



**Your Full Spectrum of Life**

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[www.enjoyvity.com](http://www.enjoyvity.com)

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## Preface

Everyone is born a genius, but the process of living de-geniuses them. ~ R. Buckminster Fuller

# My “**EnjoyVity**®” Guidebook Guarantees to Improve Your unique life Discover how **YOU** can...

- *Learn how to easily and healthy live extra years*
- *Find the missing link in your healthy life puzzle*
- *Understand how to live your dreams not those of others*
- *Think and act towards your life enhancement*
- *Successfully change with ‘the 7 basic life rules’*
- *Get a unlimited list of genuine top suggestions*
- *Find your way out the health rimbou*
- *Become a true “**EnjoyVitalic**” for the rest of your life*
- *Stay forever balanced and young*

Order Now and Increase Your ways to

Get **Your Full Spectrum of Life**

**Get 25% OFF  
Your Order Today**

~~List Price \$44 or €35~~

*Off 25% \$11 or €9*

**Your Price Today only, \$33 or €26**

## You will...

- Learn about vitality and true healthy aging
- Learn what will make you succeed to get fit, live healthier and to lose weight
  - Learn how to get focused again if you get off track
  - Take action on your personal guidelines for change in your life
- Learn about never thought about things that influence your health and emotions
  - Understand the why of your being around here and now
  - Learn over 20 ways to Detox and know to 'COKE'
  - Get a enlightened vade-mecum & guidebook to your unique life
    - Get your motivational quest for life's answers
  - Get a list of genuine top practical and doable suggestions.
- start your lifelong education with powerful secrets revealed here for you

All this in a vivid presentation, understandable for any layperson, with over 140 color plates, many tables, maps to enliven the text, dynamic video presentations and 100-dreds of all needed links also two related free eBooks.

P.S. Order now because I'm not sure how long I will continue to offer **25% off** my regular price of **\$43.99** or **€35**.

Available for immediate exploitation [here](#).



**Intended for you** who wants to enhance your life and that of your beloved ones.

*So whatever age you are at now you can seriously benefit from the many subjects laid out in this book. For sure you will benefit much more the younger you are, but only when implementing some or the mayor part of the given knowledge.*

*Also for those +1000 million and ever growing number of men and women, wherever they may live, who adapted the modern western way of living and eating and will be or are interested to be over 85 and healthy in just some decades from now.*

*For the over 220 million Baby Boomers (1945-1960) in the United States, Canada, Europe, Australia and New Zealand (of which 78 million\* in US alone), the 46million (US alone) Generation-X (1965-1980) and the 70 million (US alone) Generation-Y or Millennials (1981-1990).*

*For the 400 million and increasing obese people around the world (WHO figure).*

*For all those Russian's from whom, as according to a public opinion poll conducted in 2008, 78% do not ever want to age. Are you that different?*

\* The Alzheimer's Association® estimates that 10 million Baby Boomers will develop Alzheimer's disease in the United States ~05-2008. We should do our utmost to not make it happen to them or you.

*We are not talking about cheap 3' solutions, but if you INVEST now 5' of your precious time we show you for starters **for free** how to gain step by step many 1000' and many more \$ (\*).*

(\*Expenditures in the United States on health care surpassed \$2 trillion in 2006, over eight times the \$253 billion spent in 1980. **WHY!** In 2006, U.S. health care spending was about \$7,026 per resident and accounted for 16% of the nation's Gross Domestic Product (GDP). **THE BENEFITS OF LONGEVITY** : converted into a yearly valuation, the Murphy and Topel (Chicago Business school)-study assigns a \$2.4 trillion a year value on longevity for the U.S. alone. We could not only help the State (which is also partly you) to save greatly on this exploding budget, but more important show you how to avoid personally the health care services and its growing costs to you.

**What a Value...**

Where else can you invest **only \$33** or **€26** and be guaranteed to receive the knowledge to live longer and find your happiness. Why wait?

**Get 25% OFF  
Your Order Today**

Order **“EnjoyVity®”** book  
Available for immediate exploitation here.



How much do you spend on food, drinks, your look, your health, commuting,... - not to mention the countless hours you spend in front of TV or in your bed? Doesn't it make sense to invest a mere \$33 to improve your mental and physical health and to shape your healthy future?

You have no clue about your puzzle of life yet? Let us hand you some pieces then. You will need them better sooner than later.

