



March 5, 2016 – Summerville, SC

## Lightning in a Bottle

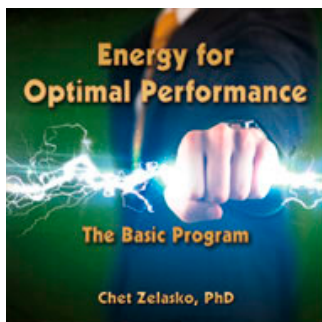
Did you ever have a day that was so good physically and mentally, you wish you could put it in a bottle so you could tap that lightning whenever you need it? I have.

You woke up before the alarm clock for some reason, wide awake and ready to go. You got through your morning routine with time to spare. The commute was lighter because you left earlier. You were so mentally sharp that you got more done before lunch than you typically do in a day. I could go on, but you fill it in how your day went. I know what mine was, but what was the rest of your day like?

How would you like to tap in to that type of energy any time you need it? You don't need a bottle full of lightning: you need my new CD [Energy for Optimal Performance: The Basic Program](#). Let me tell you a little bit about it.



It's a revolutionary approach to getting the energy you want when you want it. I've taken the principles athletes have used to train for peak performance and adapted them to those of us who want to perform better in our jobs, our businesses, with our families, and in all aspects of life.



You can have that type of energy, but you have to train for it. That's what the CD will explain to you: how to modify what you eat, how to exercise, and what supplements to take for a specific amount of time in order to have the energy and mental clarity you need when you need it. It works for me and has worked well for others. You have little to lose and a better life to gain.

Order your copy of [Energy for Optimal Performance](#) today. It's just \$9.95 including U.S. shipping; add \$5 shipping to Canada.

What are you prepared to do today?

**Dr. Chet**

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Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

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