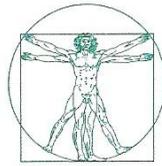


Your key to

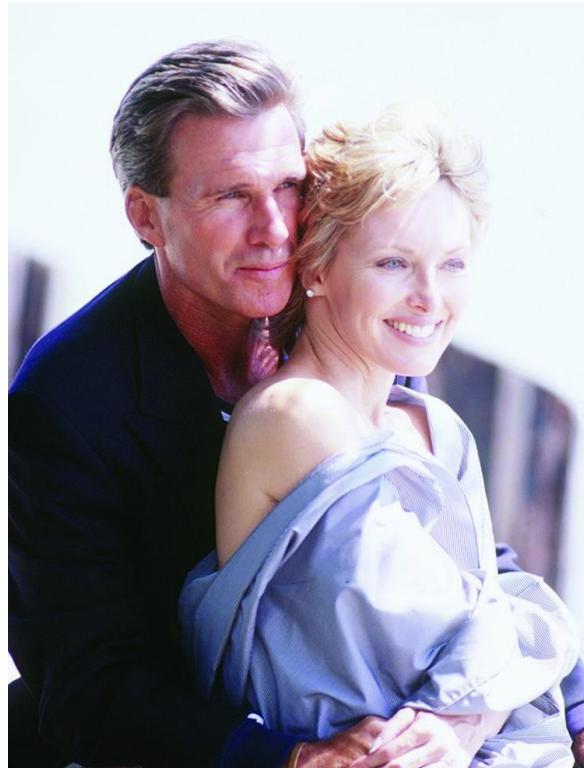
Lifelong Vibrant Health



Dimensions of health...

Greater vitality...

Functional anti-aging...



Vibrant Health Institute

Near Sunrise and Swan, Tucson AZ 85718

520.615.1336

Mobile Service By Special Arrangement

Abundant energy and vibrant health are attainable for men and women at any age, in any occupation, and any circumstances.

The human body is designed to operate at optimum levels for 120 years, but inevitably the stresses of modern life, illness, and injuries interfere, draining our physical resources and escalating the negative effects of aging. Today it is possible to reverse this downward cycle and enjoy the benefits of a mature, productive life.

Vibrant Health Institute specializes in helping people to achieve and maintain optimum health. Because each person is unique, with specific needs and challenges, Vibrant Health Institute develops a comprehensive program for each client.

Utilizing advanced scientific knowledge, along with natural and nutraceutical modalities, we tailor your individual program to bring all elements of your physical being into a new level of harmony and efficiency on the cellular level. Improvements in energy, strength, flexibility, skin tone, weight control, sleep patterns, and digestion are discernible within weeks and continue to build.

The minimum time frame for an initial program is six months. Phase two varies from one year to two or three years, depending upon your personal goals and health status. An optimal maintenance program assures continuing high performance throughout life.

The basis for your personal program is two fold:

1. A comprehensive interview and review of your health history

The opening interview gives you an opportunity to establish your personal goals for a fulfilling, energetic lifestyle. Everything you tell us about yourself, your current physical problems, and your previous experience with medical services is meaningful to the Vibrant Health Institute professionals. We listen carefully, and ask diagnostic questions about your daily schedule, diets, exercise, sleep, food cravings, pharmaceutical medications, mood cycles, consumption of alcohol and drugs, allergies, respiratory difficulties, and digestive processes.

We also gather diagnostic data by observing and measuring the condition of your nails, eyes, hair, skin, feet, posture, and reflexes.

2. A blood sample for extensive, advanced scientific analysis

Our system of blood analysis is considerably more extensive and thorough than the standard medical analysis. Our laboratory scientists prepare a 24-page report that records the precise amounts of essential nutrients in the blood, the presence of hostile organisms such as viruses and parasites, imbalances in the operation of the major organs, oxygen and pH levels, hormonal levels, and other key indicators often ignored by traditional medical practitioners.

This extensive report further enables Vibrant Health Institute professionals to choose the specific nutraceutical supplements, diet plan and therapies that will start your body's natural healing processes and reverse the accumulated damages of previous years.

At regular intervals additional blood samples are ordered as an aid to monitoring your progress and determining the appropriate times for implementing each phase of your program.

