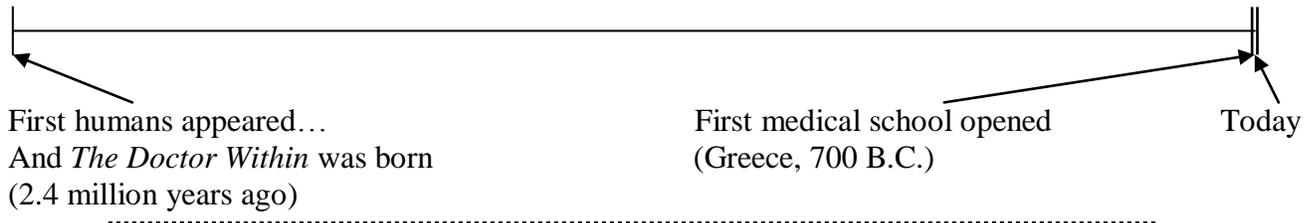




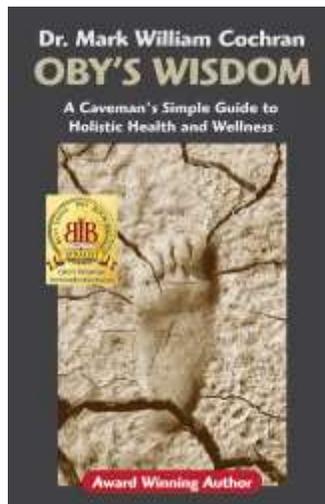
This is the most successful doctor in history.

Don't believe me?

Consider the timeline of human history:



Executive Summary of
Oby's Wisdom! A Caveman's Simple Guide to Holistic Health and Wellness



“Finalist!”

~2013 Best Indie Book Awards

“My Doctor Within transformed me from a crippled arthritic into a marathoner!”

How? By turning my health inside out...

“Turning Health Inside Out” needs to become the central message of our healthcare system.

I wrote *Oby's Wisdom! A Caveman's Simple Guide to Holistic Health and Wellness* to show how my Doctor Within helped me **turn my health inside out** and transform me from a crippled arthritic into a marathon runner (see Chapter Three). *Oby's Wisdom* is an award winning and entertaining book that uses witty parables and compelling real life stories to help readers create a wellness mindset, and live a wellness lifestyle, so that they can **turn their own health inside out**.

By the way, **turning my health inside out** is also saving the American taxpayer major \$\$\$.

My arthritis resulted in a medical discharge from the US Marine Corps, entitling me to lifelong VA medical care for the arthritis. I could potentially be costing taxpayers thousands of dollars per year in medical costs. Instead, the taxpayers' medical bill for me is right around *\$Zero*.

Highlights of Oby's Wisdom:

Preface

- Modern medicine has made only a minor contribution to increased human life expectancy. (p. xvi)

Introduction

- ***Turn Your Health Inside Out!*** (p. 3)
- ***Turning Health Inside Out*** consists of developing:
 - A wellness *mindset*
 - A wellness *lifestyle*
- The Doctor Within is the wisest doctor you will ever know. (p. 4)
- The Basic Truth: You are beautiful and perfect. (p. 6)
- Stop avoiding and start living. (p. 7)

Part One: The Universe Made Simple

Chapter One: Life: A Simple Concept

- The expression of life force is the foundation of vibrant health. (p. 13)
- Dr. Mark's definition of life: "The force of Nature inherent in all living beings that allows them to grow, thrive, evolve and creatively expand. (p. 14)
- Innate Intelligence: Your body is smarter than your doctor (p. 17)

Chapter Two: Health and Wellness: What Are They Really...?

