

[FIRST NAME], did you know...

6 in 10 American adults have a chronic disease according to the CDC.

Until a couple of years ago... I was one of them.

I'll never forget the smile on my cardiologist's face when my heart palpitations magically disappeared.

"What did you do?"

When I told him my secret, he was so excited, he started taking notes!

**My "secret" is really just a simple health habit I started doing on the daily.**

See, at 44, my primary care physician told me I had Chronic Fatigue Syndrome.

And he told me that some people NEVER recover.

Aside from the heart palpitations, or SVT (supraventricular tachycardia of the heart), I had also been experiencing:

- dangerously low blood pressure
- dizziness
- exhaustion, and
- symptoms of IBS.

This all started after I'd contracted a simple stomach bug--the kind of virus people get (and get over) every day.

So now, was this it?

At the age of 44, was I going to live with a disabling chronic disease for the rest of my life?

I met with specialists, naturopaths, and therapists, and I tried everything from changing my diet to taking prescription drugs.

My cardiologist was recommending a surgical procedure to reverse the SVT.

**That's when I discovered this simple habit—a habit that only took 5 minutes a day.**

And it changed my life.

Two years ago, I thought I'd never take my daughter to Disneyland again, let alone go hiking or running or swimming in the ocean.

Today, I do all of those things and more.

I have more energy than I've had in over a decade.

It turned out that I had the power *inside* me to heal myself all along.

It's not a supplement or a pill.

I didn't have to STOP eating or doing anything.

I just added this little practice to my routine three times a day, for just a minute or two.

It's called **transmutation**, and most people either don't know about it or think it's weird.

But there's *actually* a science to it.

It has to do with our autoimmune system and the chronic stress that we often put on it.

When you've been under chronic low-level stress because of work, family, or money, your immune system goes into high alert.

Have you ever overreacted to something someone said because you were stressed out?

Well, that's what my immune system did when I got the stomach virus that first caused my CFS.

I had several doctors explain this to me.

What none of them could explain was how to fix it.

That's why my cardiologist got so excited when I told him about transmutation.

Now, I could try to explain how transmutation works to calm your sympathetic nervous system and heal your immune system.

**But it would be much easier if I just showed you how to do it.**

**[CLICK HERE](#)** to watch this three-minute video and learn how you have the power to heal and keep chronic illness from taking over your life.