Rather than relying on harmful pharmaceuticals that can disrupt various internal systems, Vibrant Health Institute utilizes natural methods that clear away unwanted auto-intoxicants and stimulate the re-growth of cells throughout the body. Our procedures for cleansing and strengthening coordinate the proper functioning of all the major organs and systems, avoiding the common medical practice of shocking one part of the body while attempting to correct another.

As the body begins to heal itself, clients generally experience a surge in energy, greater mental acuity and more emotional stability. Specially selected supplements that encourage the regeneration of tissues and hormones start to reverse the effects of aging, pharmaceuticals, environmental pollution, smoking, drug and alcohol abuse, disease, and injuries.

Your well-being is the focus of our attention at Vibrant Health Institute. We care about your comfort and your progress. We understand the pain of chronic illness and the frustration of declining energy. And we support your efforts to regain your health.

Your individual program for total wellness may include a number of proven, effective modalities:

- + Rare Advanced European Nutraceuticals
- + Homeopathy
- + Cosmeceuticals
- + Isopathy
- + Personal diet treating food as medicine
- + Acid-alkaline balancing
- + Detoxification of heavy metals
- + Ende. therapy
- + Colon hydrotherapy
- + Detoxification of heavy metals and drugs of all kinds
- + Oxygenating and ozone therapies
- + Practitioner grade vitamins, minerals herbs, and probiotics
- + Targeted metabolism digestive aids
- + Advice on exercise, daily schedules, and rest
- + Referrals for chiropractic adjustments, dentistry, sports training
- + Vibrant Health Institute Bio-formulations
- + Overcoming emotional, mental, and Spiritual blocks to healing
- + Electromagnetic and light therapies
- + State of the art neural therapy (brain wave balancing)
- + Requires weekly check-ins



Vibrant Health Institute staff

Audrey Langdon

draws on decades of wisdom to heal the negative attitudes, thought patterns, and emotions that drain physical health and energy. An authority on the meaning of dreams and spiritual experiences, she is a certified psychotherapy counselor. She has worked with leaders in communications, the arts, and industry.

Jimmy Volpe, NA, NT

Rena Goichberg, OHT

Mary Wettstein, OHT



Vibrant Health Institute programs have brought lasting relief from conditions that did not respond to other medical treatments, such as:

Asthma/ respiratory blockage
Chronic bronchitis
Arthritis / osteoporosis
Adult onset diabetes / hypoglycemia
Atherosclerosis / poor circulation
Allergies / food intolerances
Sinusitis / post nasal drip
Hypertension / high blood pressure
Eczema / psoriasis / rashes
Environmental sensitivities
Fibromyalgia / chronic fatigue syndrome

IBS/ abdominal bloating / diarrhea
Colitis / Crohn's disease / diverticulitis
Hormonal imbalance / thyroid
Mood swings / depression / anxiety
Mental confusion / memory loss
Poor sleep patterns / excessive sleep
Weight problems
Indigestion / acid reflux disease
Candida / intestinal parasites/ fungus

Liver malfunction / gall bladder
Menopause / dysmenorrhea
Neuralgia / neuropathy / ALS
Diminished mobility / loss of flexibility
Weakness / faintness / dizziness
Cancer / tumors / prostate disorders
Bladder infections / incontinence
Alzheimer's / senile dementia
Migraine



Karl VanArsdale, NC, OHT, NAS, DN-APP

is the founder and CEO of Vibrant Health Institute. A nutritionist and specialist in colon and oxygen therapy, Karl has extensive training in other natural modalities. His knowledge of scientific advances and his insights into each client's needs are unique.

Celebrities across the United States and dignitaries from other countries have sought Karl's services. He has traveled to people's homes to administer extended treatments. His individualized programs have changed many lives – the elderly on the brink of death, exhausted business executives, athletes striving to compete, mature men and women wanting to stay at their best.

As a wounded healer who has triumphed over life-threatening illness, Karl knows the value of perseverance and hope. His compassion encourages and inspires clients to reach their personal goals.

Karl VanArsdale and his associates are ready to help you achieve optimum health. We know that our programs bring visible results. Our modalities help men and women feel better, look younger, and enjoy life more fully. Start your personal program today – call now for your initial appointment:

520.615.1336