

SOVEREIGN TRAINING SYSTEMS

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# SOVEREIGN HEALTH

## LONGEVITY SYSTEM

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REVEAL · RESTORE · REGENERATE

Discover the Root Causes of Chronic Illness  
and the 7 Forces of Life that Restore Your Body  
to Its Designed State of Health and Vitality

WITH ARTEMIS KESZAINN | SOVEREIGN TRAINING SYSTEMS

# WHAT WE WILL DISCOVER TODAY

**A 50-MINUTE ROADMAP TO UNDERSTANDING YOUR BODY — AND WHAT IT TAKES TO TRULY HEAL**

- ① THE 4 ROOT CAUSES OF CHRONIC DISEASE**  
Why your body is struggling — and why conventional medicine rarely resolves it.
- ② WHY MOST HEALTH APPROACHES FAIL**  
The right things in the wrong order. Not knowing the root cause of your condition.
- ③ INTRODUCING THE 7 FORCES OF LIFE - A LIVING SYSTEM TO REGENERATE LIFE**  
A living system that your body follows to heal, restore, and regenerate.
- ④ THE 3-PHASE SOVEREIGN HEALTH PROGRAM**  
Reveal · Restore · Regenerate — 12 weeks of guided implementation, coaching, and community.

# STAY UNTIL THE END.

BY THE END OF THIS WEBINAR YOU WILL HAVE:

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- A clear understanding of the root causes of every chronic health challenge
- A practical framework you can begin applying immediately — today!
- Insight into why so many people are confused and fail to produce lasting results in their health
- A complete picture of how the 12-week Sovereign Health and the amazing healing community we are building with accountability, spiritual fasting, and fellowship
- You will also learn how to receive to a free consultation with myself to personally map out your healing journey

# THIS IS YOUR SEASON.

You have spent decades giving to everyone else. This webinar is the beginning of giving to yourself.

- Your body is not broken — it is burdened
- There IS a sequence that works
- Have a beginner's mind as you learn more here on the Laws of Nature and Regeneration!

THIS IS NOT ABOUT DOING MORE. IT IS ABOUT DOING THE RIGHT THINGS IN THE RIGHT ORDER.



## DISCLAIMER

This presentation is not intended to treat, cure, or diagnose any disease. Your body is designed with the innate ability to heal itself and the 7 Forces of Life are tools to support this natural process. By clearing obstructions and assisting your body in detoxification and regeneration, the principles taught in Sovereign Health can help enhance your overall wellness. Always consult with a qualified healthcare professional before starting any new health program or treatment

# MY BACKGROUND

- 25 years studying and practicing the healing arts
- Served over 40,000 people in 3 holistic medical clinics
- Extensive training across 20 healing modalities
- Spa Director at the Tree of Life Rejuvenation Center — Dr. Gabriel Cousens
- Advanced holistic training with Dr. Brian Clement, Hippocrates Health Center
- Certified Detoxification Specialist with Dr. Robert Morse





## MY STORY

# THE CRISIS THAT REVEALED THE MAP

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After 20 years of service, my own body broke down — chronic bowel disease, chronic fatigue, a body that had stopped responding to everything I tried. Inside that crisis, God began to reveal a sequence. Not random protocols. Not the latest trend. A divine roadmap built into the biology that God created for all of us. This revelation became the 7 Forces of Life that I will be sharing with you today.

PART I

# WHY YOUR BODY MAY STILL BE STRUGGLING.

UNDERSTANDING THE FOUR ROOT CAUSES OF CHRONIC DISEASE —  
AND WHY NO PROTOCOL WORKS WITHOUT ADDRESSING THEM.

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Most people are managing symptoms. They are not addressing root causes. That is why nothing has lasted.

"MY PEOPLE ARE DESTROYED FOR LACK OF KNOWLEDGE." — HOSEA 4:6

"HAVE YOU FORGOTTEN THAT YOUR BODY IS NOW THE SACRED TEMPLE OF THE HOLY SPIRIT, WHO LIVES IN YOU? YOU DON'T BELONG TO YOURSELF ANY LONGER, FOR THE GIFT OF GOD, THE HOLY SPIRIT, LIVES INSIDE YOUR SANCTUARY. YOU WERE GOD'S EXPENSIVE PURCHASE, PAID FOR WITH TEARS OF BLOOD. SO BY ALL MEANS, THEN, USE YOUR BODY TO BRING GLORY TO GOD."

1 Corinthians 6:19–20 (The Passion Translation)

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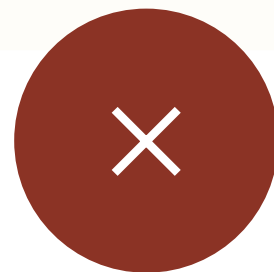
Our physical bodies belong to our Creator.

We are His stewards on earth. We honor our Creator and glorify Him by stewarding our health in reverence, purification, and purpose.

**ACCORDING TO THE APOSTLE PAUL: STEWARDSHIP OF THE BODY IS NOT OPTIONAL — IT IS HOLY.**

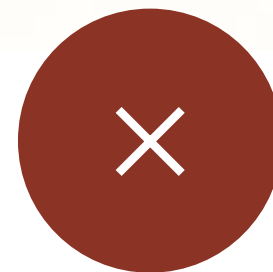
# WHY NOTHING HAS STUCK

How do we succeed? Doing the right things in the right order.



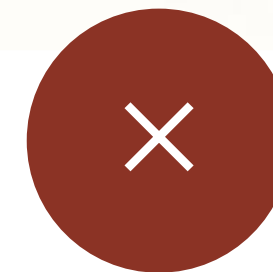
## RANDOM ADVICE

Fragmented supplements, diets, and protocols — each one isolated, no system connecting them. The body requires a complete sequence, not a collection of parts.



## RIGHT THINGS, WRONG ORDER

The body heals in a specific sequence. Skipping steps means nothing holds. You cannot detox what hasn't been hydrated. You cannot regenerate what hasn't been detoxified.



## SYMPTOMS, NOT SOURCES

Conventional and holistic systems too often manage symptoms. The allopathic system treats the signal, not the source. The body is not broken — it is burdened.

# THE 4 ROOT CAUSES

EVERY CHRONIC CONDITION TRACES TO ONE OR MORE OF THESE FOUR CAUSES —  
AND MOST PEOPLE ARE DEALING WITH ALL FOUR SIMULTANEOUSLY.

1 STRESS

2 ACIDOSIS (INFLAMMATION)

3 TOXICITY

4 GENETIC WEAKNESS

The good news: every one of these causes can be systematically addressed — with the right sequence

# STRESS

THE BODY CANNOT HEAL IN A STATE OF VIGILANCE

Chronic stress keeps the nervous system locked in sympathetic activation — fight, flight, or freeze. In this state, the body suppresses digestion, immunity, cellular repair, and hormonal balance. Every healing protocol fails when the nervous system is in survival mode.

Stress is not only emotional: it is electromagnetic, chemical, nutritional, and spiritual — disconnection from our purpose and faith.



**The healing response is SUPPRESSED when the nervous system is in survival mode. Nothing works until this is addressed.**

# ACIDOSIS & INFLAMMATION

THE TERRAIN IS WHERE DISEASE THRIVES

When the body's internal pH begins to drop — from processed foods, dehydration, stress, and toxins — every biological system is compromised: Oxygen delivery drops. Cellular voltage falls. Inflammation becomes chronic.

