



IT'S A FACT... THE DEEPER YOU CAN BREATHE THE LONGER YOU CAN LIVE.

In the well-known, twenty-year prospective Framingham Study, medical researchers concluded that *second only to age, one's ability to take a deep breath is the single best predictor of longevity.* So how well you breathe is the foundation of your vitality, health and life expectancy.

Breathe new life into the only one you've got.

Breathing is the most vital connection between your inner life and outer world. Just five minutes without breath and life ceases. And breath goes far beyond the lungs... every cell in your body is breathing, firing molecules of food with oxygen to satisfy your moment to moment energy needs.

So after 25+ years of practicing the art and science of breathing I developed **BreathworksSM**—a powerful, step-by-step breathing method that will profoundly enhance the quality and longevity of your life. Discover how to make your breath work to it's maximum potential. In just 20 minutes a day,

you will achieve greater vitality and peace of mind by simply doing what you already do... I'll just help you change how you do it and what you get out of it.

After Breathworks training, you'll wonder how you ever called what you do now "breathing."

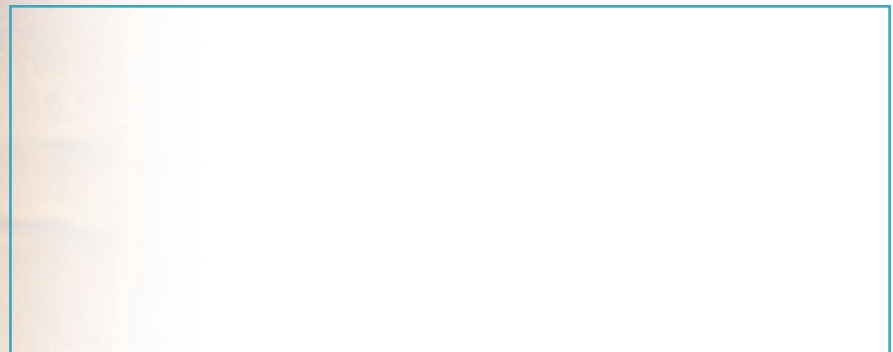
By starting each day with a breath-refreshed mind and body, you take an important first step toward creating a long and healthful life. Because of its direct connection to the involuntary nervous system, practiced breathing can actually change habit patterns in your life. Ancient Indian yogis understood this and used breath training to change the biochemical and behavioral patterning of the nervous system.

As a critical component of the more extensive **Refresh, Renew, RevitalizeSM** process, **Breathworks** training puts you on the path toward developing a longer and healthier life with a clear vision of how to make it happen. It's easy, it's affordable, it's fun and it works.

BreathworksSM

YOUR INNER LIFE-TECHNOLOGY UPGRADE

Join me at the next **Breathworks** workshop.



Jia Gottlieb, M.D.

Dr. Jia Gottlieb is an innovator and recognized leader in the field of Mind/Body medicine, bringing an extraordinary breadth of experience to his patients needs. He skillfully integrates insights from diverse fields of knowledge — beyond his M.D.

from Northwestern University (1976) and Board Certification in Family Practice (1980), Jia draws from his experiences of Acupuncture training in China, a Black Belt in Aikido, Classical Ballet study, Bamboo Flute performance and a life-long practice of yoga and meditation with renowned Asian masters. He is a living example of the very philosophy and practices that he recommends to his patients.



Call to register and get more information about how **Breathworks** will make a noticeable and enjoyable difference in your quality of life, everyday.

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