



Pricing date: 02-09-2012

We offer information and products that are high quality, relevant to our visitors, provide good value and are produced by companies and individuals that we know and respect. Customer service and community matter to us -- we care about our visitors, customers and the companies with whom we do business.

## Ordering Information

Seekwellness Products may be ordered:

1. Online at <http://www.seekwellness.com/mystore/>
2. By mail or fax by selecting from this catalog, completing the Order Form at the end of this catalog and mailing to:  
**SeekWellness LLC**  
**75 South Main Street, Unit 7, PMB #162**  
**Concord, NH 03301**

**Or faxing to: 603-783-3328**

## Terms, Conditions & Return Policy

Seekwellness.com respects and applies the guarantee and return policy of each individual product's manufacturer. For more information: Call 800 840-9301 or email us at [customer.service@seekwellness.com](mailto:customer.service@seekwellness.com)

## Books and Software

### Sex and the Heart - eBook Version

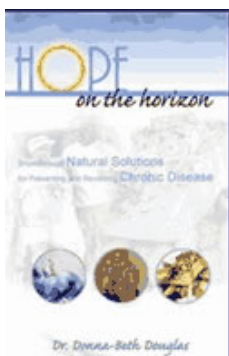


Item: 2214

\$14.95

By Christopher P. Steidle, MD and Janet Casperson, BS, BSN, MSN, ANP-C Available now as an ebook Sex and the Heart is a caring look at how our sex lives reflect the status of our general health. When men complain about ED and women lose interest in sex after menopause, it may be time to look harder at the indicators of cardiovascular disease, diabetes, high cholesterol and high blood pressure. Written by an experienced urologist and a nurse practitioner, this book is an easy to understand guide to a new way of looking at our health as we age.

### Hope On The Horizon

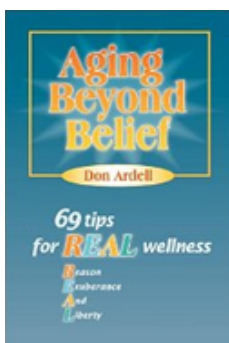


Item: Doug-1

\$27.95

Are you suffering from chronic fatigue, lack of energy, high cholesterol, heart disease, cancer, over stress? Find the keys to vibrant health... and defeat America 's top 5 health assassins in the process! Nearly one in three Americans will be affected by cancer in their lifetime.

### Aging Beyond Belief by Don Ardell, PhD



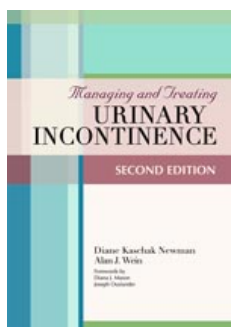
Item: WP-1

\$10.87

This new book by Don Ardell, Director of our own Wellness Center is sub-titled, "69 recommendations for a more healthful, enjoyable and meaningful existence at every stage of life. "Whatever your age, it's never too soon, or too late, to learn and apply the fine art of aging well, really well. Discover what aspects of aging can't be changed and improve the rest that can. Mold your own realities with REAL wellness, Ardell-style.

## Books and Software

### Managing and Treating Urinary Incontinence, Second Edition



Item: 29210

\$64.95

By Diane Kaschak Newman, R.N.C., M.S.N., C.R.N.P., F.A.A.N., and Alan J. Wein, M.D., Ph.D. (hon) Incontinence is not an inevitable part of aging, nor is it untreatable once it develops. Thoroughly revised and updated, this new edition of a trusted resource teaches diverse and effective strategies for assessing, managing, and even eliminating urinary incontinence in all care settings.

Please specify when ordering:

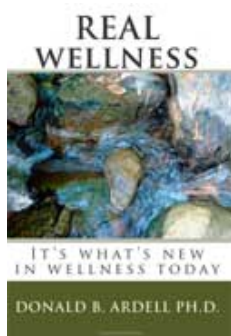
Item number: Single Copy of book, 4 copies - qty discount, 8 copies - qty discount, 12 copies - qty discount

?

Item:

\$0.00

### REAL Wellness by Don Ardell, PhD



Item: WP-2

\$8.95

This book deals with perspective, personal freedoms, exercise and diet, service to self and others, motivation for employees, the history of the wellness movement and, far more important, a model for the future from both a personal and a societal perspective.



call us: 1-800-840-9301  
e-mail us:  
[customer.service@seekwellness.com](mailto:customer.service@seekwellness.com)



# SeekWellness Order Form

## SeekWellness LLC

75 South Main Street, Unit 7, PMB #162, Concord, NH 03301

T: 603-574-4915 F: 603-783-3328

Toll Free: 800-840-9301

Email: customer.service@seekwellness.com

Bill to:	Ship to: (No PO Boxes Please)
Name:	Check here if same as bill to: <input type="checkbox"/>
Address:	Name:
Address:	Address:
City:                      St/Prov:	Address:
Zip/Postal Code:	City:                      St/Prov:
Tel:                      Ext:	Zip/Postal Code:
Email:	Tel:                      Ext:

Item #	Description	Size	Color/Style	Qty	Unit Price	Total

Charge to: Visa <input type="checkbox"/> M/C <input type="checkbox"/> Discover <input type="checkbox"/> Amex <input type="checkbox"/>	Order Subtotal:
Card #:        -        -        -        **CVV:	*Shipping & Handling:
Exp. Date:        /        /	Grand Total:
Name (as printed on the card):	
Order Date:        /        /	

\*\*CVV: The security code for Visa, MasterCard or Discover is a 3-digit number printed on the back of your card. It appears after and to the right of your card number. The American Express security code is a 4-digit number printed on the front of your card. It appears after and to the right of your card number.

NOTE: We also accept payment by check or money order. When paying with personal check, please note that items will not be shipped until the check clears.

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