



ALTERNATE HEALTH CORP. SETTLES DEBT

PLANO, Texas, March 17, 2017 – Alternate Health Corp. (CSE:AHG) (OTC:AHGIF) (the "Company") announces that it has entered into a debt settlement agreement with the holder of a secured promissory note in the amount of USD\$1,993,750. The debt was resulting from the Company's purchase of a 20% interest in Clover Trail Capital LLC as announced in the Company's news release of March 8, 2017. The Company has agreed to issue 800,387 common shares at a deemed price of \$3.315 per common share to MLM Heritage Trust in consideration of extinguishment of the debt. The shares will have a four month hold period under Canadian securities laws.

Bryan Korba, Alternate Health's CEO indicated, "We are delighted to have reached this agreement because this will eliminate the associated interest expense and free up future cash flows to fund our growth strategy".

About Alternate Health Corp.

Alternate Health Corp (<http://www.alternatehealth.ca>) is a diversified healthcare company that uses its expertise in technology to revolutionize patient care and service delivery in both traditional and complementary medical fields. With investments in research, education and cutting edge technology, Alternate Health is a leader in software applications and processing systems for the medical industry using proprietary technology platforms. Through its subsidiaries, Alternate Health offers services ranging from medical practice and controlled substance management software to blood analysis and toxicology labs, to clinical research and continuing education programs. Alternate Health's goal is to continue to lead the medical industry with data-driven results in patient care and product development.

Contact:

Jim Griffiths
Director of Investor Relations
416-607-5757

Neither the CSE nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this release. Statements included in this announcement, including statements concerning our plans, intentions and expectations, which are not historical in nature are intended to be, and are hereby identified as "forward-looking statements". Forward-looking statements may be identified by words including "anticipates", "believes", "intends", "estimates", "expects" and similar expressions. The Company cautions readers that forward-looking statements, including without limitation those relating to the Company's future operations, business prospects and financing plans, are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward looking statements.