

energiseforlife.com present

# Dr Young: Live in London

**The Diet & Lifestyle for Vibrant Health & Unstoppable Energy**

Saturday 13<sup>th</sup> – Sunday 14<sup>th</sup> June 2009  
Hilton Olympia, London W14

energiseforlife.com are proud to present Dr Young, live in the UK for his one and only live seminar of 2009.

We've been working tirelessly to get him over here and this is truly an opportunity not to be missed.

This is his first ever UK weekend seminar – to get this level of detail and contact time with Dr Young you would normally have to subscribe to one of his California retreats for many thousands of pounds.

Again – this is an opportunity you really shouldn't let pass.

So, to give you the low-down this document contains all of the key information you need to know about the event:

- The Basics: who, what, where, when and why!
- The number of tickets available
- The different ticket options, prices and what you will receive
- A description of all the topics Dr Young will cover
- A schedule of each day so you know exactly what will happen
- Details about what you will learn and the actionable information you will leave with
- A list of the bonuses included in the ticket price
- Details about the live Q&A sessions and the interactive members forum
- The money-back guarantee
- The launch date and time & how to guarantee your ticket

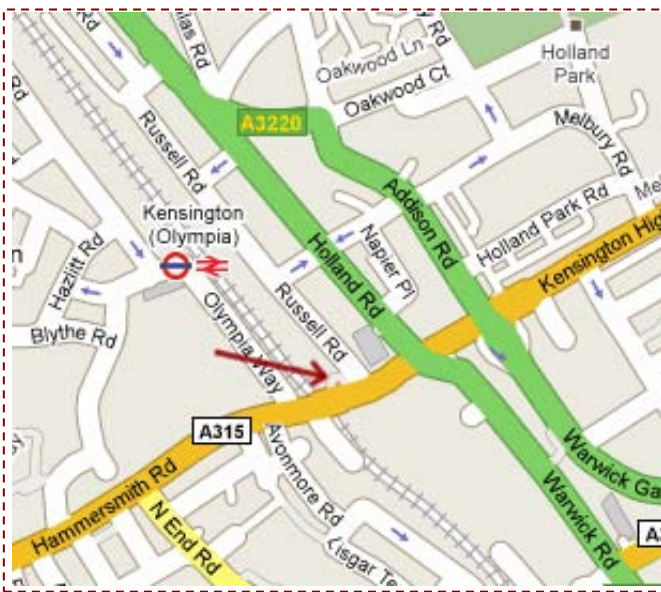
# The Basics: who, what, where, when and why!

## WHEN:

Saturday 13<sup>th</sup> June (08:00 – 19:00) & Sunday 14<sup>th</sup> June (08:00 – 18:00)

## WHERE:

The Hilton Olympia  
380 Kensington High Street London W14 8NL, United Kingdom



## HOW TO GET THERE:

If driving, [click here for directions](#) to the Hilton Olympia from your chosen start point. You'll be pleased to hear that Olympia is outside of the congestion charge zone!

**By Public Transport** – Kensington Olympia is the closest tube and overground station (5-7 minute walk). Kensington Olympia is situated on the District Line and is one stop on from Earls Court.

## ACCOMODATION:

We have secured a preferential room rate for Dr Young Live attendees. [To book a room at the Hilton Olympia click here.](#) If you have any queries, contact [john@energiseforlife.com](mailto:john@energiseforlife.com) for more information.

## PARKING:

Parking is available for guests who are staying at the hotel. If you are not staying at the Hilton on Friday or Saturday night, parking is available all around Olympia and Earls Court. Parking is approximately £25 per day. You can even [book a parking space here](#), it is pretty easy.

# Tickets and the Dr Young Package

There are only 250 tickets available for this event and they will sell out fast.

We have three levels of ticket available:

- **Executive Seating: £399.00 (24 tickets available)**

This is seating within the first four rows giving you a fantastic experience, up close and personal with Dr Young!

You will receive Dr Young's green drink and water infused with Dr Young's pH booster throughout the event

- **Premium Seating: £299.99 (184 tickets available)**

This is seating within the main section of the event.

You will receive Dr Young's green drink and water infused with Dr Young's pH booster throughout the event.

- **Delegate Seating: £249.99 (42 tickets available)**

This is our most affordable seating in the rear section of the event. We promise you that your view will not be compromised and there are monitor speakers and large plasma screens set up throughout the room.

You will receive Dr Young's green drink and water infused with Dr Young's pH booster throughout the event.

## **ALL TICKETS INCLUDE:**

- **2 Alkaline Snack & Refreshment Breaks Per Day**

We will serve alkaline herbal teas and give you the opportunity to replenish your drinks bottles with alkaline water and green drink.

