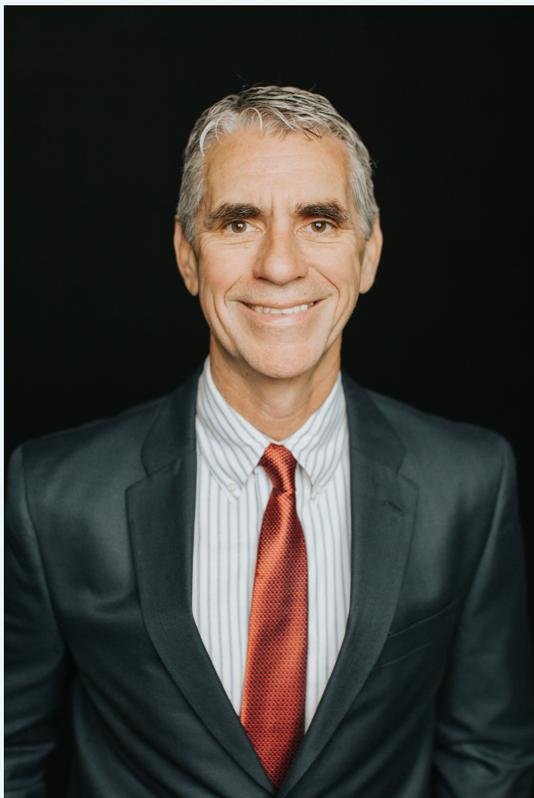




DR. PHIL CARSON PASSIONATE AND RELEVANT HOLISTIC HEALTH ADVICE



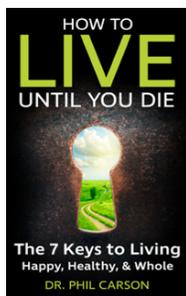
After two decades of running a successful pharmacy practice and then losing it all, Dr. Phil Carson entered a period of deep personal struggle. Each night he would walk along a country road hoping to find a few minutes of peace, but he ultimately discovered something far more valuable.

What could you do if you had a simple plan to increase energy, get in better shape, and improve your mental and emotional health? You have more pressure on you than ever. With competing demand from work, family, friends, and our communities, it's no wonder so many people are stressed, overweight, unhealthy, and exhausted.

Dr. Phil Carson felt the pressure, too. He sacrificed his mental, physical, and emotional health to the demand of his pharmacy practice until he discovered the medications he was paid to dispense often offered only temporary symptom relief and left people still suffering. Dr. Phil discovered that true health and happiness comes from finding balance in seven key areas, so he developed a simple plan anyone can use. In his new book, *How to Live Until You Die*, he makes it simpler than ever to unlock a healthier, happier, and more whole you, so today can mark a new beginning for your total health!

Dr. Phil lives near Tupelo, Mississippi with his beautiful wife Kim. He is a proud father and grandfather.

- Co-founder of the Life Transformation Medical Center
- Founder of Carson Natural Health in 2005
- Certified Diabetes Care Pharmacist
- Certified Consultant Pharmacist
- Certified Lifestyle Coach
- Certified 48 Days Coach
- Published Author
- Public Speaker



INTERVIEW TOPICS

What the Health Happened to My Wealth?

Safeguarding your Assets from Poor Health

Spreading the Good NEWSSES: 7 Keys to More

Quality and Quantity of Life

Help Me Sleep: Simple Sleep Plan, 7 Better Sleep Tips

The Secrets to Maintaining a Healthy Weight

Stress: Destroyer of Body, Soul and Spirit

Things Aren't Adding up with ADHD: Natural

and Alternative Treatments to ADHD

Digestive Health: The Good, the Bad and the Ugly

Bugs

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