

- Team Challenge Activities
- Painball
- Whitewater Rafting
- Weekend Camping
- Fishing Trips
- Sailing
- Massage Therapy
- Corporate chair massage
- Swedish
- Shiatsu



Matthew Goodman, from Wisconsin, N.J., is hiking the Appalachian Trail with his faithful companion, Jerry, to promote awareness about multiple sclerosis.

Raw spirit, power

Once diagnosed with MS at 26, hiker con

By COURTNEY HUGHES
New York Daily News

Matthew Goodman, 26, is a hiker on the Appalachian Trail, a 2,100-mile trek that winds through the mountains of the eastern United States. Goodman, who was diagnosed with multiple sclerosis (MS) at age 26, is a hiker on the Appalachian Trail, a 2,100-mile trek that winds through the mountains of the eastern United States. Goodman, who was diagnosed with multiple sclerosis (MS) at age 26, is a hiker on the Appalachian Trail, a 2,100-mile trek that winds through the mountains of the eastern United States.

Maximum Energy

Weekend Retreat

by Arnold, owner Arnold's Way & Matt Goodman, Motivationalist who conquered MS at **The Lodge at Eagles Mere** between Majestic World's End and Ricketts Glen State Parks, just 2 hours north of Philadelphia

▶ 100% Vegetarian Living Foods



The METHOD

GOLD'S GYM & Aerobic Fitness Comp

Hello!

Welcome, past and present clients and Gold's Gym members to the first issue of The Method, a newsletter designed to answer most of your questions concerning health and fitness. My name is Matthew Goodman, a Gold's Gym personal trainer. I have created this newsletter to speak directly to you. You may have heard second-hand accounts of who I am and what I do. You may never have seen or spoken to me at all. I am pleased to make your acquaintance and look forward to the start of a wonderful day.



Courtesy of Gold's Gym, Philadelphia, PA. Copyright 2003, The Method.

Gloucester County Times

He takes a natural route to treat MS

By Denise Jewell

Almost four months ago, Matthew Goodman drove his Lexus Legend to Maine, sold it to a local family and began a journey that would take him more than 1,500 miles (MS).

With only his dog, Jerry, as a companion, the Wisconsin native, whose body was overwhelmed with the symptoms of Multiple Sclerosis, was out to prove that his natural way of life could work, at least.

"I saw the woods and the trail as church," said Goodman, 26, who returned to Gloucester County last week after deciding to end his trip in Virginia. "It cleaned me. It made me simply my life."

Goodman, whose long, curly hair has lightened after months in the sun, follows a raw food diet and exercises regularly. He said he has rid his body of the tingling pains and double vision that he suffered four years from three years ago.

(See METHOD, Page A-1)



Wisconsin resident Matt Goodman, who has Multiple Sclerosis, led his Appalachian Trail with his dog, Jerry, an 8-year-old beagle-pit bull mix.

Organic By Nature News

Volume 5 Spring 2003

An Amazing Story-An Amazing Man

Matthew Goodman was diagnosed with Multiple Sclerosis in November 1987, by neurologists at the University of Pennsylvania and Jefferson Hospital, just before his 36th birthday. In March 2003, I will begin in Springer Mountain in Georgia to hike all 2,100 miles of the Appalachian Trail, ending at Mount Katahdin to prove that the lack of nature, I followed, can have a healing effect on an individual, and a whole culture. I am manager of a USA National Center in Philadelphia, PA that features a living food cafe and provides care of the healthiest meals available.

A personal trainer for ten years, Eagle Scout, and author of "Willpower" (before that May 83, I will take on the project to prove that my diagnosis of Multiple Sclerosis was the best thing that ever happened to me. In my effort to become spontaneous, I have become more spontaneous.

A lifetime of toxic exposure in many ways disconnected me from Nature and took a heavy toll on me. My symptoms were severe: numb arms and legs, blurred double, and skipping vision, tremors, vertigo, and incontinence. Since being engaged, I implemented an arsenal of natural healing that was too strong for one disease.

Medication-free, every day I pray and meditate, eat a living foods diet, practice yoga, receive full body cell energy, frequency, and take a few of the most powerful supplements in the world. I love green foods in nearly every form, especially the glowing, pure energy I get from Green Super and Just Butter.

These super foods from nature have thousands of nutrients, most of which mankind has not even discovered. They work synergistically together in a way that cannot be duplicated. They instantly help me with my energy, but also help everything from the immune system.

What's Inside

- 3 - **America's Dirty Aids Make Sex Performance**
- 4 - **Discover Your Natural Balance With Flower Essences**
- 6 - **The Marine Algae Effective Against Viruses**
- 6 - **SARS**
- 7 - **The Power of the Archa Biont**
- 7 - **Clinical Research Shows Just Raising Aiding Diabetes**

Matthew Goodman, Author
Holy Shit!
how I did it