.

As a wounded healer who has triumphed over life-threatening illness, Karl knows the value of perseverance and hope. His compassion encourages and inspires clients to reach their personal goals.

Karl VanArsdale and his associates are ready to help you achieve optimum health. We know that our programs bring visible results. Our modalities help men and women feel better, look younger, and enjoy life more fully. Start your personal program today – call now for your initial appointment:

**520.615.1336**