



7

DAYS

TO
GREATER
VITALITY

BY GAIL GREGORY, L.Ac.

Authors: Gail Gregory, L. Ac. & Tom Richardson
Narrator: Gail Gregory, L. Ac.
Producer: Tom Richardson
Music & Sound Design: Tom Richardson & Joshua Mobley
Editing & Mixing: Mandra & Joshua Mobley
Graphic Design: Carlos Peña
Internet Design: Barry Morgan
Photography: M.T. Taylor
Marketing Research: Gary Solomons
Advisory Board: Roy Martina, M. D.
Susanna Stewart, L. Ac., R. N.
Cheryl Diane, C.L.N.
Robert Emmet, Ph. D.

Recorded & Mastered at: Metamusic, Baltimore, MD

Special Thanks: Frank Richardson, Alicia Saunders,
Ellen Miller, Fran Czajka, Lesley Spicer, Hope Bliss, Francis Brown, Elizabeth Fletcher & Brian McGee

Copyright 2012 ©
FANTASTIC FUTURES ®
gailgregory@yahoo.com

Any reproduction, duplication, or distribution, in part or in whole, of any written or audio material, without the express written consent of FANTASTIC FUTURES, is a violation of applicable copyright law. Violators will be subject to prosecution

The concepts revealed in 7 Days To Greater Vitality were cumulated over years of personal and practical experience. Gail Gregory and Fantastic Futures® do not endorse or condone any of the authors, products, or institutions referred to in this series. These reference examples are intended to provide the listener with many different sources for obtaining information. Individuals are encouraged to evaluate authors, products, and institutions according to their own standards. The listener should always consult a qualified healthcare practitioner regarding any medical/nutritional questions and prior to alteration of prescribed medications, dietary requirements, or exercise restrictions.

*A very special thanks to all my patients for
sharing, learning, and growing with me
throughout the years.*

Before you get started...

Take a moment and familiarize yourself with the course outline.

Congratulations!! You have just taken the first step on the road to healthy living. 7 Days To Greater Vitality is a program designed to provide comprehensive information about many of the health related issues we all face every day. Gail will present easy to use routines and examples that will help improve the quality your life. We at Fantastic Futures are truly excited about the commitment you have just made toward greater well being.

This series is designed to be a one week course in health, nutrition, and empowerment. It was originally sold as a tape set but is now available to you in this ease -to-use download format. Ideally, you should listen to one download per day and on the seventh day, complete the workbook to see how much you have learned.

| Day | | Topic |
|-----|---|---|
| 1 | 1A | Air/Breath Instruction |
| | 1B* | Breathing Meditations & Exercises with music accompaniment: You will need space to do the exercises properly |
| 2 | 2A | Water Instruction |
| | 2B | Water Relaxation Meditations with music accompaniment: Best if listened to while bathing or in a Jacuzzi |
| 3 | 3A | Sleep Instruction |
| | 3B* | Sleep Meditation with music accompaniment: Play before bed or during bouts of insomnia |
| 4 | 4A | Exercise Instruction |
| | 4B | Exercise Instruction part 2 |
| 5 | 5A | Diet Instruction |
| | 5B | Diet Instruction part 2 |
| 6 | 6A | Body-Mind Connection Instruction |
| | 6B | Body-Mind Connection instruction part 2 |
| 7 | Manual with study guides, illustrations, self test and answer key | |

Be willing to review these sections several times. You will be engaging with many new concepts. This amount of new information, may be easier to remember if you take notes. Your manual has space allotted for this and the manual is designed to be used as an ongoing reference source.

Our goal at Fantastic Futures is to provide you with the tools necessary to reach your vitality goals. Your future belongs to you. What you do now will shape that future. You can do everything or nothing with this information. We can only provide you with the information/tools necessary to create a healthy tomorrow. You are the one that has to implement it. Those who choose to take consistent, positive action toward better health increase their chances to live out their dreams. Begin now. 7 Days To Greater Vitality will help you progress forward with confidence, courage, and commitment.

Look Better, Feel Better, Live Better Now

** These meditation music selections are designed to induce rest and relaxation. It is recommended that individuals do not drive automobiles or operate machinery while listening to sections 1B & 3B.*

Contents

| | |
|------------------|----|
| Air | 1 |
| Water | 8 |
| Sleep | 11 |
| Exercise | 16 |
| Diet | 22 |
| Body-Mind | 32 |
| Types of Doctors | 38 |
| Quiz Answers | 41 |