

DAVID MEINZ

Author & Speaker



“DAVID MAKES A CONVINCING CASE FOR THOSE WHO HAVE LOOKED TO GOD’S WORD FOR GUIDANCE IN PHYSICAL AS WELL AS SPIRITUAL MATTERS!”

—Dr. D. James Kennedy,
President, Coral Ridge Ministries

“THANKS FOR MAKING OUR CONFERENCE BE ONE OF THE BEST EVER.”

—J.P. Hamlett, National Association
of Church Business Administrators

“REFRESHINGLY HUMOROUS; STAY AS FUNNY AS YOU ARE.”

—Rev. Tommy Sizemore,
Burkville United Methodist Church

Healthy Living For Body And Soul

DAVID’S TOPICS

• EATING BY THE BOOK

David’s signature program based on his book by the same name. New scientific studies are proving the wisdom of biblical health guidelines written thousands of years ago. David Mainz reveals the Bible’s secrets on how you can get more energy and maximize your health in today’s hectic lifestyle.

• TODAY’S HEALTHY WOMAN

Career Woman, Wife, Mother, Homemaker, and Taxi Driver. The demands on today’s woman make it vital that she not only maintains but maximizes her personal health and energy. Today’s research reveals the very different nutritional requirements between men and women. David Mainz brings you up to date on the latest on osteoporosis, hormones, chocolate, and lots, lots more!

• TODAY’S HEALTHY LEADER

Designed for pastors and the leaders of the church, and those who care about them. Data from 1002 ministers indicates 62 percent have unfavorable cholesterol readings, a leading cause of heart disease. And according to results from the National Clergy Survey of 80 faith groups, conducted by Duke University Divinity School, nearly 76 percent of respondents replied that they were either overweight or obese. David shows how to achieve high-level health, avoid the major physical ailments suffered by many ministers, and have more sustained energy in their personal and professional lives.

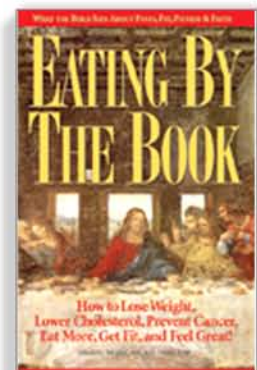
• HOW TO HAVE A HUNDRED BIRTHDAYS

In 1960 there were 3000 centenarians living in the US. Today there are 70,000! Hundred-year-olds represent the fastest growing sub-population group in our country today. David Mainz reveals the Seven Steps To Longevity, the latest on vitamin supplements, and brand new information on cholesterol that even your doctor probably doesn’t know. Add years to your life and life to your years!

• THE TEMPLE OF THE HOLY SPIRIT

A 25-45 minute sermon delivered to your church or Christian organization. A great way to promote one of the above programs offered later in the day or week. David discusses the body as God’s temple, the health benefits of faith, and the wisdom of God’s Word, all delivered in his interesting, engaging and humorous style.

**THE BOOK THAT’S HELPING CHRISTIANS
LIVE LONGER & LIVE BETTER!!**



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David is great with a crowd, interactive and energetic. And he can easily tailor his message to match your audience and program.

He has a Master's Degree (MS) in human nutrition, and he's a Registered Dietitian (RD), and Fellow in the American Dietetic Association (FADA). He's also received the Certified Speaking Professional (CSP) designation from the National Speakers Association.

But he's not just what he knows. David presents his insights with a real zest for life. His fresh message comes across with unexpected humor; this guy is *really funny!*

David is a frequent guest on radio and television including *Focus On The Family* and *The 700 Club*. He speaks internationally to audiences about how to live life to the fullest with maximum energy and health.

A TRULY UNIQUE PROGRAM OF Personal Health Insights *Shared with Wit & Wisdom*

WHAT AUDIENCES TAKE AWAY FROM DAVID'S PRESENTATION

- **PEAK PERSONAL PERFORMANCE**
How To Power-Up Your Health In Today's Fast-Paced Lifestyle
- **DID JESUS EAT HAM ON EASTER SUNDAY?**
The Foods The Bible Says Contribute To Optimal Vitality
- **THE NEW FOUNTAIN OF YOUTH**
Exciting Information On How To Add Years To Your Life & Life To Your Years!
- **LAUGHTER IS GOOD MEDICINE**
A Fun And Funny Program That Will Energize Your Health!
- **AND LOTS, LOTS MORE!**



JUST A FEW OF THE ORGANIZATIONS DAVID HAS HELPED

Focus On The Family
1st Baptist Church - Norfolk, VA
Frazier Memorial United Methodist - Montgomery, AL
Lutheran Hour Ministries
The Christian Broadcasting Network
Cathedral of The Valley - San Diego, CA
Champion's Centre - Tacoma, WA

Plus Hundreds of Other Organizations
and State & National Associations

Schedule David Mainz For Your Next Event.

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www.EatingByTheBook.com