



HEALTH & WELLNESS

# Health IS Wealth!

A Healthier YOU in as little as 3 Days!

Compiled from materials and health wisdom first used in the 80s and 90s to propagate weekend fasting retreats, the materials have been reconstituted and updated into an effective guide for students, teachers, retreat leaders and those seeking renewed health and wellbeing in a 21st century now coping in a world of increased viral, mental and bodily stresses.

## REBOOT YOUR IMMUNE SYSTEM & RECLAIM A HEALTHIER YOU FOR LIFE!

In our 21st century internet-augmented world there exists an overwhelming abundance of information rendering it difficult to discern the most reliable health advice; particularly as the mainstream media is characteristically dominated by a single, orthodox narrative. Now, several years having passed since the second edition of this work was issued, the passing of time has brought daily increasing evidence of the validity of claims made decades ago – that cleansing rejuvenates mind, body and soul.

*"I have known the author of this marvelous how-to guide for over three decades; and she has always been driven by Light; the light in sunshine, the light in plants, the light in our breath, and the light in our hearts."*

- Frank Lane, Director of United Vegan  
Author: Plant Powered Enlightenment

### ABOUT THE AUTHOR

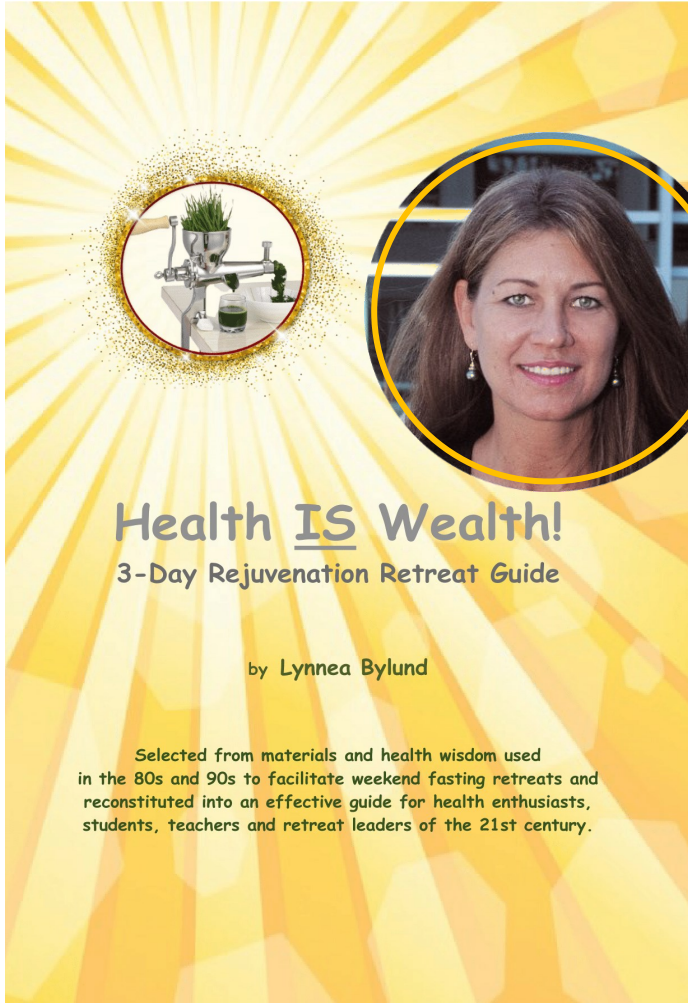
Lynnea Bylund has a degree in holistic health and nutrition from the legendary and controversial health researcher, educator and activist Doctor Kurt Donsbach; She is the former Managing Director of Gandhi Legacy Tours; Director of Gandhi Worldwide Education Institute; Founder of Catalyst House; and has over three decades of knowledge in corporate administration marketing & business development. Through the 90s she was a nationally recognized spokeswoman for emerging broadband video and information delivery industries. She is the founder of two not-for-profit small business-based wireless trade associations and has lobbied on Capitol Hill and at the FCC where she has spoken out strongly against the cable TV monopoly, illegal spectrum warehousing and congressional schemes to auction our nation's precious airwaves to the highest bidder.

- FOLLOW LYNNEA & CATALYST HOUSE -

Twitter.com/lynneabylund | LinkedIn.com/in/catalysthouse

Pinterest.com/catalysthouse/pins | YouTube.com/catalysthouse/videos

Gandhiforchildren.org | Gandhitour.info | LynneaBylund.com



# Health IS Wealth!

3-Day Rejuvenation Retreat Guide

by Lynnea Bylund

Selected from materials and health wisdom used in the 80s and 90s to facilitate weekend fasting retreats and reconstituted into an effective guide for health enthusiasts, students, teachers and retreat leaders of the 21st century.

Learn the amazing 3-day rejuvenation cleanse protocol and recover lost vitality and a new passion for life!

# Health IS Wealth!

3-Day Rejuvenation Guide

Author: Lynnea Bylund

Format: 6x9 Paperback

Pages: 126

Price: \$15.95

ISBN: 978-0-578-93826-4

Order on Amazon via this link:

[www.Catalysthouse.net/AmazonHealth](http://www.Catalysthouse.net/AmazonHealth)

Contact: [lbylund@catalysthouse.com](mailto:lbylund@catalysthouse.com)