- **Alkaline Lunch on Saturday & Sunday**

We will serve you a fully alkaline lunch each day

- **Free alkaline green drinks and pH drops throughout the event**

## The Event: What You Will Learn

This two-day, weekend seminar with Dr Robert Young is designed to give you access to all of the information, tools and resources he normally delivers over the course of a week at his California retreats.

You will learn not only the basic, core and most valuable information in a motivating and easy to implement manner – but you will also learn the cutting edge information and distinctions that will make The New Biology real in your life.

Through live demonstrations, case studies, tips, tricks and hints from the world's leading authority on the alkaline lifestyle, this event will truly make you **alkaline for life**.

### **DAY ONE SUMMARY:**

*The pH Miracle Diet: how to live longer, have sustainable energy, lose weight stop and reverse the aging process, stop the greying, start regrowing hair, reverse all metabolic and degenerative disease.*

### **AM SESSION: What is the Alkaline Lifestyle and the New Biology?**

- Background and basics of the alkaline diet (what it is and how it works)
- Why living an alkaline lifestyle is essential for health, energy & vitality
- Case studies of how alkalising has changed peoples lives
- The basics – what makes food alkaline or acid? (Live Demonstration!)
- What to eat and what to avoid
- Alkaline drinks and alkaline water
- Q&A Session with Dr Young

### **PM SESSION: What is Acidosis – The Problems of an Acidic Lifestyle**

- The importance of the blood
- Live blood analysis
- The importance of the stomach and digestion
- Protocols for success – weight loss, unstoppable energy, clear skin, digestive problems
- Case studies from the audience
- Q&A Session with Dr Young

### **WHAT YOU WILL LEARN:**

- *The core fundamentals of the alkaline lifestyle, giving you the in-depth understanding to make it real in your life.*
- *You will be incredibly motivated by this session, with Dr Young taking you through case studies from his retreats as well as live case studies from the audience.*
- *How to alkalise your life for incredible health, vitality and unstoppable energy.*

- *How to alkalise for rapid and sustainable weight loss or gain, mental clarity, proper digestion, clear skin, to prevent and reverse premature aging and more!*

## **DAY TWO SUMMARY:**

*Day two is all about implementation. Dr Young will be showing you exactly how to implement The New Biology in your life – how to make it real and start achieving your health goals NOW!*

### **AM SESSION: Living and Exercising for Optimal Health**

- Introduction: overview of what an alkaline lifestyle is like – how does it make you feel
- How to test where you are now
- Where to start
- Exercise – aerobic and anaerobic exercise for optimal health & energy
- Lymphatic & breathing exercises
- Nutrition: which foods to eat and avoid – the ultimate list of acid and alkaline foods
- Cooking demonstration & how to make quick easy snacks and healthy meals in minutes
- How to cook for kids and non-alkaline friends/partners!

### **PM SESSION: Making it Real**

- How to implement the alkaline lifestyle
- How to transition
- How to cleanse
- Supplementation
- How Dr Young lives alkaline – his strategies for success
- How to fit alkalising into a busy life
- How to alkalise when travelling
- Bringing it all together: 7 Steps to Incredible Vibrancy, Health & Energy

### **WHAT YOU WILL LEARN:**

- *You will learn from the world's leading expert on the alkaline lifestyle and his many years of experience of living this lifestyle – his tips, tricks and tools that will make you a lifelong alkaliser!*
- *How to make this real in your life and achieve your health goals*
- *How to overcome the common hurdles – a busy schedule, kids, unsupportive people, alkalising while travelling, eating out and more!*

## Live Q&A Sessions

Throughout the two days there will be questions and case studies from the audience, including REAL TIME LIVE BLOOD ANALYSIS with members from the audience – giving you the chance to see real, live blood examinations and understand what healthy and unhealthy blood looks like! This is incredibly eye opening and sometimes a little scary!

There will also be live Q&A sessions with Dr Young at the end of each session, giving you the chance to ask questions and get answers to your questions from the world's leading authority on the alkaline lifestyle.

The event will only hold 250 people, so you really will get the chance to ask any questions you have over the course of the event.

Plus – the first 30 people to buy a ticket will also get a 1-hour group session with Dr Young on the Sunday evening after the event has finished.

## Interactive Members Forum

And after the event has finished, you will have access to our interactive members forum to discuss the event, ask questions and continue your learning experience!

## Money Back Guarantee

And if you are not fully satisfied with the event after the AM session you can get a full refund. All you have to do is return your delegate lanyard (name tag) to one of our crew and we will issue the refund to your card.

## How to Guarantee Your Ticket!

Tickets are officially on sale from 12:00pm (UK time) on Friday (27<sup>th</sup> March) [FROM THIS PAGE](#)

This is an energiseforlife.com event and you will not find tickets elsewhere any cheaper! Don't procrastinate – these tickets will sell out very quickly!

See you there!

Ross & the Energise Team