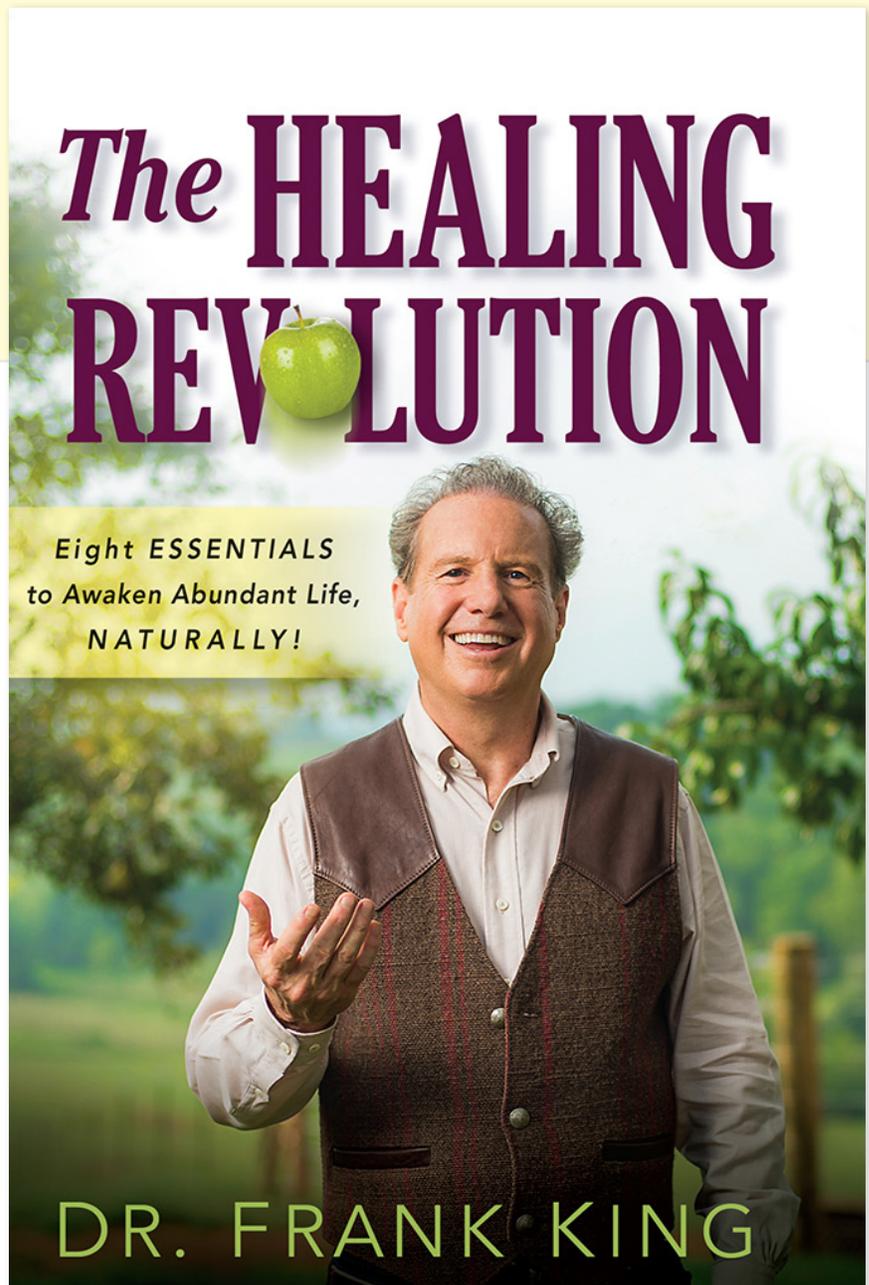


The Healing Revolution: Eight Essentials to Awaken Abundant Life, Naturally

By Frank J. King, Jr.
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Discover your amazing DESTINY!

- Live a long, healthy and abundant life.
- Fill the holes in your wholeness.
- Epigenetics: Rise above genetic dispositions.
- There are no incurable diseases.
- Discover the secrets of the “Blue Zones” and those who live to 120.
- Work smarter, not harder, with simple changes in Eight Essential areas of life.
- Be the architect – rather than the victim – of your destiny.



