



Defying Death: The Road to a Quality Life

Dr.Kathi Perry

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Defying Death: The Road to A Quality Life takes you on a journey led by Dr. Kathi Perry, D.C., F.I.A.M.A. where you'll learn that it's three simple things that will help you (re)gain a healthy body, mind and spirit, and achieve optimum health for a long life.

What are those three things?

Get regular “tune-ups”. Eat and drink right. Think right.

Dr. Kathi grew up with a mother who used her natural healing abilities to care for her children without the use of western medicine, and tapped into her understanding of Mother Earth to be able to provide organic foods on her family's dinner table. She learned at a very young age that if she got “regular tune-ups” through chiropractic and reflexology....ate pure foods and clean water....and thought positive, she remained healthy. It was these childhood lessons that led her down the path to becoming one of today's top chiropractors across the nation.

In Defying Death Dr. Kathi leads you on a journey which she took herself, to reach optimum health by utilizing other 40 chiropractic techniques, keeping active, eating healthy foods and drinking clean water, and thinking right! Dr. Kathi taps into not only her own experiences and knowledge, but also her “eclectic chiropractic” style which is based on 40 different techniques including the Sacro-Occipital Technique (or SOT) and the Lifeline Techniques. While SOT takes care of your physical structure, the LifeLine Technique helps you to understand the relationship between how—and what—you think, and the impact on your overall health.

You'll learn to think the care of your body, like you care for your car. You take care of your car's oil changes, tune-ups and tire rotations, right? You have to...otherwise your car won't operate and you can't drive down the road. Dr. Kathi guides you on how to engage with your body, take better care of yourself, and live a better, healthier life.

Defying Death reveals that it's not hard to pave a road to a quality life. We all have the ability to do it!

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