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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

**FOUR MOUNTAINS, INC. ANNOUNCES HEALTH NEWS BREAKTHROUGH ILLNESS
BANISHED BY CRACKING THE WHOLISTIC CODE**

By Stacey Kumagai

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FOR IMMEDIATE RELEASE

**FOUR MOUNTAINS, INC. ANNOUNCES HEALTH NEWS BREAKTHROUGH
ILLNESS BANISHED BY CRACKING THE WHOLISTIC CODE**

Calabasas, CA --- Stress. Aging. Illness. Life would be perfect without it. Many doctors, health gurus and even authors have claimed to have all the answers but no one has been able to effectively heal anyone 100% and then help them STAY well... until now! Four Mountains, Inc., a privately held Clinical & Research Laboratory announces publicly for the first time after more than a decade of extensive laboratory research, they've 'cracked the wholistic code' and have unveiled successful evolution of health Wellness Models, Wellness Tools and Wellness Programs which combat today's leading health problems, complaints and ailments.

"People don't understand what's happening to them...they are confused, in the dark and trying to treat their multitude of symptoms, but there's always more symptoms to treat. There isn't anyone in the world who has put it all together (body-mind-lifestyle) and cracked the code of human suffering and disease prevention to the full extent that we have, nor do they understand the connections between the specialties and sciences as thoroughly as we do," states Dr. Ward Coleman, N.D. and President of Four Mountains, Inc.

Four Mountains, Inc. has created breakthrough programs covering everything from Anti-Stress, Anti-Aging, Cardiovascular, Digestive and Immune System, to Perfect Skin and Male & Female Renewal programs. All of these programs are based upon "The Wheel of Healing" - detoxification,

fortification, relaxation, mobilization – to support body systems, correct dysfunction, create balance and ultimately inform, educate and enlighten individuals to their own 'self-awareness/self-regulation' and to live optimally without chaos in their mind–body–life.

With years of nutrition, herbal, iridology, naturopathy, yoga, craniosacral therapy, visceral manipulation and other connectivity research behind the programs, clients receive the benefits of a program that works on all levels for a healthy wellness lifestyle. "I have never felt healthier than I do today at the age of 50, physically and mentally. With the help of Four Mountains, I have been able to solve every physical hurdle that I have had, and do it in a natural efficient way," states client, Jacquelyn Robbins of Malibu, California.

For all interviews/media requests, please contact publicist, Stacey Kumagai at 818/506–8675 or email questions to mediamonster@yahoo.com . To place an order for programs at Four Mountains, Inc., please call toll-free at 800/736–0904.

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Stacey Kumagai is CEO of Media Monster Communications, Inc., a full-service public relations, marketing & media firm.

IS YOUR IMMUNE SYSTEM TRASHED?

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IS YOUR IMMUNE SYSTEM TRASHED?

FOUR MOUNTAINS, INC. UNVEILS 21st CENTURY SOLUTIONS FOR CORRECTING IMMUNE DYSFUNCTION

ULTIMATELY TAKING THE 'SCARE' OUT OF SARS AND INFECTION OUT OF THE MODERN WORLD

Calabasas, CA - Information is power. So is a strong immune system. Over the past few decades, fear and helplessness has been the focus of the common cold/flu, Swine Flu, E–coli bacteria, HIV/AIDS and most recently SARS. Four Mountains, Inc., is a privately held Clinical & Research Laboratory dedicated to synthesizing all available data in the fields of alternative medicine, disease prevention, wholistic mind/body health and anti–aging technology. And they are unveiling what is likely the most advanced, comprehensive, wholistic, and effective Immune Support Program in the world.

"Some doctors are telling the public that the immune system cannot be strengthened and there is nothing we can do to increase resistance to infections, but these old fashioned opinions do not square with the evidence. The human immune system CAN be augmented and amplified! One vitamin or herb won't do it alone, that's true. But, if you supply the immune system with all the hundreds of nutritive materials it needs to function then YES, THE BODY CAN DEFEND ITSELF AGAINST INFECTIONS OF ALL TYPES. A strong immune system protects the body against alien microbes, and SARS is no exception," states Dr. Ward Coleman, N.D. and President of Four Mountains, Inc. "There is no excuse for so much widespread illness and fear of illness. If you get sick, it means your immune system is handicapped, depleted and depressed. I want people to know that all illness and infection is ABNORMAL and CAN be prevented. The way we live, the nutrients we ingest (or fail to), determines how immune we are to infection. Too many people are not understanding this. We don't need any more studies. We already know more than is being applied. If we apply what we already know, illness and disease will vanish from the face of the earth!" explains Coleman.

Four Mountains Immune Support Program is a complete wellness program consisting of special immunity boosting nutrients and dietary guidelines designed to work as an applied maintenance life system program for continuous optimized health.

For media information requests, contact Stacey Kumagai at 818/506-8675 or mediamonster@yahoo.com . To order the Immune Support Program call Four Mountains, Inc., at 800/736-0904 or email fourmountains@earthlink.net

Stacey Kumagai is CEO of Media Monster Communications, Inc. – a full-service public relations, marketing, media firm specializing in business development, special event production and creative consulting.



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