

## MEDICAL DISCLAIMER

The information contained in this book is not intended to be medical advice and is not a substitute for medical attention. It is presented here for information and educational purposes only. Please consult your primary care physician if you have an immediate medical or other healthcare-related concern. And regarding exercise and sports, please seek the advice of your physician before starting any exercise program.

Your future health and wellness and your ability to have optimal performance will NOT be determined by our healthcare system, the government, or your doctors, but rather by your philosophy towards your health. People make errors in judgment regarding their health, and many blame our broken healthcare system. But ultimately, it comes down to your philosophy. But taking ownership of your health as your advocate, with the right philosophy and a team of doctors and advisors aligned with that philosophy, will ultimately determine your future health status.