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IN THIS BONUS SESSION:

- How to read a mentor session
- Where to see the updates to sessions
- Which software you need

INSIDE THIS ISSUE:

- Reading a session 1
- Finding updates 1
- Getting the reader 2
- Instant access to all the sessions for fully paid members 3

Mentor bonus session - Reading the sessions

BONUS SESSION 1

How to read a mentor session.

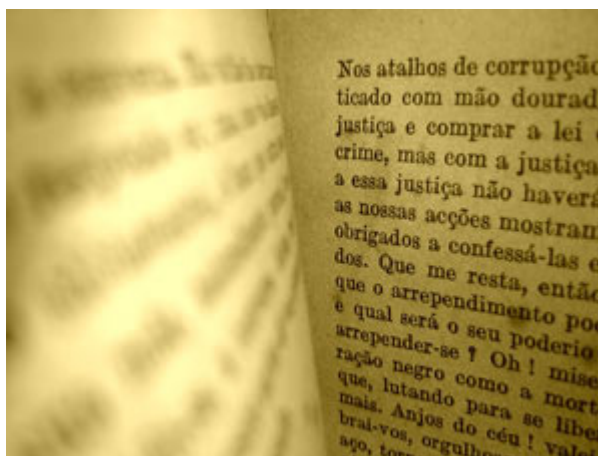
In this short bonus session I discuss a few important points about my approach to the mentor sessions that you need to know of.

Timing:

You will see a new publication in your profile every 2 weeks, so be on the look out for emails that I will be sending you to alert you to the presence of a new session in your profile!

Referencing:

When possible I add scientific references, usually on the second last page. You will see that I refer to these references in the body of the article using a number like this: ^{1,2,3}
If you see these numbers you can go to the references page and have a look at the full description of the reference.



Some references from websites have an active link that you can click on if you want to visit that website.

For example: I know of an amazing website teaching health related issues! See it at www.doctoranton.co.za

Updates to sessions

Updates to sessions:

I am constantly reading scientific literature and when I find something new that I want to add or correct in a mentor session I will do so. Thus if you want to revise something in one of the

earlier sessions it's better to do it online.

Email notifications:

You will receive mostly very short emails every 4 or 5 days during the course of the programme. Take note of these emails as they contain extra

information that does not necessarily appear in the sessions. Some of these emails you will find extremely useful!

Using Acrobat reader to read the sessions



You won't be able to read my sessions unless you have Acrobat reader installed on your computer. See below how to do this.

Downloading Adobe Acrobat Reader

When you go the Adobe homepage you will see an icon called **'Get Adobe reader'**

This is what the icon looks like >



Just click on the icon on the adobe homepage and follow the instructions.

Click on the link below which will take you to the Adobe website

<http://www.adobe.com/>

What if I want to read later sessions now?

If you want to read sessions that appear later in the 18 month mentoring programme straight away you are welcome to access them below. Just click on the links.

See the layout of the sessions below.

(Please note that this service is only available to fully paid 18 month memberships)

Layout of all the sessions in the programme

Use the active link below. This will take you to a hidden section of my website where you can see the list of sessions in the left menu. You have to scroll down to see this menu.

Active link (paste this into your browser)

<http://www.thesourcesa.co.za/content/article/article.asp?MasterClassID=0&ClassID=709&TopSectionTypeID=1&TopSectionID=125&MenuLevel=0>

Session 1: Introduction to what my whole mentoring programme is about.

Session 2: Here I explain the importance of water and help you to calculate your exact daily need.

Session 3: Is tap water safe? If not then what should you do about it?!

Bonus session 3: This session I detail my personal holiday toolkit to keep my family healthy when away from home.

Session 4: I tell you exactly how to kill winter viruses. Includes detail protocols!

Session 5 & 6: What substance is making people fat and eventually killing them?

Session 7: This session is devoted to French fries. Yep, either a healthy food or super toxic.

Session 8, 9 & 10: Everything you've wanted to know about protein!

Is red meat really that bad?

Is chicken really that good?

Can you get enough protein from plants?

Session 11-14: These 4 sessions on fats and oils are going to blow your mind away!

Are fats really all bad? (surprise waiting here).

I also teach you in this session how to avoid heart disease, cancer and Alzheimer's through the use of oils!

Session 15: This session celebrates raw foods and explores how you will super boost your health by eating certain plants!

Session 16: This is an important halfway point where I challenge you to set some goals. It helps if you've read the previous 15 sessions to fully appreciate this one.

Session 17: In this session I take the trepidation and misconceptions away regarding healthy diets. How do I do this? By showing you some of the absolutely delicious healthy treats that you can eat every day!

Session 18: In this session I tackle the controversy surrounding artificial sweeteners. I also give wonderfully tasty and healthy alternatives.

Layout of all the sessions in the programme c/t

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Session 19: Is bovine dairy a health food or not? You may want to fasten your seatbelt for this session...

Session 20: After the shocks of session 19 the multiple replacements for dairy that I profile will be a welcome relief for you!

Session 21-25: Due to the size of the problem I dedicate 5 sessions to purely to **weight loss**. Here I detail years of research into what makes us pick up weight, what makes us lose it, what makes us keep it off and much more!

Session 26-27: I profile my favourite mineral in these two sessions. This mineral if taken in the right quantity does the following:

- Suppresses inflammation
- Prevent chronic fatigue syndrome, epilepsy, diabetes, hypertension and migraine,
- Helps to treat anxiety, glaucoma, allergies and osteoporosis.

Session 28-30: In these sessions I detail all the benefits of healthy movement. I also address the misconception that you always need lots of time to exercise!

Session 31-32: Another field of wellness that is riddled with incorrect and fad information is bone density. After reading these sessions you will know how to have stronger bones and avoid debilitating illnesses like osteoporosis.

Session 33-36: Want to transform your health? Then focus on your intestinal health first! In these 4 groundbreaking sessions I share my secrets of wellness acquired through years of experience treating people's intestines!

Session 37: Allergies are more common today than every before in the history of mankind. This session offers a variety of solutions to people suffering from allergies.

About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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