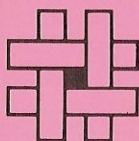


STAY
YOUNG
THE
B.E.S.T.
WAY



The best way to stay young is simply to avoid getting old. While this may sound like double-talk, the thought is perfectly reasonable. We are going to look at this whole picture from the positive side. That is, staying young, not simply avoiding old age.

WHAT IS AGING?

Despite all the research that has been done on aging, no one has really found anything significant as to just why we do get old. With an increasing number of people in the retirement age, this problem of aging has become a serious concern to our society.

HOW OLD IS OLD?

We have all known people in the 40's and 50's who look, and act, and really feel old. Conversely, we have seen men and women in their 80's and 90's who are active, vital, interested, and who are, in every way, alive and youthful. Chronological age probably should be an accurate yardstick but the stresses of our society render this measurement unreliable. A great many additional factors must be considered.

Someone was quoted as saying that old age is not so bad when you consider the alternative. While we cannot entirely agree with this, old age should not be anticipated with dread. Advanced years should definitely not be thought of as inevitable — bringing senility, feebleness, and illness. We believe that a person has the right to feel good as long as he lives. Regardless of how long you live, you should feel your best and you can feel your best with B.E.S.T. Bio Energetic Synchronization Technique (B.E.S.T.) is a remarkable new advancement in the field of Chiropractic which can help you to stay young.

Those people who have received regular chiropractic care have always been able to maintain a more youthful and vigorous life. This is, of course, due to the fact that these chiropractic adjustments have kept their nervous systems in top condition. So while chiropractic has always been a great boost

in maintaining youth and health, B.E.S.T. provides exciting new possibilities in getting you healthy and keeping you healthy.

All of mankind's efforts over the centuries to locate that elusive fountain of youth have failed. They have failed because the secret of youth is already within your body. Everything that you need to keep healthy is already inside your body.

The intelligence capable of building a heart, for example, is certainly capable of repairing it. In fact, the heart, like every other organ, is constantly being rebuilt and repaired. If this repair is not total, the energy needed to do the job is not adequate....or excessive....out of balance in some way.

B.E.S.T. (Bio Energetic Synchronization Technique) is a gentle, relaxing adjustment of your entire body....not just of a part of your body. For years chiropractors have been concerned with adjustments of the spine to relieve nerve interference. With the introduction of B.E.S.T., we now realize that when the proper spinal adjustment was made, not only was the nerve interference relieved, but something of greater significance occurred. A change had been made in the balance of body energy.

The concept of energy balance and energy transfer within the body is a relatively new concept to patients and, in fact, to most doctors. Science has known for some time of the existence of energy fields in the body, but until the discovery and development of B.E.S.T., no practical method of transferring and balancing this energy had been available.

When we speak of body energy, we are referring to that force that operates all the functions of your body. Not only all of the physical body, but all of your mental processes as well. We know that this life force is under the control of the intelligence within your body.

However, in illness and disease, this delicate, intricate energy balance becomes somehow disrupted. In fact, it actually gets out of balance.

Remember, there is just so much energy to go around. There is never an excess nor a deficiency of energy in the *whole* body. There can be an excess or a deficiency in a *part* of the body because of an energy imbalance.

Let's consider this idea in relation to staying young. If your heart, for example, becomes deficient in energy because of an imbalance, then the heart is not going to work quite as well as it should, nor is it going to work quite as long. Your electric washer is designed to operate on 110 volts. If, for some reason, it receives only 100 volts, it will continue to operate, but not as well and not for as long as it was designed to. It will wear out quicker....in effect it will *age* sooner than it is supposed to.

Despite the tremendous amount of research done on the subject, scientists still cannot agree on just what a human life span should be. Researchers do agree, however, that the bones in the human skeleton are designed to last at least 120 years. It is reasonable to assume that all parts of the body were designed to last approximately the same length of time. If the bones last 120 years, it just isn't logical that a gall bladder will 'wear out' in 36 years, or that an appendix should quit in 18 years, or that a uterus should go bad in 42 years.

Nothing in the Universe is done in a haphazard fashion. All things appear to be under some kind of control. The planets move in their prescribed orbits, the seasons follow one another, and every facet....every function of the human body bespeaks an intelligence that is not only marvelous in its works, but is also logical, reasonable, sensible. We simply cannot apply the idea of 'planned obsolescence' to any part of the human body. As chiropractors, we have a profound respect for this intelligence that runs the human body. We do not feel that we have any right to 'second-guess' it. Our years of experience have clearly demonstrated that the more closely we can work with this intelligence, the greater degree of health the patient attains. The record of

medicine provides ample proof that 'tampering' with this intelligence can only result in more disease and discomfort.

So staying young is really that simple.... stay healthy. To stay healthy, two things are necessary:

1. The nutritional intake must be correct.
2. All parts of your body must receive the correct amount of energy.

When all parts of your body receive the correct energy at the right time, the premature aging of parts of your body will be prevented. Staying young is really that simple....staying healthy.

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