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ALTRIMEGA HEALTH CORP  
Form 8-K  
July 26, 2002

SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of Report: July 25, 2002

ALTRIMEGA HEALTH CORPORATION

(Exact Name of Registrant as Specified in Charter)

NEVADA ----- (State or other jurisdiction of incorporation)	000-29057 ----- (Commission File Number)	87-0631750 ----- (IRS Employer Identification No.)
5600 BELL STREET, SUITE 111, AMARILLO, TEXAS ----- (Address of principal executive offices)		79106 ----- (Zip code)
Registrant's telephone number, including area code:		(806) 331-6398 -----

ITEM 7. EXHIBITS

Exhibit 99.1 Letter of Intent, dated July 25, 2002, between Altrimega Health Corporation and Creative Holdings, Inc.

ITEM 9. REGULATION FD DISCLOSURE

On July 25, 2002, Altrimega Health Corporation, a Nevada corporation (the "Company"), entered into a non-binding letter of intent (the "Letter of Intent") with Creative Holdings, Inc., a South Carolina corporation ("Creative Holdings"). Pursuant to the Letter of Intent and upon the consummation of a definitive agreement, Creative Holdings will merge with and into the Company.

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Upon consummation of the merge and an amendment to the Company's Articles of Incorporation increasing the authorized common stock of the Company to 800,000,000 shares, Creative will receive 320,000,000 shares of the Company's common stock.

2

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ALTRIMEGA HEALTH CORPORATION

Date: July 25, 2002

By: /s/ Kelley Magee

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Name: Kelley Magee  
Its: President and Chief Executive Officer

3