

# CORE HEALTH

## Freeing ALL Relationship DYNAMICS

**Series II**  
**Expansion Levels 6 - 12**

**2 Self~Assist CD + Bonus DVD**

**Dr. Ed Carlson**

*Developer of Heart Forgiveness*



## Developing CORE HEALTH

Dr. Ed Carlson is a researcher of Human Energy for 30 years and the developer of Core Health,<sup>™</sup> Heart Forgiveness<sup>™</sup> and ARE YOU FUNNY ABOUT MONEY?<sup>™</sup> His developments are rooted in personal associations and studies with other pioneers in energy sciences and expanding body-mind-spirit wholeness.

Group research demonstrates astounding results with Depression, in Public School, and with Incarcerated Criminal Drug Addicts — 3 years post-release, 100% success.

Dr. Carlson graduated *summa cum laude*, served as Captain in the U.S. Air Force, holds multiple Tae Kwon Do black belts, is father of six and grandfather of six.

CORE HEALTH is a non-cultural, non-religious expansion of your inborn core of pure health – what is Right with you. Core Health moves us beyond treating symptoms. You expand health by re-aligning internal “energy decisions.” Core Health removes energy distortions creating a free flow of positive energy from your Perfect Moment, your ever flowing core of health.

# Facilitator RESULTS

**Phil Orth:** School counselor for 27 years, and a seeker for 35 years, in my first two Core Health sessions I saw the value to students and teachers. I became a Facilitator, and the lead developer of “Core Health in-Schools.” We are now in our third year in public school with wonderful results for the students and teachers. My personal benefits are excellent health in all areas, and living in pure joy assisting others into these wonders. *Clearwater, FL*

**Rick Eldridge:** Deputy Sheriff for 23 years, I utilize the powerful tools of Core Health and Heart Forgiveness with myself, my family, elder neighbor, colleagues, during criminal contacts and arrests. The positive results are beyond my imagination in all areas! *Tampa, FL*

**Neil Habgood:** Expert in Physical Training and Nutrition, my conventional paradigm exploded when my body/energy demonstrated 93/7: only 7% of physical health is Physical (nutrition, exercise), and 93% is Attitude. Adding the awesome power of Core Health genuinely creates a whole person ability with individuals seeking optimal health. Freeing my own life of oppressive baggage from the past makes every day a thrilling adventure. *Denver, CO*

**Sean O Halloran:** Being a lifelong sports enthusiast as a player and coach of Gaelic games, I see enormous benefits Core Health can provide to the ambitious sports person. *Cork, Ireland*

**Becky Hall:** For 25 years, I suffered two severe migraine headaches each week. With Core Health and Heart Forgiveness, these decreased to one every 4-6 weeks with less severity – none for the last year. How amazing to have this time and energy back in my life! As a professional photographer and university faculty member, my work and my students continually benefit. *Clarksville, TN*

**Alexandra:** Finally “getting it” in my own life, I created “Women of Excellence” in the Antioch Jail for Women. We held 6 graduations in 2 years – the changes are marvelous. The Sheriff made me an Honorary Deputy. I am an artist and a gourmet chef. *Nashville, TN*

**Mary Ellen Rivera:** Core Health has totally changed my life. I have a firm direction of focus. I found my inner strength, released emotional baggage and live free of 50 excess pounds. As a Facilitator I delight in people being free of their burdens – teenagers, families, cancer patients and business people – to live joyfully, powerfully and creatively. *Tampa, FL*

**Margie Lynch:** As a Nurse for 24 years and a practicing Naturopath and Herbalist, I have added Core Health to enable a person to get to the root cause of their issue very quickly, lovingly, and painlessly. *Cork, Ireland*

**Leslie Green:** I was the consummate “course-goer” with minimal results for all my time, money and effort. At its inception, my inner self recognized Core Health as the only effective process for being free and living a creative life. I organized the depression research, became a Facilitator, and participate in developing ADVANCED Core Health for people with cancer. Assisting others into health is my passion. *South Pasadena, FL*

## Individual Shifts and Transformation GUARANTEED!

**Staci Kotsch:** As a mother of 4, as I laid down my personal and cultural burdens to become truly free, the benefits to me and to my children create awe. As a Facilitator, I assist friends in amazing life changes. Core Health is integrated into my outreach as a CNA and PCA, including being present on a client’s path of transition so they can “die healthy” – mentally, emotionally, and spiritually. *Gainesville, FL*

**Pamela Gregory:** My passion for forgiveness was rocked into expansion by the truly effective results of Heart Forgiveness and Core Health. I focus my outreach on the huge power of Forgiveness, with individuals, families, groups, schools, athletic clubs, by internet and telephone. *Weston, FL*

**Linda Chrystal:** My joy is seeing people’s faces soften and their eyes light up; and in phone sessions, hearing the enthusiasm in their voice amplify after releasing long held burdens to reveal their pure core of well-being. I discovered for myself through Core Health, there is no greater gift than accomplishing living in harmony and joy from within your own heart. No person or situation can ever take this away from us.” Body & Energy therapist for 30+ years. *Tampa, FL*

