

What provisions are in your backpack? When you prepare for a hike...what do you bring? A compass . . . water . . . flares? Of course, you want to bring the "most important" items...the ones you'd be "lost" without.

Consider these items in preparation for your "**Base Camp**" experience.

Base Camp Provisions Kit

Back Pack Essential Supplements:

1. **Dr. K's Super VitaQuest** with product sheet
2. **Little Fish Oil** with product sheet
3. **Liquid Launch** with product sheet
4. **CD copy** of 1/15 Show titled, "*We're Holding Base Camp, Are Your Provisions Well Stocked?*"

"Base Camp" Handbook Includes:

1. Building Blocks for Healthy Eating
2. Dr. David Kolbaba's Expanded Food List
3. Water, Our Most Precious Resource
4. Base Camp Basics Daily Chart, Base Camp Graphic Illustration, Base Camp Provisions List

Additional Options:

1. **pH Testing** – "At-Home Kit".....Don't leave home without it!
2. **Oxidata Test** – In-Office or At-Home Convenience
3. **Pocket Pedometer** – Quickly track your steps taken throughout the day. You can see how far you've gone or how many calories you've burned!

Call our **HealthQuest Radio Hotline at 1-800-794-1855** to order.

Don't let the "**Crazy Grey Zone**" keep you from your journey to better health. Take the Adventure with Dr. David C. Kolbaba and set up your personal **Base Camp**.

Make Your Life An Adventure in Health, Not In Sickness And Disease