Dr. Otto Warburg won the Nobel Prize in 1931 proving cancer cells cannot survive in an oxygenated, alkaline environment.

Acidosis is the terrain where ALL disease begins.



**Nobel Prize 1931 — Dr. Otto Warburg: No cancer cell can survive in the presence of oxygen and an alkaline terrain.**

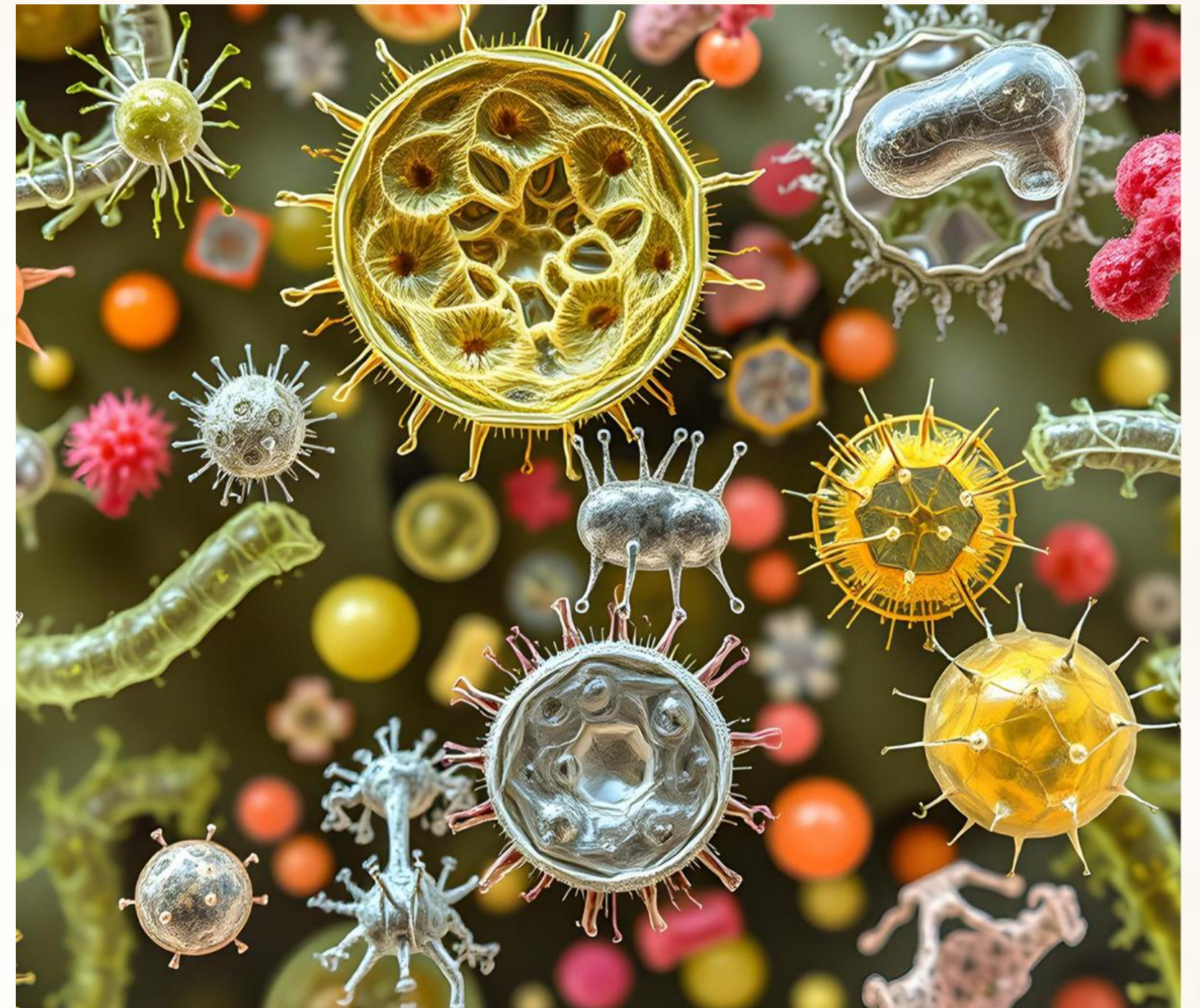
"WHAT IS MORE WATER-RICH, MINERAL-RICH AND ALKALINE IS MORE OXYGEN-RICH." — SOVEREIGN HEALTH

# TOXICITY

VIRAL · PATHOGENIC · HEAVY METAL

The modern body carries a toxic burden unprecedented in human history: environmental chemicals, persistent viral infections, parasites, fungal overgrowth, heavy metals from food and water, and pharmaceutical residue that never fully clears.

No virus, bacteria, fungus, or parasite can exist in the presence of sufficient oxygen. Toxicity and oxygen deficiency are two sides of the same coin — and they must be cleared in the correct sequence.



**No virus, bacteria, fungus, or parasite can exist in the presence of sufficient oxygen. Oxygenation + Alkalinity + Movement is how we cleanse and detoxification.**

"IT IS SCIENTIFICALLY DOCUMENTED THAT ABSOLUTELY NO VIRUS, BACTERIA, FUNGUS, OR PARASITE CAN SURVIVE IN THE PRESENCE OF OXYGEN."

# GENETIC WEAKNESS

## CONSTITUTIONAL PREDISPOSITIONS

Every person inherits specific constitutional weaknesses — particular organs, glands, or systems that are predisposed to imbalance. These are not death sentences. They are your roadmap for prioritization.

Your Sovereign Health Assessment identifies these specific weaknesses so the 7 Forces can be applied precisely where your body needs them most — not generically, but according to your unique constitutional terrain.



**“Genes do not control biology. Environment and perception control biology through epigenetics.”**

**— Dr. Bruce Lipton - Genetic weakness is not your destiny.**

# THE 4 ROOT CAUSES — IN SUMMARY

EVERY CHRONIC CONDITION TRACES TO ONE OR MORE OF THESE FOUR CAUSES —  
AND MOST PEOPLE ARE DEALING WITH ALL FOUR SIMULTANEOUSLY.

1

## STRESS

Nervous system locked in survival — healing response suppressed.

2

## ACIDOSIS & INFLAMMATION

Acidic terrain + dehydration + oxygen depletion = environment that breeds disease

3

## TOXICITY

Viral, pathogenic & heavy metal burden — cleared only in the right sequence.

4

## GENETIC WEAKNESS

Constitutional predispositions — the map for personalized healing.

**The good news: every one of these causes can be systematically addressed — with the right sequence**



REAL RESULTS

# LOST 54 LBS

***Healed irritable bowel – doubled her business!***

“I RECLAIMED MY POWER TO HEAL, LEARNED TO REGULATE MY NERVOUS SYSTEM, AND HEALED A DECADE-LONG GUT ISSUE — ALL AT THE SAME TIME. IF YOU’RE READY TO STOP SEARCHING OUTSIDE YOURSELF AND STEP INTO YOUR OWN POWER, SOVEREIGN HEALTH GIVES YOU THE STRUCTURE AND SUPPORT TO DO THAT WORK”

— **PAMELA, SOVEREIGN HEALTH MEMBER**

## PART II

# THE MAP FOR REGENERATION ALWAYS EXISTED.

"FOR GOD IS NOT A GOD OF DISORDER BUT OF PEACE." — 1 CORINTHIANS 14:33

GOD WROTE THE BLUEPRINT FOR YOUR BODY'S HEALING INTO YOUR BODY TO REGENERATE. **THE 7 FORCES OF LIFE IS THAT BLUEPRINT.**

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Creation happened in a precise sequence. The body heals in a precise sequence in 7 Forces of Life you will learn today. When you align with that order — restoration follows.

