



One of the most important books you will ever read

- *Feel better* ● *Prevent disease*
- *Improve memory* ● *Live longer*

Buy Master Your Health at:

www.donaldcmills.com

\$25.00

Canadians pay in Canadian dollars. Customers in USA pay in USD. (International price \$28.00 USD).



PALLAS*TRINE

PO Box 137

Sooke, BC, Canada V0S 1N0

Email: pallas@islandnet.com

FACTS:

ENERGY-RICH FOODS increase the healing ability of your body.

JUNK FOOD that is usually high in salt, sugar, or fat causes disease.

MANY DRUGS remain in the body and are not excreted.

CLEANSING OUT TOXINS, heavy metals and parasites can extend your life by many years.



Contents

- > **Master Your Diet:** Discover the power of herbs and living without drugs. Realize the importance of body pH and calcium. Master basic food-sequencing principles. Influence your aging process for the better! Stop getting colds!
- > **Conquer Motion Sickness and Traveler's Diarrhea:** Discover what causes motion sickness and diarrhea while travelling. Learn about a pathogen cleanse that will stop these reactions.
- > **Master the Internal Cleanses:** Start a pathogen cleanse and make bowel cleansing part of your routine. Use herbs to cleanse your blood. Increase your energy with a juice cleanse. Learn to cleanse your lungs, kidneys and liver.
- > **Culinary and Medicinal Herb Gardening:** Plan a herb garden with culinary and medical herbs. Learn to harvest and dry herbs. Even decorate salads with edible flower petals!
- > **Composting:** Compost with worms in your backyard and even indoors! Herbs grown in composted soil will be richer in nutrients and lower in pesticides.
- > **Technology:** Learn about the uses of such equipment as carbon block filters, pulse devices to kill parasites, far infrared saunas, juicers and blenders.
- > **Motivation:** Get that final boost to eat wisely and exercise regularly.

For every disease in humans, nature provides a cure. Learn more today!

Master Your Health

USE THIS ORDER FORM

or use the secure online order form at:
www.donaldcmills.com

PAY BY CERTIFIED CHEQUE or MONEY ORDER:

> Send this form with certified cheque or money order payable to:
Pallas*Trine, PO Box 137, Sooke, B.C., Canada, VOS 1N0

ORDER DATE: _____

YES, please send Master Your Health!

SHIP TO:

Name _____

Address _____

City _____ Province _____ Postal Code _____

E-Mail: _____

ORDER INFORMATION: Prices include shipping. [Use checkbox for currency.]

| | | |
|--------------------------|--------------------------|--------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CANADA = \$25.00 | USA = \$25.00 | INTERNATIONAL = \$28.00 |
| Canadian dollars | US Dollars | US Dollars |

_____ # of Books @ \$ _____ = \$ _____ CDN or USD
Total

PAY BY CREDIT CARD:

Credit Card Type: Visa _____ MasterCard _____

Credit Card Number: _____ - _____ - _____ - _____

Expiry Date: MM: _____ YY: _____

Cardholder Name (as on card): _____

Signature: _____

- > **All orders are shipped via standard first-class surface mail** within 48 hours of receipt of payment.
- > **If you would like your order shipped by another method,** inquire about additional shipping methods and charges by emailing to <pallas@islandnet.com>.



> Canadian herbalist and health author Donald Mills personally follows every tip that he describes in this book.

**WHO SHOULD
BE READING
THIS BOOK?**

You!

Tell your friends and loved ones to read *Master Your Health!*

- > Feel better and live longer.
- > Stop suffering from chronic illness and disease.
- > Eat the right foods and herbs in a regular daily diet program.

Brochure by: Brookline Publishing House Inc.

Published and copyright 2006 by:
PALLAS*TRINE
PO Box 137
Sooke, BC, Canada V0S 1N0
www.donaldcmills.com

EASY TO READ! MOTIVATIONAL!

- *practical suggestions for food and herb preparation as well as internal cleanses*
- *step-by-step tips for growing your own herbs and making your own indoor/outdoor compost*
- *website addresses for suppliers and other resources*

BUY THIS BOOK

> Health Practitioners > Gardeners
> Family Caregivers > Travellers

AS A GIFT FOR:

> Educators > Groups
> Nutrition Schools > Libraries