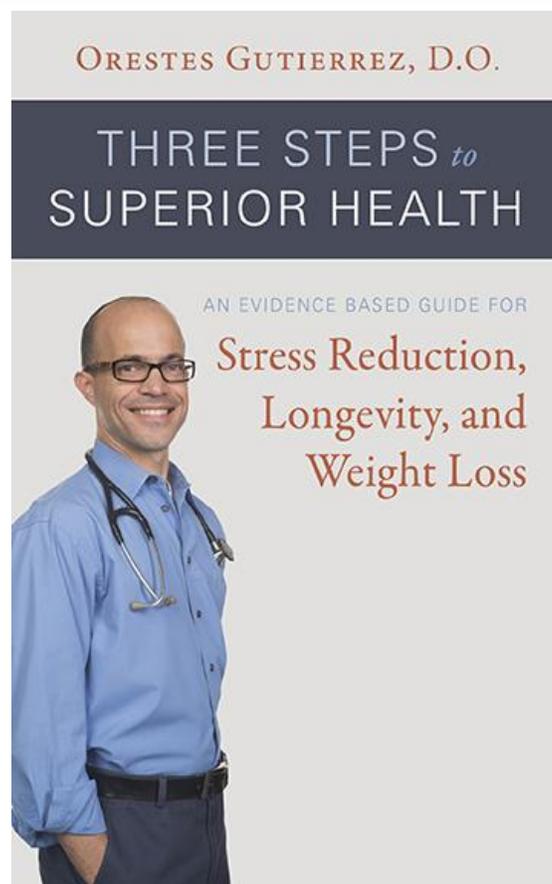


10/22/15

You've heard about it, you want it, and...
it's almost here!

- Do you find yourself setting health goals for yourself year after year and not getting results?
- Are you frustrated because you seem to make the right health choices but are still not getting the results you desire?
- Do you have the knowledge but have difficulty putting it into practice to accomplish your health goals?
- Are you concerned about your health and want an all natural lifestyle plan?

Then this book is for you!



Dr. Gutierrez shares scientifically-proven principles of stress reduction, evidence-based nutrition information, and safe and practical guidelines for exercise.

Through case studies from his private practice, the reader sees real-life applications of the latest scientific research on longevity.

Dr. Gutierrez's patients have achieved the reversal of heart disease, diabetes, hypertension, obesity, and gastrointestinal disorders.

He wrote this book to share the knowledge on how to balance the mind, body, and emotions through proper nutrition, exercise and meditation so that everyone can achieve Superior Health.

*EVEN has been happy to sponsor Dr. Gutierrez as a **guest speaker** on several occasions over the past few years and further thrilled to conduct an **exclusive EVEN Interview** with him a few years ago. Dr. Gutierrez graduated from PCOM and completed residency training at Mayo Clinic after serving in the US Navy during the Iraq War. He currently has a private practice in Eugene, OR where he lives with his wife and children. He competes as an All-American runner fueled strictly by plant-based nutrition.*

You can join Dr. Gutierrez's email list or pre-order your copy of *Three Steps to Superior Health* now by going **HERE.**

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