# THE 7 FORCES

— THE DIVINE BLUEPRINT

**OXYGEN IS THE ELEMENT THAT UNITES ALL 7 FORCES.**

1. **Sunlight** — Rays of Life
2. **Respiration** — Parasympathetic Tone
3. **Hydration** — Deep Cellular Hydration with Cold-Pressed Juices
4. **Re-mineralization** — Juicing & Essential Organic Minerals
5. **Oxygenation** — Revitalize with O<sub>2</sub> Therapies & Conscious Breath
6. **Detoxification** — Strong Digestive Fire & Clear Elimination
7. **Regeneration** — Peak Cellular Voltage & Total Body Negative Charge



FORCE 1

# SUNLIGHT

1

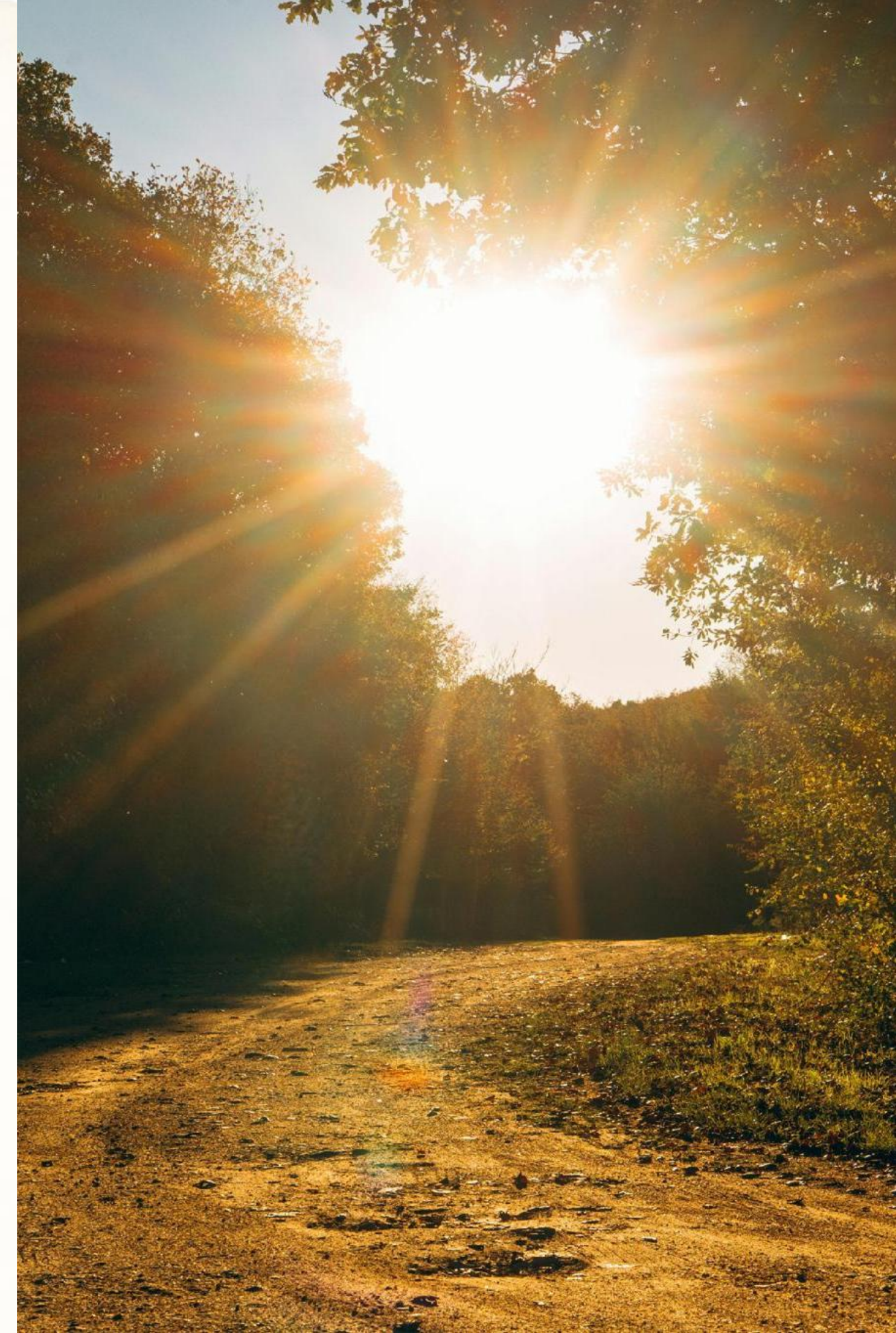
## Sunlight & Hormone Balance — Rays of Life

Sunlight is the original fuel source for life. Every cell runs on light energy. Morning UVA and infrared set the hormonal clock governing cortisol, melatonin, dopamine, serotonin, and sex hormones. Without adequate sunlight, cellular voltage drops and the entire healing cascade slows.

When disrupted: fatigue, hormonal imbalance, depression, low vitamin D, poor immunity

When restored: cellular voltage rises, circadian rhythms reset, healing accelerates

"THEN GOD SAID, 'LET THERE BE LIGHT,' AND LIGHT WAS BORN." — GENESIS 1:3



## ACTION STEP 1 OF 3

IT'S OUR RELATIONSHIP WITH  
LIGHT...

# 30 MIN

*of Morning Sun, between sunrise and 9am —  
no sunglasses – for hormone balance*

Dr. Jack Kruse's research on circadian biology shows that early morning light entering your eyes sets your master clock — the suprachiasmatic nucleus. That signal times your melatonin release roughly 14–16 hours later, the same night. Skip the morning light, and your sleep hormones start the day already out of sync.

## STARTS TONIGHT

AND DARKNESS...

- ✓ Block all screens after 8:00 PM
- ✓ Sleep with your head facing south
- ✓ Use blackout curtains for total darkness
- ✓ Keep the room at 70°F (21°C) or below

DARKNESS IS JUST AS IMPORTANT AS LIGHT FOR  
BALANCING YOUR HORMONES AND RESETTING  
YOUR CIRCADIAN BIOLOGY



FORCE 2

# RESPIRATION & BREATH OF LIFE

## Parasympathetic Tone — The Healing State

God breathed life into man — and that breath was never meant to be shallow or held in tension. Deep conscious respiration floods the body with oxygen, activates the parasympathetic nervous system, and shifts the body from survival mode into healing mode.

When disrupted: chronic stress activation, lymphatic stagnation, anxiety, fatigue

When restored: nervous system resets, oxygen floods cells, healing state activated

"THEN THE LORD GOD FORMED THE MAN AND BREATHED INTO HIS NOSTRILS THE BREATH OF LIFE, AND THE MAN BECAME A LIVING BEING." — GENESIS 2:7



# RUACH

BREATH, SPIRIT, WIND, LIVING PRESENCE

The Hebrew word **Ruach** is one of the richest words in Scripture. It cannot be translated with a single English word because it carries the interconnected meanings of:

- **Breath**
- **Wind**
- **Spirit**
- **Life force**
- **Invisible power**
- **Animating presence of God**

THE ANCIENT HEBREWS DID NOT SEPARATE BREATH FROM SPIRIT. **TO BREATHE WAS TO PARTICIPATE IN THE LIFE THAT GOD CONTINUALLY GIVES.**

FORCE 3

# HYDRATION

# 3

## Deep Cellular Hydration with Juices & Living Water

Most people are not just thirsty — they are dehydrated at the cellular level. Living water from cold-pressed juices — hexagonally structured, mineralized, and electrically charged — is the best transporter of nutrients in and wastes out. Cold-pressed organic juices deliver the most optimal hydration and living enzymes directly to your cells.