Welcome to the end of flat earth medicine. Awaken the healing power within.

Dr. Frank King is a naturopath, chiropractor and founder of King Bio in Asheville, North Carolina, which produces safe and effective natural medicines for people and pets. Since his first multi-disciplinary, integrative practice in 1979, Dr. King has helped people overcome chronic, recurring and so-called “incurable” ailments by following the simple principles of the Healing Revolution. He’s also a fourth-generation American farmer, raising wild plants, herbs and animals to help people live healthier lives. Dr. King, his wife and children enjoy living a natural lifestyle on their farm.

AWAKEN HEALING – AWAKEN LIFE!

You're stuck on the treadmill, up against the same old obstacles to health and happiness. All of life doesn't measure up to your hopes and dreams.

This is your chance to break through the barriers and discover the new, beautiful you! Your destiny is to fill the holes in your wholeness and awaken the healing power within. Your best days are yet to come – not only with health, but with your whole life's performance, purpose and passion!

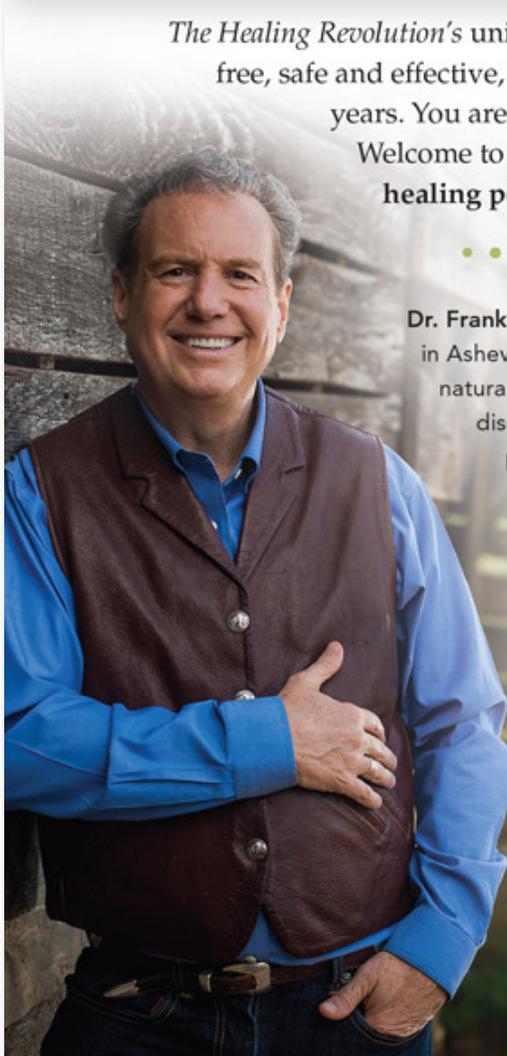
The Healing Revolution is a multi-dimensional lifestyle approach, bringing new joy and hope by empowering you to make natural, healing choices in the eight essential areas of everyday life. These areas include the creative power of the human spirit, food, water, fitness, sleep, nature, relationships and Hands On Techniques.

The Healing Revolution's unique hands on health techniques are absolutely free, safe and effective, having helped people like you for nearly forty years. You are your best doctor, so take back your health.

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HEALTH / WELL - BEING



\$19.95 US

Chapter Summary-The Healing Revolution, by Dr. Frank King

The Revolution Starts Here. The modern world offers a wide array of choices; some that add and others that subtract from abundant life. *The Healing Revolution* leads you to healthy, natural choices that fill the holes in your wholeness.

The Healing Revolution Explained. This is not a program of beating your body into good health. You work smarter – not harder – by making small changes in Eight Essential areas of life. The following eight chapters illuminate these Eight Essentials.

Essential #1: Empowering the Human Spirit. Great health begins in the mind. Your attitude determines your altitude, so fly high. Desire, believe and become the person you were meant to be.

Essential #2: Nutrition. Natural, delicious food choices lead to a long, abundant life.

Essential #3: Water. In ample quantity, pure water eliminates tissue sludge and maintains youth.