**I don't have **time** for this!**

**This is exactly what it is all about at “EnjoyVity®” . As we will show you how from day one to earn, gain and find minutes and hours and months even years if you read till the end and are willing to join the positive path shown.**

**Has this value to you?**

**Yes, then order here: [www.enjoyvity.com](http://www.enjoyvity.com) click!**

**You made the right decision.**

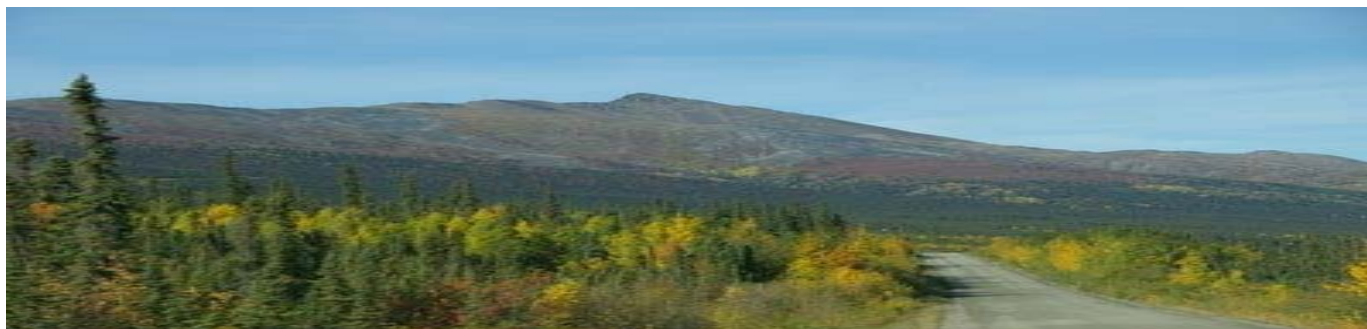
**No, then just give your friend(s) a chance to evaluate send them the FREE introduction: [www.enjoyvity.com/buzz.pdf](http://www.enjoyvity.com/buzz.pdf)...Click!**

**They will thank you for it.**

I don't **belief**, I am **tired**, I **tried** everything!

Understand you well, try to finish the **FREE** first chapter here attached. Then get your own "EnjoyVity®" copy and start reading, re-reading the chapters which interest and concern you most. Do this the first month after which you start to implement the, for you most obvious, advices (choose 2, 3 out of the +100 and go step by step) the next 30 days. If after those 60 days you find that the book did not bring you some pieces to your puzzle, report to us and we will refund without further questions. Deal?

Yes, then order here: [www.enjoyvity.com](http://www.enjoyvity.com) click!



Why **ME**, why not government, why **NOW**? The huge efforts of life science researchers are largely uncoordinated, science and society do not have a clear overarching goal – to defeat aging. Do you have time to wait for the State to act? Maybe you owe it to your ancestors to show your children the 'right' path. Get a fresh perspective on your world, your environment and especially yourself. Find your intuition, the missing piece of your puzzle of life.

Get **25% OFF**  
**Your Order Today**

[Click Here To Order](#) "**EnjoyVity®**" book:



Don't think twice about buying this unique eBook for only \$33 or €26 as it will increase your personal productivity, wellbeing, ... and even your income potential by at least a tenfold and as you know there is no similar uplifting book on the world market today.

Imagine and evaluate: ask yourself, how much time this book will save you! What is your great advantage of having all this inspiring information right now!

This book will retain its value and motivational spirit for you the rest of your

**long life! You Can't find this same information elsewhere!  
Visualize how much enjoyment this dynamic "EnjoyVity®" book will bring you  
and not only in terms of health, time, degrees of pleasure, social advancement  
or enlightenment.**

*We invite you to the first chapter.*

## 1. Introduction

Its all about remembering  
Where did you come from  
You were, are and will be spirit  
You are never alone ~unknown

Congratulations, since you took the time to request information about 'EnjoyVity'. You are searching for happiness and are right to ask us to do our utmost in showing you a clear way out.

*MAY THIS BOOK BRING YOU SOME IMPORTANT MISSING PIECES ON THE PUZZLE OF YOUR LIFE!*

Of course it has all been thought off, said, invented, written and also forgotten, probably even more than once, before. Collective memory loss or amnesia is of all times.

Let us remember!

It is also partly about de-fragmentation of existing but scattered information and knowledge, about re-building and re-formatting the puzzle of life.

It is about invisible trees in the forest. Meaning too many research studies, figures lead to different conclusions leading to confusion, an insolvable puzzle and even immobilization.

In case you knew already and agree upon, which is not our first goal, all that we serve you within this work, you will still enjoy the ride as it will refresh your mind, keep you focused and make you part of a team which is enjoying all challenges of life. Research has proven that having a strong network of friends, family and community is key to longevity. If certain advices seem too obvious then still question yourself if you already integrated them in your life.

Even in case you tried it all before and became desperate and suspicious the reading will comfort you and get you in a fresh state of mind and will build your self-confidence, knowing that there is always a way out.

