

DrSEARS



PRIME-TIME

HEALTH

**A Scientifically Proven
Plan for Healthy Aging**

Enjoy the Second Half of Life!

People spend a lifetime investing in their IRA (Individual Retirement Account) yet when they retire, they realize they didn't invest enough in their IRAH (Individual Retirement Account for Health) and aren't healthy enough to really enjoy their retirement.

Prime-Time Health is for those who want to take charge of their health, prevent disease, avoid disability and spend money on something other than doctors!

World renowned physician and author, William Sears, MD, and Martha Sears, RN, developed a simple healthy-aging program to help adults and seniors:

- Understand how the body changes during prime time
- Prevent disease and unhealthy aging
- Boost energy, stress less, sleep better and sharpen thinking
- Reduce the risk of cancer and the "highs" (blood pressure, cholesterol)
- Become fit, strong and flexible

Prime-Time Health is a scientifically proven plan for healthy aging that is taught by Certified Coaches through interactive workshops. These workshops include hands-on activities, workbooks, healthy snacks and recipes.

The four workshops teach how to:

- Open their Internal Pharmacy
- Make Health their Hobby
- Move Waste from their Waist
- Live Without Pain and Inflammation

***"Prime-Time Health teaches
how to add years to your life
and life to your years."***

- Dr. William Sears

William Sears, MD, one of America's most trusted physicians, is a nutrition expert and the author of over forty books including *Prime-Time Health*. He has practiced medicine for four decades and is an Associate Clinical Professor at the University of California, Irvine, School of Medicine.

Martha Sears, RN, is a parenting and health consultant who coauthored many of Dr. William Sears' books.