- Colds are cool. (p. 28)
- Saying that germs cause disease is like saying that flies cause garbage dumps. (page 31)
- People must invest wisely in their health rather than gambling on health "lottery tickets." (p. 33)
- Doctors do not understand wellness. (p.38)

Chapter Three: IT

- According to the AMA, modern medicine is the third leading cause of death in the U.S. (p. 43)
- The problem with healthcare today: We are focusing on IT. (p. 44)
- My own healing journey: From crippled arthritic to marathon runner. (p. 46)
- IT is you! (p. 55)
- Healthcare that will work: Stop worrying so much about IT and start taking care of you. (p. 56)

Chapter Four: The Matrix

- The amazing power of human consciousness is a key ingredient in individual health as well as our collective health. (pp. 58-63)
- Our day-to-day problems are not reality. They are merely shadows that obscure reality. (p. 64)
- At our core, our *real* reality is love, peace and vibrant health. (p. 63)
- The most powerful healing force available: Just love. (p. 65)

Chapter Five: Turn Your Health Inside Out!

- This chapter brings us the opportunity to make a fundamental and *necessary* shift in health consciousness. (p. 67)
- Old frame of reference: "Uh oh...something's wrong; gotta fix it." (p. 67)
- New frame: ***Turn your health inside out!*** (p. 68)
- War on drugs? Really? Our system makes drug abuse perfectly acceptable. (p. 70)
- Vibrant health has been engineered into our basic human design. ***Turning health inside out*** takes advantage of that brilliant design. (p. 73)
- Treating the underlying cause is not really any different than treating symptoms. (p. 75)

- Rather than pouring so much energy into fighting, we are best served—*first!*—to **turn our health inside out!** (p. 77)
- The Big Idea: **Turning your own health inside** out benefits everybody. (p. 89)

Part Two: Turn-on Life! Oby's Simple Guide to Health and Well-being

Chapter Six: Spirit, Soul, Love and Healing

- Connecting with your spiritual essence is the most important aspect of health and well-being. (p. 96)
- Your journey is not for spiritual growth. Spirit is fully grown. We are *awakening* to Spirit's design. (p. 97)
- Meditation 101. (p. 101)
- Your thoughts, beliefs, feelings and actions create your life. (p. 110)

Chapter Seven: Mother Nature Packed Us a Lunch

- Low cal, low fat, low carb, slow carb, beer and cookies...all diets work. But none of them work. (p. 118)
 - Dr. Mark's definition of dieting: A process of doing something you don't like, to take care of something you don't like. How can that succeed? (p. 121)
 - When weight loss is unhealthy: The story of a Marine Corps gunnery sergeant who loses weight on a desperation diet, then fails his physical fitness test. (p. 122)
 - The most important nutrient is *life*. (p. 126)
- Adding value to your diet is more empowering than deprivation. (p. 128)

Chapter Eight: Fun, Fitness and Life

- The First Rule of Fitness: "Play first!" (p. 135)
- Exercise is for elevating your spirit, not just your heart rate. (p. 138)
- How to harvest the couch potato. (p. 139)

Chapter Nine: Scooter's Wisdom

- Mother Nature has a plan for child development... we keep getting in the way. (p. 150)
- Mom is packing a lunch. The critical importance of breastfeeding. (p. 152)
- If Edison and Einstein were children today, they would both be drugged. (p. 153)
- Mother Nature didn't slap herself on the forehead and say, "Darn! Forgot the antibodies." Vaccinations *do not* turn health inside out. (p. 157)
- Letting kids get dirty **turns health inside out**. (p. 159)
- Parents' beliefs and expectations can bend a child's spine...or straighten it; p. 162

Chapter Ten: A Day in the Life of Oby

- A positive attitude, love, play, exercising the mind and a balanced life all **turn health inside out**. (pp. 171-177)
- Life is an art, not an act; p. 177

Afterword

- Make one commitment—a lifelong commitment to your own potential (p. 179)
- Empower your potential, not your problems. (p. 181)
- The simple, timeless wisdom of Nature is the foundation of health and well-being. (p. 181)

Back Matter

- The final two pages of *Oby's Wisdom* provide links to a free video action guide (p. 187) and a free reading group guide (p. 189)