So grab this dynamic cocktail for your life's enhancement as a summary 'again'. Read it at your wish chapter by chapter or in random order, after all it is your decision, your book and more important your unique life.

Within "**EnjoyVity**<sup>®</sup>" you will find the **7 steps** which will guide you towards a healthy and successful long life. At the end of each chapter you will find a 'remember' quote and a summarized advice on possible added life-years.

### **First de-stress and get prepared for better reading and remembering:**

find a quiet moment and place, close your eyes, focus on your belly breathing, relax your lower jaw, touch with the tongue point the upper palate behind the front teeth, breath slowly in through your nose towards your stomach (diaphragm), keep your breath half that time while (firmly) pressing your tongue now at the indicated spot on your upper palate and exhale slowly through your mouth. Yawning allowed and if exercise is done correctly it will definitely be part of it. Repeat 6 to 8 times. *More on the subject under chapter 12.*

Now! I want you to start from the back.

Read first the back-flap and then the content summary of this book. Only then decide which chapter inspires you most and start there.

At the start of your day, drive, lesson, ... and also at the start of your reading spend a few minutes on the special 'zero-neck-roll' movements as described in chapter 4 to improve your vision and awareness.

We suggest you read a chapter a day and finish the book within 20 to 30 days, then practice whatever you found of interest in it for another 30 days and then preferably report/comment/testify on our website [www.enjoyvity.com](http://www.enjoyvity.com)

**This scenario of 'de-stress/back-flap/content' ('DBC') will work best for any reading or other learning process. You will gain great time and probably also money as you will increase conscious, understand and assimilate faster and remember the information much longer.**

Discover the missing piece in your puzzle...

Get to it with Mark Twain:

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. **Explore. Dream. Discover.**"

Let's only add: **Enjoy!!**

Indeed stand, sit or lie back and enjoy your reading, your journey.

This not about a diet, it is not a novel or science fiction.

You can even read this as a fairy tale. Go back to your ancestor roots, find your base.

What did I come to do here? What is my task? My motto? What is there prepared for me?

Start dreaming ...positive change is coming.

**It is faith and destiny which brought you here, follow your intuition.**

order here: [www.enjoyvity.com](http://www.enjoyvity.com) click!

**You made the right decision.**



## 2. About the author



### **Me and my Partner +100 years young?**

Yes, you are reading and seeing it correctly! These are the years we have together so far!

I am an international business-consultant and at the same time the author of 'Healing water', a book that teaches all about 'healthy and pure drinking-water', and the great value for everyone's body and skin.

We have been drinking, eating, thinking and living health consciously since decades.

We will continue our path the **“EnjoyVity®”** way as we want to add another healthy +100!

J.Yves Verheyen, Belgium 1949

45 years of questioning on life, health, personal well-being, science, eternity, the universe

Tropical agriculture engineer, water quality specialist, speaker and international technology consultant.

Yes I have a meaningful contribution to make. Show there is hope for the generations to come.

That we can team up for a better world, a better me and a better you.

I want you to stay or re-become optimistic.

“We are part of a positive minded team

We question ourselves since decennia, centuries, millennia, not since yesterday

We search for the truth

Whatever deep water we get in

We will stay cool and understand we need to help others

Changes are of all times

There is no way back

We don't look for an escape as we are 'the bridge'

To a new era

We owe this to mankind

To ourselves

That is why we are around"

~ undersigned

**Yves & Natalie Verheyen**

*Domaine Esperanza*

6900 Belgium

What people are saying about "EnjoyVity-Your Full Spectrum of Life":

"I would definitely recommend it."

*This is a lucid and well researched book. Given that all readers are concerned about their health and their aging, each of you will gain insight into his or hers own health, and learn about sound balanced solutions. ~ Yves Gillard M.D.*

"It really contains so much useful information."

*"I found the sections on detox-cleaning, aging and healthy drinking **especially helpful**. I really found the tips and suggestions **very inspiring, positive, and motivating**. Yes, it really contains so much useful information." ~David Spears, Washington.*

"A blue print of anti-aging."

*In his book, the author draws upon a number of key issues that play a role in both getting and staying healthy. His is an easy to read discourse on healthy living with useful tips along the way. The take home message is that healthy living doesn't have to be difficult. Much of the advice presented is the blue print of anti-ageing and naturopathic clinics, including mine. Han van de Braak BSc LicAc MCSP MBACc, Chartered Physiotherapist, Registered Acupuncturist, Naturopath.*

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**“EnjoyVity®”** = enjoy a long life  
= live in happiness  
= have a good time in life

**Join our team!**

Become also **“EnjoyVitalic”** till +100

[Click Here To Order “EnjoyVity®” book:](#)



**You made the right decision.**



The eBook comes as a PDF file that can be read by the Acrobat Reader software that is already installed on almost every home computer.

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