

Dr Raj Vastrad's:

International Men's Holistic Health Advisory Service [IMHHAS]:

Introduction:

This Advisory Service was founded by Dr Raj Vastrad in 1988 initially as *Men's Health Advisory Service*. This was initially started as small groups for local patients as clinical programs with support group sessions. This was inspired by many of his intelligent, insightful Empowering – Enriching patients, clients, colleagues and associates – locally and globally who have the Quality Quest for ever-escalating enthusiasm, passion, zest for progressively intelligently improving the Quality of Life.

As our awareness and importance of *Holistic Health* expanded, so also the Groups expanded. With the attitude of acceptance of *Holistic Health Advisory Service*, locally and Globally in 1998, the *International Men's Holistic Health Advisory Service [IMHHAS]* was formed by Dr Raj Vastrad.

As we began to realize and Holistically Humanize our approach to people, instead of just managing with mechanical approach to people, we noticed some out-standing out comes..!
Since then it is growing and progressively only getting better and better..!

Indeed, it is Dr Raj Vastrad's privilege, happy honor to share these Advisory Services locally and globally.

For most men it may not be easy to Timely - notice or be aware or recognize and realize the challenges, issues of their Holistic Health, Aging, Longevity, including Productivity, Reproductivity, Ability - including Sexual/related/ other abilities to Empower, Enrich them selves and others.

A Comprehensive, Integrated – Intelligent – Insightful – Inspiring, Fun – Approach, that Aptly – Acknowledges the amazing Knowledge, Understanding, Application of the Structure and Function of the Men's Body – Mind – Spirit connected with the motions, e-motions [emotions], and all the other areas of the Men's areas of Life.

We all want to be in good health, have more fun, be playful, yet most - men are notoriously - unconcerned, apathetic, and lazy towards self healthcare and well-being...!

Men's Holistic Health Advisory Service/s [MHHAS] include:

- One to One consultations, follow-ups, managements.
- General, Specific and Special Support Groups
- Customized Strategies, Seminars, Programs
- Educational and other packages
- Mentoring, Information Resources, Etc
- For further information - contact through **the contact form** on:

<http://www.high-net-worth-happiness-happeace-now.com/free.html>

Or :

<http://hhn.net.au/contact-us>

or Phone our Sydney (Australia) number: +61 02 888 29 400

Your Time and resources invested on some of these programs will be one of the wise, and best investments you will ever make for Your Empowering-Health-Enriching-Anti-aging-and Longevity – because You are more than worth it.

Your Best time in your Life is Now, Yes - Your time is NOW and You are Ready...!!

By going through some of these programs You will go a long way towards knowing what are better indicators for Your Performance, Holistic – Health, Wellness and to be aware of the danger signals you should be on the lookout to timely prevent Dis-ease/Disease

Program names: [Based on Past & current programs] :

- Secrets of Men's- Empowering-Health-Enriching-Anti-aging-Longevity
[**SOME-HEAL**]
- Resources – Amazingly –Joining – Men – And – Their – Health –Secrets
[**RAJ-MATHS**]
- Men's Inner Secret Strategic Business And Beyond Euphoria
[**MISS-BABE**]
- Unleash-The-Secrets-of-Men's-Health And Wellness:

Key Topics for various programs - include :

- 1) Understanding and utilizing the basic structure and function of the Men's Body, Mind, Emotions, & other areas including spiritual, intellectual and related fields.
- 2) 'Mpowering – Male Factors [MMF]
- 3) Exploring Sexuality (Sexploring)
- 4) Prevention And Management - Of Dis-eases/Diseases of the Male Organs PAMODOM
- 5) Common Conditions affecting Men [Including Inherited and Acquired]
- 6) General, Specific and Special Support Groups
- 7) Creative – Communication – Connection And Beyond [CCCAB]
- 8) Other customized Topics as per the Groups

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