When disrupted: brain fog, joint pain, poor detox, premature aging, low energy

When restored: cells conduct electricity, every other Force accelerates

"HE LEADS ME BESIDE QUIET WATERS. HE REFRESHES MY SOUL." — PSALM 23:2



ACTION STEP 2 OF 3

## DAILY JUICING TIPS

# 2+ QUARTS

*of cold-pressed vegetable juice, every single day — using a single-auger (masticating) cold-press juicer*

## THE 5 FLAVORS OF HEALING — IN SEQUENCE

**1 · SOUR — FIRST**

RAW LEMONADE

**2 · BITTER — SECOND**

CELERY JUICE

**3 · SWEET — THIRD**

CUCUMBER APPLE  
JUICE OR MELON

SOUR, THEN BITTER, THEN SWEET — OPENING THE BODY TO CURE AND REGENERATION, ONE GLASS AT A TIME.

## RECOMMENDED SINGLE-AUGER COLD-PRESS JUICERS



*Hurom H340  
Cold Press Juicer*



*Kuvings Auto10  
Cold Press Juicer*



FORCE 4

# RE-MINERALIZATION

## Juicing & Essential Organic Minerals

Your body cannot manufacture minerals — they must come from the earth. Organic minerals from cold-pressed juices, botanicals, and superfoods are the raw materials of every enzyme, hormone, and electrical signal. What is more water-rich, mineral-rich, and alkaline is ALSO oxygen-rich.

When disrupted: enzyme deficiency, hormonal disruption, poor nerve conduction, fatigue

When restored: enzyme activity returns, alkalinity rises, electrical charge strengthens

"I HAVE GIVEN YOU EVERY PLANT YIELDING SEED... IT SHALL BE FOOD FOR YOU." —  
GENESIS 1:29

FORCE 5

5

# OXYGENATION

## Cleanse and Purify the Mind with Daily Oxygen Therapies and Breathwork

Oxygen is the medium that delivers all nutrients and expels all wastes. No virus, bacteria, fungus, or parasite can exist in the presence of sufficient oxygen. Daily ozone and oxygen therapies drive healing at a cellular level, eliminating pathogens, reducing inflammation, and restoring regeneration of the body and mind.

When disrupted: pathogen overgrowth, chronic inflammation, immune suppression

When restored: cellular environment becomes inhospitable to disease; vitality returns

"THE SPIRIT OF GOD HAS MADE ME; THE BREATH OF THE ALMIGHTY GIVES ME LIFE." —  
JOB 33:4





FORCE 6

# DETOXIFICATION

## Strong Digestive Fire + Clear Digestion, Absorption & Elimination

The body is a self-cleaning temple — but it needs the right conditions. There are 5 systems of detoxification. When digestion is strong and all channels are open, the body clears what it cannot use. When congested, toxins recirculate and symptoms persist.

When disrupted: bloating, constipation, skin eruptions, hormonal disruption, chronic fatigue

When restored: elimination channels open, the body clears what it has been holding

"CREATE IN ME A CLEAN HEART, O GOD, AND RENEW A RIGHT SPIRIT WITHIN ME." —  
PSALM 51:10

# YOUR 5 SYSTEMS OF DETOXIFICATION

DETOXIFICATION WORKS THROUGH FIVE CHANNELS — WHEN THEY'RE OPEN, YOUR BODY CLEARS WHAT IT NO LONGER NEEDS.

- 1** SKIN  
Sweating through sauna therapy and exfoliation to open this pathway.
- 2** COLON  
Fiber-rich juices and ozonated magnesium to support elimination.
- 3** LIVER  
Your master detoxifier — processes toxins from the blood before they recirculate.
- 4** LUNGS  
Deep, conscious breathing clears gaseous waste from the body.
- 5** LYMPHATIC  
Movement, rebounding, and dry brushing keep this channel flowing.

**A Total Body Cleanse system — covering all 5 of these channels — is included in the Sovereign Health Longevity Program. More details with you at the end of class**

FORCE 7

7

# REGENERATION

## Peak Cellular Voltage & Strong Total Body Negative Charge

This is the culmination of the 7 Forces of Life. When our body becomes water rich, mineral rich, oxygen rich and full of life, our cells hold a strong negative electrical charge. Every healthy cell carries a strong negative charge between  $-70$  to  $-90$  millivolts. When that charge drops below  $-50$  millivolts, disease begins. When fully restored, the body heals itself with an intelligence no protocol can replicate.

When the body's voltage is disrupted: accelerated aging, chronic disease, poor recovery

When restored: peak cellular voltage, healing and regeneration becomes easy



## QUICK RECAP

# 3 THINGS YOU CAN DO STARTING TONIGHT

**NO PURCHASE REQUIRED — THESE THREE ACTION STEPS ARE YOURS TO KEEP, STRAIGHT FROM TONIGHT'S TRAINING.**

1

## LIGHT & DARKNESS

- 30 minutes of direct morning sun — no sunglasses
- Screens off by 8:00 PM
- Cool, dark bedroom: blackout curtains, 70°F or below, head facing south

2

## DAILY JUICING PROTOCOL

- 2–3 quarts of cold-pressed veggie juice daily
- Sequence: sour → bitter → sweet
- Raw Lemonade, Celery Juice, Cucumber Apple Juice

3

## ACTIVATE UTILIZATION

- Keep your morning sunlight habit going
- Support Utilization pathways in your body with healing sea veggies and botanicals
- Sauna therapy — steam and dry

**NOW, LET'S KEEP GOING**

# YOU NOW HAVE THE MAP.

**THE 7 FORCES OF LIFE SHOW YOU THE PATH EVERY BODY CAN WALK TO HEAL, RESTORE, AND REGENERATE.**

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But a map alone is not enough.

Every great explorer carried two things: a map that shows the terrain — and a compass that shows exactly where they are within it.

Without a compass, the map is just a beautiful picture.

WITHOUT KNOWING YOUR POSITION, EVERY STEP IS A GUESS.

## YOUR COMPASS:

# YOUR SOVEREIGN HEALTH ASSESSMENT

The 7 Forces is your Map. The Sovereign Health Assessment is your Compass — your personal GPS.

- ✓ Identifies which Forces need the most attention — for YOUR body
- ✓ Reveals constitutional imbalances underlying chronic symptoms
- ✓ Removes all guesswork — no more random protocols or trial and error
- ✓ Personalizes the sequence so your first steps give you your best results

**MAP + COMPASS =**  
THE RIGHT THINGS  
IN THE RIGHT ORDER  
FOR YOUR SPECIFIC BODY

This is what most people  
never have — and why they  
never fully heal.