Essential #4: Fitness. Fun and free choices can lead to a fit body and mind, beyond 100 years of age.

Essential #5: Sleep. Discover the super power of sleep, and make your sleep sanctuary a place of peace and healing for body and mind.

Essential #6: Nature. Nature has a more positive impact on health than many people imagine.

Essential #7: Relationships. Health and happiness are accompanied by positive relationships. Discover the powerful potential of healing buddies and healing parties.

Essential #8: Hands On Techniques (HOT). These unique Hands On Techniques are the power tools of the Healing Revolution. Where human strength and willpower fail, these tools empower people to succeed.

Choose Your Own Ending. With nearly 40 years of experience helping others, Dr. King has earned the reputation for “specializing in difficult cases.” He offers this same hope to you. Desire, believe, become!

Additional Information

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Endorsements -The Healing Revolution, by Dr. Frank King

“Dr. King’s vibrant prescription for health is a refreshing alternative to placing your trust in a bottle of pills and an ailing healthcare system. You can take responsibility for your health and well-being. You can live long and well by harnessing the healing power of nature, and *The Healing Revolution* tells you how.” – Dr. Hyla Cass, MD, author of *8 Weeks to Vibrant Health*

“Dr. Frank King teaches us not only to live long – 120 years is the goal – but also to live well. His optimistic attitude and natural techniques are life-saving for those who might feel they are barely hanging by a thread. Victims can become victors in the Healing Revolution!” – Dr. Steven B. Ross, DC, DAAPM, FASBE; President and Co-founder of the Institute For Integrative Medicine, LLC

“In *The Healing Revolution*, Frank King illuminates a natural path to abundant life through sensible choices. I truly hope that this book is ‘the shot heard ‘round the world’ - the catalyst to a revolution that will bring health and healing to many people.” – Brenda Watson, “Diva of Digestion,” author of New York Times Bestseller *The Fiber 35 Diet*

“Dr. Frank King is one-in-a-million. With a compassionate hand, he reaches out to those who are sick, tired, old, feeling helpless and even facing ‘incurable’ diseases. If you are suffering and frustrated, then *The Healing Revolution* is what you need. It is time to get back control of your health and Dr. King’s revolutionary vision for a long, whole and healthy life is the answer. This book is a must-read.” – Dr. Fabrizio Mancini, President Emeritus of Parker University and bestselling author of *The Power of Self-Healing*

“Dr. Frank King triumphantly announces the Healing Revolution, bringing the power to heal back where it belongs: into the hands of the people! The Eight Essentials of Life are intensely practical, with commonsense dietary, fitness and lifestyle tips and techniques that will truly transform lives. Dr. King’s passion shines as bright as “Dr. Sunshine,” so be illuminated as you put these eight healing essentials into practice.” – Robert Scott Bell, D.A. Hom., host of The Robert Scott Bell Show

“*The Healing Revolution* is so simple, yet all-encompassing, with timeless, natural suggestions to awaken the human, genetic potential for a long, healthy and vibrant life. I offer hearty thanks to Dr. Frank King for sounding the call for a revolution.” – Dr. Sherrill Sellman, ND, author of *Hormone Heresy: What Women MUST Know About Their Hormones*

“Dr. Frank King sees an end to the healthcare crisis by way of *The Healing Revolution*. I heartily embrace the picture he paints of a vibrant life lived well into the second century. He offers natural, life-breathing choices for exasperated people who desperately wish to avoid the killing plagues of the 21st century.” – Dr. Garry F. Gordon, MD, DO; President of the Gordon Research Institute

“Optimal health is more than just the right foods; it includes lifestyle factors like sleep, exercise, finding a purpose bigger than yourself and positive relationships. In his new book, *The Healing Revolution*, Dr. Frank King puts the puzzle pieces together with the Eight Essentials that provide a comprehensive, easy-to-apply approach to health, healing, and a newfound joy and vitality. This book can totally transform your health and your life.” – JJ Virgin, CNS, CHFS, author of *The Virgin Diet*

