



# Do These Things or You Will Die...5 Secrets to a Long, Healthy, & Energetic Life

*Scott duPont*

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Do These Things or You Will Die...5 Secrets to a Long, Healthy, & Energetic Life! could be titled “Confessions of a Medco Rep” as the author - Scott duPont worked for Medco (one of the world’s largest prescription benefits companies) for 8 years meeting with over 12,000 individuals about their prescription medications. In the last 2 years, the author noticed a large increase in the number of young people now taking “maintenance” drugs on a daily basis. During the course of his career, duPont was also hired by over a dozen medical equipment & pharmaceutical companies (including Medtronic, Pfizer, Sanofi-Aventis, Merck, Glaxo, Novartis) attending over 100 medical conventions around the world including numerous Oncology annual meetings and found the current state of most American’s health alarming. Simultaneously over the past few years, Scott lost over a dozen close friends & family members to cancer and other terminal diseases which became the genesis for writing this self-help book to get people healthy again. Initially interested in Biology & Anatomy during his pre-med studies in college, duPont did not continue on to medical school, but remained interested in health & preventative medicine options. While consulting with some of the largest pharmaceutical companies duPont was inspired to do his own research into alkalizing & hydrating the body, stimulating the lymphatic system, and exercise programs that could be done with almost no extra time. The methodical systems laid out in the book are explained in plain English and have delivered astounding results with the author & contributing author (Ronald Farnham) who didn’t always have perfect health. In addition, 48 other individuals completed the “7-Day Alkalize & Energize” cleanse outlined in the book and ALL of them who followed the program demonstrated profound results in terms of weight loss, lowered blood pressure, reduced cholesterol levels, clearing allergy symptoms all without expensive supplements! Several people the author has worked with over time have gotten off ALL their prescription drugs! Another benefit everyone should get after applying the strategies in this “how-to” book is an astounding increase in energy levels. The information is so powerful in this new, unique book that it is offered with a no questions asked “Total Satisfaction” Money Back guarantee! Soon to be expanded into a feature length documentary film by the award-winning sister company Nemours Marketing

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