

**Keto Core Max** type includes the TRICARE or the CHAMPUS (Civilian Health and Medical Program of the Uniformed Services) and CHAMPVA (Civilian Health and Medical Program of the Department of Veterans Affairs). The Department of Veterans Affairs (VA) may also provide this service. State Children's Health Insurance Program - This is available to children whose low-income parents were not able to qualify for the Medicaid State-Specific Plans - This type of plan is available for low income uninsured individuals. There are many different types of insurance plans that you may have the prerogative to know about. By learning which health care insurance fits your situation, you can avail of the many options that will likely be of great assistance to you in times when you will need it most. Insurance costs have typically become one of the common draw backs in choosing for an insurance quote. However, weighing the benefits will really matter. Make sure that you always read the benefits, terms and conditions before landing to whichever type of health insurance you choose.

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While yes, our team is born in a world of intense high athletic goals such as bodybuilding, it is not our goal to support people to become bodybuilders - FAR FROM IT!;-) So you can relax now!! But it IS our goal to share with you why the lessons from our experience of mastering human health & the body, & how developing a bodybuilder "mentality" for your own life can literally skyrocket you into a level of personal health you never thought possible, while showing you the shortcuts in how to get **Keto Core Max** there! Sound good? Heck, it sounds GREAT to us, because we already know how it can CHANGE YOUR LIFE. you are serious about stepping into your greatness of feeling & looking great, take 3 minutes & glean our insight, because this

is the single-most MISSING LINK that we see people repeatedly leaving out of their game plan to great health & why they continue to fail at achieving quality health for their lives.

When you have had an experience of taking your mental, emotional & physical self to the level that bodybuilding competition requires, as a coach for others it then allows you to see potential for your clients that they could never envision for themselves without you by their side AND TAKE THEM THERE, and that is the beauty of the gift that we REJOICE in offering others in order to achieve optimal health, energy, & joy for their lives. But to get there...to create a successful transformation of your health & body, you HAVE to begin INSIDE with our 5 MUST-HAVE Steps! Yes, that's right - the focus begins in the MIND. Time & again we see this process work, and it's our UNIQUE coaching psychology method that sets us apart, & why we are capable of producing jaw-dropping results with the level of motivational mentality we provide. You can have all the knowledge in the world, but if you fail to develop the DESIRE & MINDSET to IMPLEMENT it, you will never succeed.

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## Keto Core Max



Want the insider view to our winning approach to learn how to transform your own health & body? We're here to offer you the scoop because it's our desire to support you fully to achieve authentic, preventative health from the inside, out in your lifetime. So where do we begin? There is a prolific spiritual author named John Maxwell, maybe you've heard of him, maybe you haven't - but he writes of numerous spiritual topics & speaks on how we create TRUE transformation for our lives. Below we adapt his words for our article today because it's a

brilliant synopsis of just why & how we work with clients to coach them through mastering their personal health, as there are so many levels to the process.

When we discuss transformation of the physical body, to be successful we cannot deny that mind, body & spirit are woven tightly together in our being & therefore EACH needs to be considered - not just one. Often people when wanting to conquer health or healing goals immediately BEGIN at the [Keto Core Max](#) physical, they think weight loss, nutrition, exercise...but that is their first step to failure because they're joining the race before they've even laced their shoes!! When we fail to address mind & spirit in the health process we eventually lose the vision of why we're addressing the physical in the first place & sadly fall off course when interest wanes, times get tough, or we lose our way because the how-to's become unclear or appear out of reach. But if we start INSIDE & work OUTWARDS friends, GAME ON!!

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If you think what you've been taught is healthy by the mainstream media is where your learning stops, then don't expect to achieve great illness-free, authentic preventative health because they don't teach proactive health approach, they teach reactive wait til you get sick & then act health approach. Begin to change your thinking to change your belief system about your body and health potential. Fraud perpetrated against both public and private health plans costs between \$72 and \$220 billion annually, increasing the cost of medical care and health insurance and undermining public trust in our health care system... It is no longer a secret that fraud represents one of the fastest growing and most costly forms of crime in America today... We pay these costs as taxpayers and through higher health insurance premiums... We must be

proactive in combating health care fraud and abuse... We must also ensure that law enforcement has the tools that it needs to deter, detect, and punish health care fraud." [Senator Ted Kaufman (D-DE), 10/28/09 press release]

The General Accounting Office (GAO) estimates that fraud in healthcare ranges from \$60 billion to \$600 billion per year - or anywhere between 3% and 10% of the \$2 trillion health care budget. [Health Care Finance News reports, 10/2/09] The GAO is the investigative arm of Congress. The National Health Care Anti-Fraud Association (NHCAA) reports over \$54 billion is stolen every year in scams designed to stick us and our insurance companies with fraudulent and illegal medical charges. [NHCAA, web-site] NHCAA was created and is funded by health insurance companies. Unfortunately, the reliability of the purported estimates is dubious at best. Insurers, state and federal [Keto Core Max](#) agencies, and others may gather fraud data related to their own missions, where the kind, quality and volume of data compiled varies widely. David Hyman, professor of Law, University of Maryland, tells us that the widely-disseminated estimates of the incidence of health care fraud and abuse (assumed to be 10% of total spending) lacks any empirical foundation at all, the little we do know about health care fraud and abuse is dwarfed by what we don't know and what we know that is not so. [The Cato Journal, 3/22/02]

<https://www.timeofhealth.info/keto-core-max>