YOUR ASSESSMENT IS INCLUDED WITH  
YOUR SOVEREIGN HEALTH PROGRAM



*“Since following the protocols taught by Artemis, my health has completely transformed! Chronic viruses are gone, a major colon blockage has cleared, and my sweat glands have reactivated — opening a critical detox pathway. Yesterday was the first day I truly felt energy back in my body.”*

— JIA PATTON, SOVEREIGN HEALTH MEMBER

## REAL RESULTS

# THE 7 FORCES, LIVED OUT

## WHAT CHANGED FOR JIA

- ✓ **Chronic viruses — gone**
- ✓ **Major colon blockage — cleared**
- ✓ **Sweat glands — reactivated (detox pathway open)**
- ✓ **Movement and walking with ease — fully restored**

## PART III

# INTRODUCING 12-WEEK

# SOVEREIGN HEALTH PROGRAM

THREE PHASES. 25 YEARS OF WISDOM.

ONE COMPLETE SYSTEM FOR YOUR BODY, MIND, AND SPIRIT.

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### PHASE 1

## REVEAL

Build your kitchen and sanctuary  
of health. Ignite digestive fire

### PHASE 2

## RESTORE

Master the 5 systems of  
detoxification. Reset the nervous  
system

### PHASE 3

## REGENERATE

Botanical healing, mitochondrial  
biogenesis, total body  
regeneration

PHASE 1

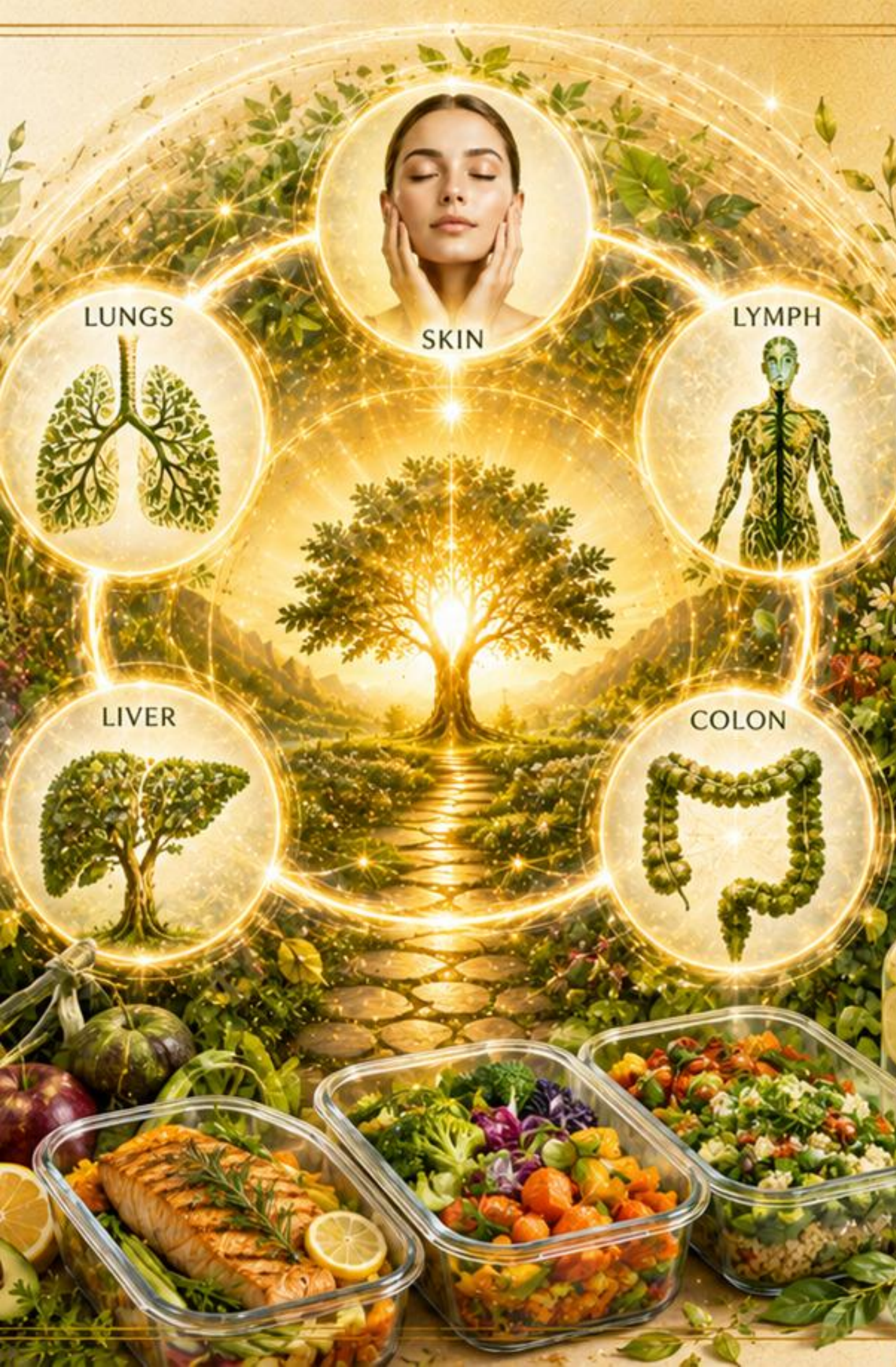
# REVEAL

TEACHING YOU HOW TO BUILD YOUR KITCHEN AS A  
SANCTUARY OF HEALTH

1

- Sovereign Kitchen Reset: Setting up your kitchen to maximize the 7 Forces
- 30-Day Digestive Kickstart Protocol
- Building Digestive Fire: Cornerstone to Health
- Cold Press Juicing: Learn the art of Batch Juicing — replenish minerals, restore digestion, rapidly hydrate cells
- Morning Hydration & Morning Cleanse Protocols
- Entering the Kingdom Healing Meditations & Heart-Focused Breathwork





PHASE 2

# RESTORE

MASTERING THE 5 SYSTEMS OF DETOXIFICATION

- 5 Systems of Detox: Skin, Colon, Liver, Lungs & Lymphatic
- Advanced protocols — clearing the right systems in the right order
- Customized Detoxification Meal Plans
- Deep Nervous System Reset Protocols
- Most powerful healing foods, juices & botanicals for all body systems
- Oxygen & Ozone Therapy Stacking for deep cellular cleansing
- Parasite & Pathogen Clearance Protocols

PHASE 3

# REGENERATE

ACTIVATING LIFE FORCE — PEAK CELLULAR VOLTAGE

- Botanical Healing Masterclasses — western & eastern botanicals
- Advanced Essential Oil Therapies for cellular regeneration
- Mitochondrial Biogenesis Protocols — rebuild energy and vitality
- Total Body Health Protocols: Hydrotherapy, Sauna, Oxygen, Ozone Therapy
- Red Light Therapy & PEMF for deep tissue regeneration
- Peak Cellular Voltage & Polarity Balancing Protocols
- 25 years of longevity medicine — applied to your unique constitution and body type

3



## REAL RESULTS

# STAGE 4 CANCER... REVERSING. TYPE 2 DIABETES... HEALED.

## PATTIE & KEN'S STORY

"In February 2025, my husband was diagnosed with Stage 4 metastatic prostate cancer — terrifying news that sent us straight to prayer and a search for a natural path of healing. That search led us to Arttemis and the Sovereign Health protocols, designed to support the body in doing what God created it to do: heal. I joined my husband in the program to support him on his journey. Surprisingly, within months my A1C dropped a full point, completely reversing my diabetes on the program!!! Ken's energy has returned, he feels better than he has in years, and his latest tests show the cancer is now regressing. We are stronger, healthier, and more hopeful than we've been in a year. Following Arttemis's guidance has truly given us our life back."

