

Lifestyle Lift: *a New Day*



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A Vision of Love

Mary Burns' Story



It was May 31st and Mary Burns had just come home. It had been a very stressful day for her at work - more so than usual - and she was feeling the tension. She went straight to bed, not wanting to think about her day.

Her blood pressure had spiked many times that day, and it had been as high as 210/128. She slept without realizing how truly dangerous her condition had become. She had no idea that her life would change in just a moment. [More >>](#)

I'm So Contagious

By Kristie Biermann



One morning, I was captivated by the face of the woman staring back at me. It was as if an image in the mirror was compelling me to look more closely.

"Who are you?" I asked. The woman I saw in the mirror looked tired. Deep lines framed her eyes while her jaw line, chin, and neck sagged under the weight of age. Suddenly, her drooping features struck a shocking note of familiarity. I shrieked, "I'm my mother!" When did this happen? [More >>](#)

A letter from

Dr. Kent



Thank you for taking the time to find out about **Lifestyle Lift**. In so doing, you have taken the first step toward making each day **A New Day** in your life.

There are any number of things that could have brought you to this point in your life. It doesn't matter where you have been - there is **A New Day** ahead for you. How would you like your new day to include looking younger and feeling great? Do you want to have the confidence and certainty that your future will unfold before you in the best way possible? Tomorrow is coming --- are you ready? [More >>](#)

Lifestyle Lift®

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