

# No Energy? How to Break the Habit You Can Have Level-10 Energy for Life



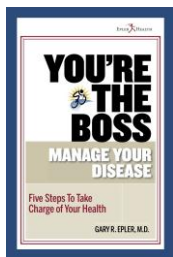
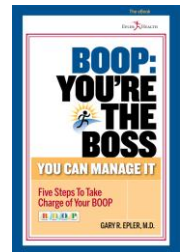
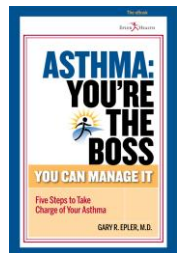
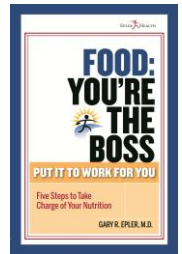
**Gary and Joan Epler say:**

**Dr. Gary Epler** is the “Energy Doctor.” He is a pulmonary and critical care doctor professor at Harvard Medical School in Boston. He has written four health books. He is internationally-known for describing the lung disorder bronchiolitis obliterans organizing pneumonia (BOOP). He discovered a parasite in South America, chronicled nutritional needs of North African children, and managed the TB refugee program in Southeast Asia.

Too many people don’t have enough energy to really succeed and do what they want to do – being a mom, a dad, working, coping with relationships. A huge amount of energy is needed every day for real success.

**Joan Epler** has a background in business and dance. She has been exercising for many years. She knows the power and benefits of exercise for women.

A high-energy day is fantastic! It’s a “Level-10 Energy” day. You have unlimited energy, you’re creative, you talk to people, people talk to you, you’re grateful, you make money, you enjoy life! Learn the combined forces that will create unlimited energy for you.



**Story ideas:**

1. Have a “Level-10 Energy” day: No caffeine or alcohol required.
2. How to use your mind to generate unlimited energy.
3. No energy? Five ways to jump start your day.
4. Exercise your way to energy.
5. The three foods for a high-energy day.
6. Need money? Start with a level-10 energy day.
7. Coffee is for sissies. The 5 secrets to unlocking unlimited energy.
8. Your body is crying for more energy.
9. Build your own personal energy empire.



**Availability:**

Massachusetts or nationwide by telephone or Skype.  
Gary R. Epler, M.D.  
Epler Health, Inc.  
gepler@comcast.net  
Cell and text: 617-680-0650  
[www.eplerhealth.com](http://www.eplerhealth.com)

**Media activities:**

Radio and TV shows including CBS Boston, LA and Z100 in New York City.