— PATTIE & KEN GEISTFELD



# 3 HIDDEN OBSTACLES TO BEGINNING YOUR HEALING

## HIDDEN OBSTACLE #1

“

“I KEEP PUTTING EVERYONE ELSE FIRST. I HAVE A HARD TIME MAKING MYSELF A PRIORITY.”

**HAVE YOU BEEN SOMEONE WHO HAS BEEN HOLDING EVERYTHING TOGETHER — AND SOMEWHERE ALONG THE WAY, YOUR OWN HEALING MOVED TO THE BOTTOM OF THE LIST???**

## THE TRUTH

- Your healing is not separate from your calling. It is your calling.
- And remember that you cannot pour from an empty vessel — you cannot steward what God gave you by putting other people before your own needs.
- Many people in Sovereign Health had this same hidden block before they began their journey into the 7 Forces of Life!
- The ones who are thriving today are the ones who finally said: I am first! Choosing YOURSELF right now is not selfish. It is your divine assignment.
- Let your cup be filled to overflowing with NEW LIFE so you can learn to give from a sense of fullness and richness in your life.

## THE TRUTH

- You don't have to be well to begin. Beginning is what starts the recovery.
- Sovereign Health meets you exactly where you are — and you begin with your first month setting up your kitchen, rebuilding digestive fire with our Digestive Kickstart Training, and teaming up with your accountability partners!
- Most members spend about 45 to 60 minutes per day with their new lifestyle upgrades and the Sovereign 7 Map. That is your time commitment for the first month.
- This program is designed to restore your energy first, so that everything else — your family, your work, your life — grows as you implement the changes.

## HIDDEN OBSTACLE #2

“

“I DON'T HAVE THE TIME AND ENERGY TO START SOMETHING NEW RIGHT NOW”

### HIDDEN OBSTACLE #3

“  
”I DON'T BELIEVE MY BODY  
CAN STILL HEAL AT MY AGE.”

**THIS IS NOT ABOUT  
OVERWHELM. YOUR BODY MAY  
BE RUNNING ON RESERVES —  
IT'S TIME TO RENEW YOUR  
MIND AND RESTORE YOU  
BODY!!!**

### THE TRUTH

- The body does not forget how to heal. God designed your body to heal and regenerate under the right conditions. In sovereign health you will learn how to build a healing sanctuary in your own home in 7 Forces of Life.
- Sovereign Health does not ask your body to do something new. It restores the environment that your body was designed to thrive in
- Pattie's husband was told he had Stage 4 cancer. Ken's tests now show the cancer is regressing. Jia's chronic viruses are gone and she went from struggling to walk to climbing hills without hills without any struggle in 4 months. Pamela lost 54 pounds, healed her chronic gut issues, and doubled her business in 4 Months. None of them were young. All of them began.

# WHAT YOU RECEIVE

3 PHASES + WEEKLY CALIBRATION AND EMPOWERMENT

THE COMPLETE SOVEREIGN HEALTH LONGEVITY SYSTEM

① THE 7 FORCES OF LIFE MASTER TRAINING  
Deep-dive video modules on each Force — the science, the spirit, and the practice.

② YOUR SOVEREIGN HEALTH ASSESSMENT  
Personalized assessment revealing your specific terrain and priorities of healing.

③ WEEKLY GROUP COACHING CALLS WITH ARTEMIS  
Live guidance, questions answered, community — you are not walking this alone.

④ SOVEREIGN KITCHEN RESET  
Best practices for setting up your kitchen and feasting on God's botanical pharmacy.

⑤ 3 PHASES: REVEAL | RESTORE | REGENERATE  
25 years of longevity medicine in 3 phases while mastering the 7 Forces of Life.

⑥ MONTHLY SPIRITUAL FASTING PROGRAMS  
Take command of the body, elevate the spirit in the art & science of spiritual fasting.

# WHY SOVEREIGN HEALTH IS DIFFERENT



## COMPLETE ROOT CAUSE FRAMEWORK

We address all four root causes — stress, acidosis, toxicity, and genetic weakness — systematically, in sequence. Not one at a time. Not randomly.



## THE SEQUENCE IS THE SOLUTION

The 7 Forces work because they follow the order the body actually heals in. Most programs give you everything at once. We give you the right things in the right order – gently over 90 days.



## PERSONALIZED, NOT GENERIC

Your Sovereign Health Assessment ensures every step is calibrated to your specific body. No more one-size-fits-all protocols that produce one-size-fits-all results.



## GUIDED, SUPPORTED, WITH ACCOUNTABILITY PARTNERSHIPS

Weekly coaching calls with Artemis. Puls! We will have multiple groups of 8 people each to collaborate and fellowship on their lifestyle transformation!

# FOUNDING MEMBER PRICING

VISIT:

[empower2000.com/sh/](https://empower2000.com/sh/)

## OPTION 1: 4 MONTHLY PAYMENTS

**\$277** /MONTH X 4

Total: \$1,108

- ✓ 90-day access to Sovereign Health
- ✓ Weekly Calibration Calls
- ✓ All course modules and protocols
- ✓ Sovereign Kitchen Reset Guide
- ✓ Private community access
- ✓ Nervous System Reset Bonus (\$297 value)
- ✓ Sovereign Health Live Call Replay Vault (\$497 value)
- ✓ Personal Sovereign Health Assessment with Artemis (when you register by June 24 — value \$497)

Personal Sovereign Health Assessment with Artemis included when you register by June 24.

RECOMMENDED

## OPTION 2: PAY IN FULL

**\$997**

SAVE \$111

Everything in Option 1, Plus:

- ✓ The Sovereign Sleep Protocol (\$297 value). A targeted system for deep, restorative sleep. Sleep is what your body uses to do the actual repair. When sleep deepens, every other part of the program does its work while you rest.



Personal Sovereign Health Assessment with Artemis included when you register by June 24.