Interview questions for Dr. King

- What is THE HEALING REVOLUTION?
- You believe the power to heal is within each person. What is that inner healing power, and how can it be awakened?
- Many people feel as if they have no power over their health, so they effectively embrace their sickness. How do you encourage people to overcome that kind of “victim mentality”?
- Tell an encouraging story about somebody you know who was able to take charge of his or her health, who turned from victim to victor.
- You encourage people, whenever possible, not to take a one-dimensional approach to health by only adopting one diet, one exercise routine or one lifestyle change. How does the Healing Revolution embrace a wholistic, integrative path to health?
- How does a multi-faceted, integrative approach to health mean people actually don’t have to work so hard? (You believe people can work smarter, not harder, don’t you?)
- Three of the most powerful words in your book, THE HEALING REVOLUTION, are “Desire, Believe and Become.” Explain the significance of those three words.
- Does the Healing Revolution encompass more than physical health?
- You were raised on a Midwestern farm, eating a fairly standard meat-and-potatoes diet. Where did you first develop the passion you have today for wild and natural foods?
- In addition to producing natural medicines, you also have a buffalo ranch called Carolina Bison. Why are you so passionate about these animals?
- What do wild foods have that is deficient in most modern diets?
- You have said that a person’s body is their best doctor. What do you mean by that?

EXTRA QUESTIONS:

- Other than bison, what other wild and natural foods are you developing?
- Describe a long and vibrant life as you believe it should be, as opposed to the dreary picture of a crippled and sickly “old age.”
- What hope can you give people who have a strong genetic disposition toward chronic illness?
- What is the science of “epigenetics,” and what does it mean to change genetic expression?
- You were a vegetarian for about six years, and through that experience you gained a deeper understanding of human diversity as related to diet. What did you learn from that?
- For people who might not be familiar with your King Bio natural medicines, describe how homeopathy works and what types of problems it helps resolve.
- Tell a story about someone who was helped by homeopathic medicines?
- Why is sunlight so essential for good health?
- How can pets and animals contribute to health and happiness?
- Tell about a time when you had a spontaneous opportunity to help someone heal, maybe in a restaurant or while traveling. (Follow-up question: Can normal people instigate those kinds of “healing moments,” or are they only for doctors like you?)

Frank King, ND, DC

Dr. Frank King is the founder and president of King Bio®, an FDA-registered pharmaceutical manufacturing company in Asheville, North Carolina. Established in 1989, King Bio is dedicated to education, research, and the development and distribution of safe and natural homeopathic medicines and other natural products. Since 1991, Dr. King has also been a member of the prestigious Homeopathic Pharmacopoeia Convention of the United States (HPCUS). The HPCUS works directly with the FDA as a governing authority of homeopathy in the United States. Dr. King is a widely acclaimed homeopathic researcher, speaker and author.

Dr. King is author of *The Healing Revolution: Eight Essentials to Awaken Abundant Life, Naturally* (The Healing Revolution Press, 2014). He holds a Doctorate of Chiropractic from Life Chiropractic College and a Doctorate of Naturopathy from the Georgia School of Naturopathy.

Dr. King's passion for research and development of safe, natural medicines grew out of his chiropractic practice in the 1980s. For more than twenty-five years, he and his colleagues have set an innovative and clinically-proven course toward improved health and longevity. Dr. King has developed over 500 natural homeopathic medicines along with new procedures to empower both the physician and consumer in their quest for optimal health.

A partial list of publications that have featured Dr. King's articles include *The American Chiropractor*, *Chiropractic Economics*, *Dynamic Chiropractic*, *In Practice Magazine*, *Chiropractic Products*, *The Chiropractic Journal*, *HealthKeepers*, *The Internist*, *Explore* and *Healthy and Natural*. One of Dr. King's ongoing passions is to share his insights into the benefits of natural health at professional gatherings and continuing education seminars.

Dr. King lives on a farm in the Blue Ridge Mountains of Western North Carolina with his wife, Suzie, and their two children. The Kings are committed to the restoration of the genetic diversity of the great American Bison, and they steward one of the largest bison herds in the southeastern United States. The meat is sold by Dr. King's company, Carolina Bison®.

For a complete Curriculum Vitae, see www.drfrankking.com/news-media/

