

THE 3 THINGS



The World Health Organization

reports that at least

**80% of Premature Heart Disease
(#1 Cause of Death)**

80% of Stroke (#3 Cause of Death)

80% of Diabetes (#6 Cause of Death)

40% of Cancer (#2 Cause of Death)

and NUMEROUS other conditions

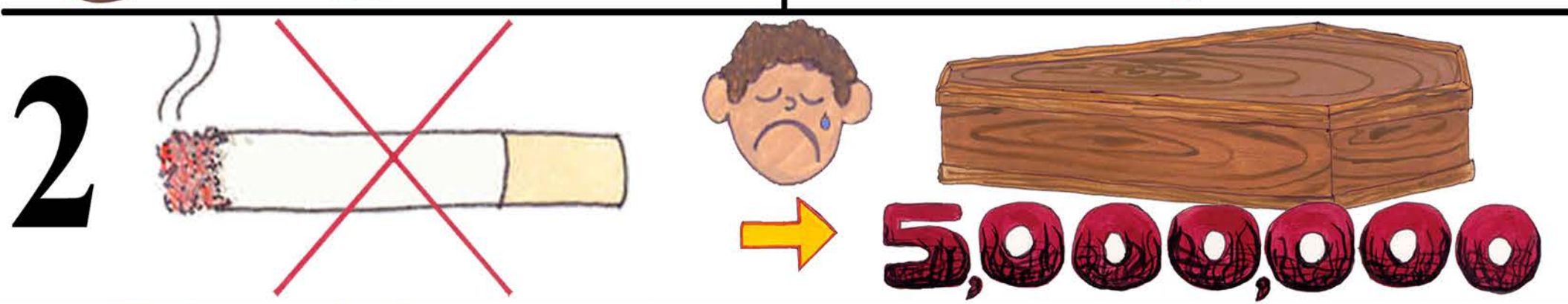
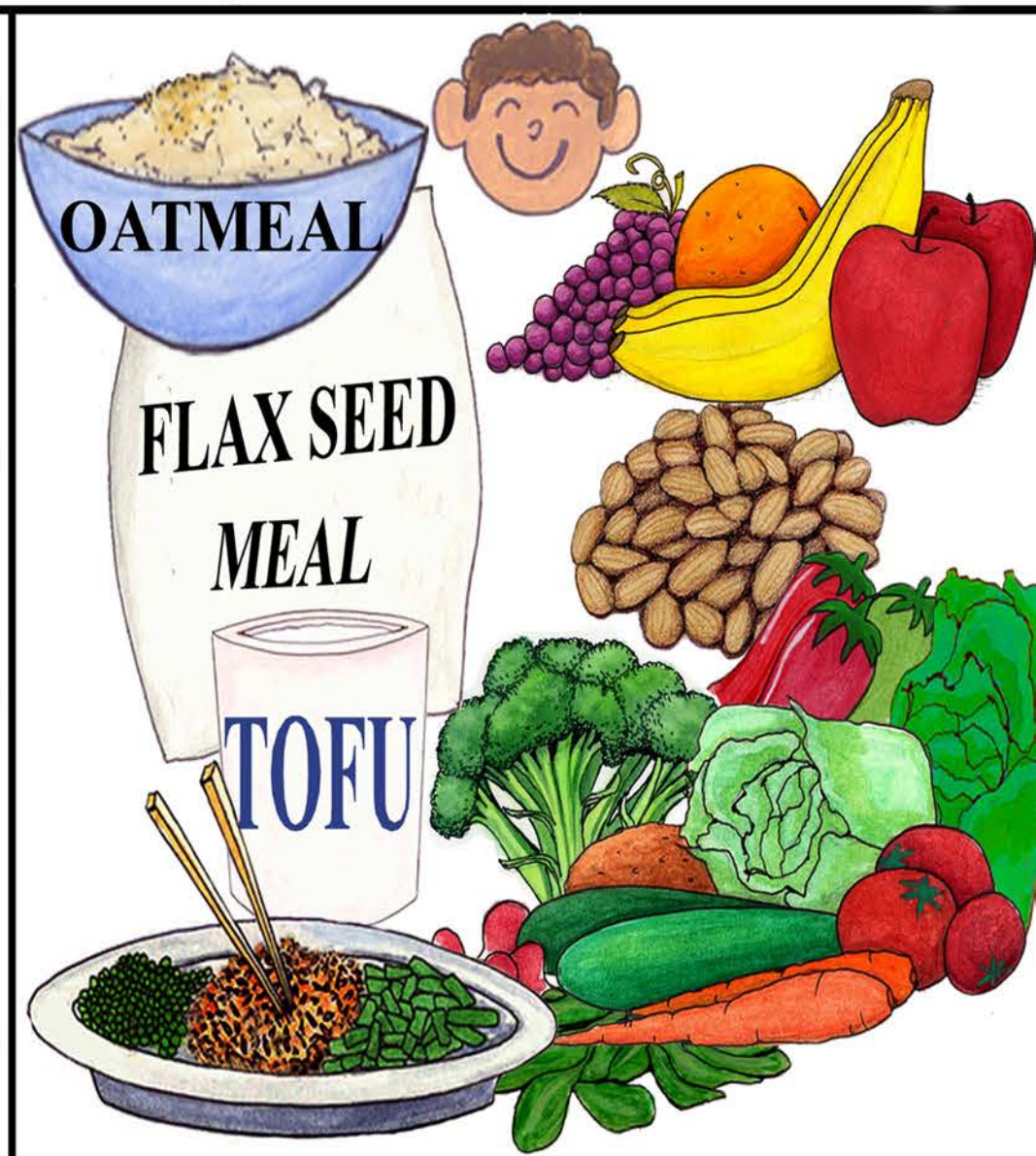
Can be Prevented by

YOU

Doing Just 3 Things

**(Much more important than all
of our hospitals & clinics, doctors & nurses,
and drugs & surgeries combined.)**

3A. PREVENTION OF DEATHS AND SUFFERING



3B. PREVENTION OF DEATHS AND SUFFERING