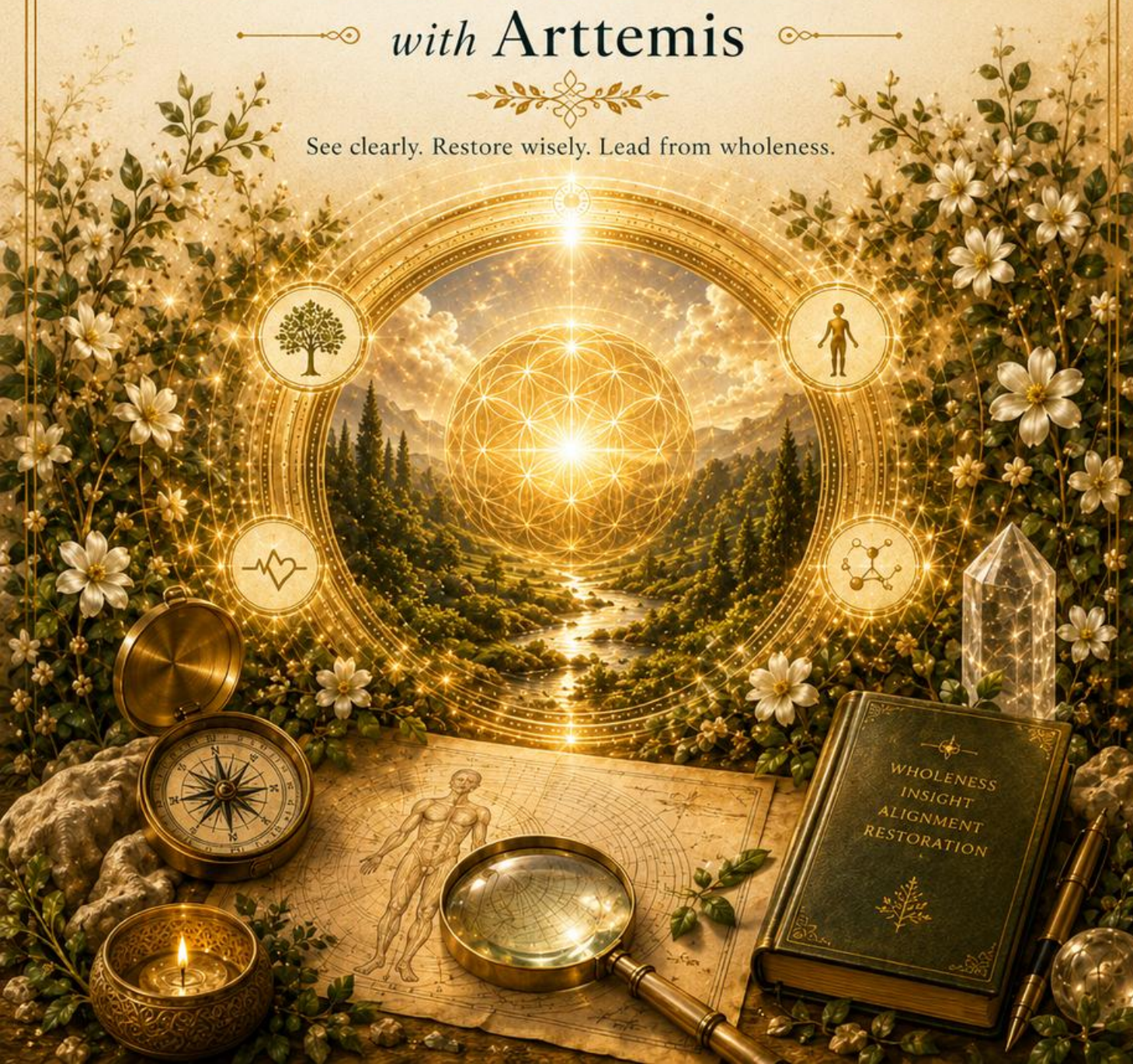


SOVEREIGN TRAINING SYSTEMS

# SOVEREIGN HEALTH ASSESSMENT

with *Arttemis*

See clearly. Restore wisely. Lead from wholeness.



**BONUS #1 OF 4**

## SOVEREIGN HEALTH ASSESSMENT WITH ARTTEMIS

A ONE-ON-ONE SESSION WITH ARTTEMIS. HE SEES WHAT IS HAPPENING IN YOUR BODY. HE MAPS YOUR PATH THROUGH THE 7 FORCES. HE HANDS YOU THE COMPASS

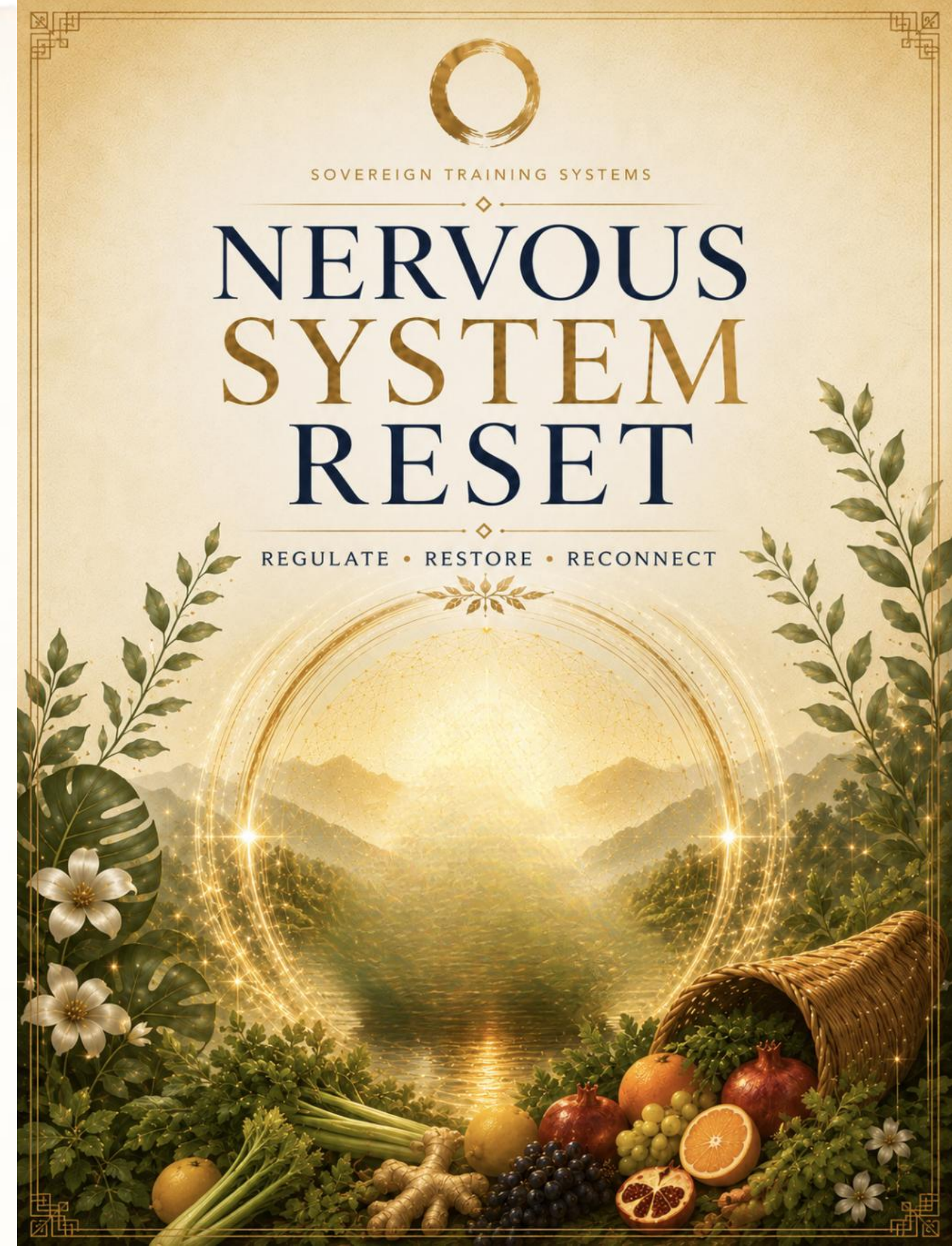
**\$497** value · **EXPIRES ON MIDNIGHT JUNE 24**  
- THE S.H.A. IS ONLY AVAILABLE FOR THOSE WHO PURCHASE IN THE NEXT 24 HOURS FROM TONIGHT.

BONUS #2 OF 4

# NERVOUS SYSTEM RESET

3-PART VIDEO TRAINING FOR RESTORING INTERNAL SAFETY, RHYTHM, AND CAPACITY. MOST PEOPLE TRY TO HEAL WHILE THEIR NERVOUS SYSTEM IS STILL RUNNING IN SURVIVAL MODE. THIS CHANGES THAT FIRST!

\$297 value · EXPIRES JUNE 27





SOVEREIGN TRAINING SYSTEMS

# SOVEREIGN SLEEP PROTOCOL



\$297 value · EXPIRES JUNE 30

**BONUS #3 OF 4**

## **PAY-IN-FULL EXCLUSIVE — SOVEREIGN SLEEP PROTOCOL**

A TARGETED SYSTEM FOR DEEP, RESTORATIVE SLEEP IN YOUR MIND, BODY, AND BEDROOM.. .

**#1 MASTER THE LIGHT:** HOW TO OPTIMIZE YOUR RELATIONSHIP WITH SUNLIGHT TO RESET YOUR CIRCADIAN RHYTHM AND FLOOD YOUR BODY WITH NATURAL ENERGY.

**#2 TRANSFORM YOUR BEDROOM:** HOW TO OPTIMIZE YOUR BEDROOM, SLEEP IN THE PROPER POSITION, CLEAR EMF, AND CALM YOUR NERVOUS SYSTEM WITH KEY MICRONUTRIENTS AND BOTANICALS.

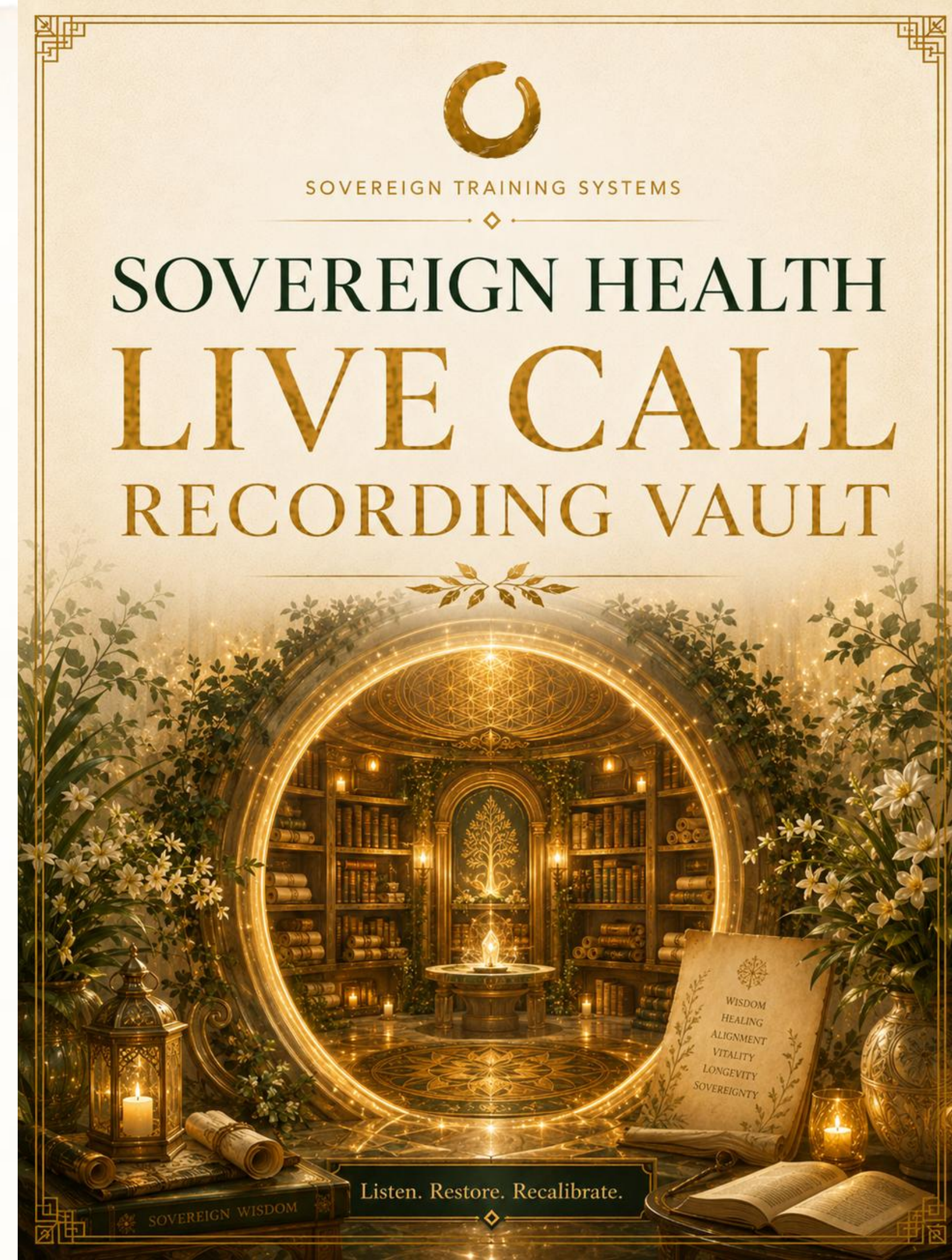
**#3 HEAL YOUR SLEEP - FOR GOOD:** THE PROVEN PROTOCOL FOR HEALING INSOMNIA AND ACHIEVING THE DEEP, RESTORATIVE SLEEP YOUR BODY WAS DESIGNED FOR!

BONUS #4 OF 4

# SOVEREIGN HEALTH LIVE CALL RECORDING VAULT

EVERY CALIBRATION CALL IS RECORDED AND  
AVAILABLE WITHIN 24 HOURS ON SKOOL. MISS A WEEKLY  
CALL, CATCH UP ON YOUR OWN TIME. NOTHING IS LOST

\$497 value · NO EXPIRATION



# FOUNDING MEMBER PRICING

VISIT:

[empower2000.com/sh](https://empower2000.com/sh)

## OPTION 1: 4 MONTHLY PAYMENTS

**\$277/MONTH X 4**

Total: \$1,108

- ✓ 90-day access to Sovereign Health
- ✓ Weekly Calibration Calls
- ✓ All course modules and protocols
- ✓ Sovereign Kitchen Reset Guide
- ✓ Private community access
- ✓ Nervous System Reset Bonus (\$297 value)
- ✓ Sovereign Health Live Call Replay Vault (\$497 value)
- ✓ Personal Sovereign Health Assessment with Artemis (when you register by June 24 — value \$497)

Personal Sovereign Health Assessment with Artemis included when you register by June 24.

RECOMMENDED

## OPTION 2: PAY IN FULL

**\$997**

**SAVE \$111**

Everything in Option 1, Plus:

- ✓ The Sovereign Sleep Protocol (\$297 value). A targeted system for deep, restorative sleep. Sleep is what your body uses to do the actual repair. When sleep deepens, every other part of the program does its work while you rest.



Personal Sovereign Health Assessment with Artemis included when you register by June 24.

# ARE YOU READY TO BECOME SOVEREIGN IN YOUR HEALTH?

**YOUR BODY WAS DESIGNED TO HEAL.**

**THAT DESIGN IS WRITTEN INTO EVERY CELL.**

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The map exists. The compass is ready to be calibrated for your body. You don't have to figure this out alone — and you don't have to do it by guessing. Sovereign Health is the system. Arttemis is the guide. The community is waiting.

[→ Begin Your Journey](#)



[empower2000.com/sh](https://empower2000.com/sh)

"BELOVED, I PRAY THAT YOU MAY PROSPER IN ALL THINGS AND BE IN HEALTH, JUST AS YOUR SOUL PROSPERS." — 3 JOHN 1:2

# QUESTIONS & ANSWERS

**WE KNOW YOU HAVE QUESTIONS. WE ARE HERE TO ANSWER THEM.**

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- Type your questions in the chat — we will address them live
- After Q&A: stay for your free consultation offer
- This is the moment to get the specific answers your body needs

 **[empower2000.com/sh](https://empower2000.com/sh)**