



Sick and Tired?  
Overweight/Out of Shape?  
Low Energy/Libido?



Ready for a PROVEN Solution?

## Eat Well – Move Well – Think Well™ 90 Day Lifestyle Plan

Implementing the Science of Epigenetics, Lifestyle, and Health



- Comprehensive before and after Health Risk Assessment
- On-Line convenience with educational workshops and resources
- No equipment required
- Personalized meal preferences
- Physical activities individualized to fitness level
- Daily motivational emails to keep you on track
- Every meal planned including detailed instruction and recipes
- Every physical activity planned including detailed instruction
- Every thought/attitude activity planned including detailed instruction



*Eat Well*



*Move Well*



*Think Well*



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In the history of biology genes have never been blamed as the cause of any species developing widespread illness, becoming endangered, or going extinct. This is because genes improve with time not worsen – this is biological law. Further, no sick or endangered species has ever been saved by any means other than protecting its habitat so it could make healthy eating, moving, and social interaction choices – choices that match the genetic requirements for that species. Humans are an animal species and we are governed by the same genetic and biological laws that govern the health and illness of every other species.

The science is clear, chronic human health and illness are not about what genes you were born with; they are about which combination of genes you are expressing. Which genes you are expressing is determined by the lifestyle choices you consistently make. This is the new revolutionary science of epigenetics and this science forms the foundation of the **Eat Well – Move Well – Think Well™ 90-Day Lifestyle Plan**.

The **Eat Well – Move Well – Think Well™ 90-Day Lifestyle Plan** is based on the indissoluble causal relationship among lifestyle choices, gene expression, and health. Written on your genes is a blueprint or recipe that lists all the types and amounts of nutrients, physical activity, and thoughts and attitudes that you require to genetically express your potential for physical and emotional health.

The truth is that the biological laws governing chronic health and illness are simple. If your lifestyle choices contain the types and amounts of nutrients, physical activity, thoughts, and attitudes that match the list of requirements on the human genome, you will genetically express your incredible inborn potential for health, happiness, vitality, and longevity. To the degree that they don't you will genetically express illness, unhappiness, fatigue, and a shortened lifespan.

The **Eat Well – Move Well – Think Well™ 90-Day Lifestyle Plan** is revolutionary and uniquely effective. It is the first program in history matched to the human genome-determined lifestyle choice requirements for the genetic expression of health and the prevention of illness. The **Eat Well – Move Well – Think Well™ 90-Day Lifestyle Plan** combines all aspects of lifestyle into one comprehensive program that teaches you not just what you need to do, but how to develop the self-control you need to get yourself to consistently do it.

Once you become aware of this all the confusion about what to eat, how to exercise, and how to manage stress and control your thoughts, attitudes, and emotions disappears and you become immune to all the false promises and fads. There is only one real solution and that is to eat, move, and think in ways that match your human genome-determined requirements. This is, literally, the secret to health. It really isn't a secret; it is just something few people ever learn.

The **Eat Well – Move Well – Think Well™ 90-Day Lifestyle Plan** is uniquely effective because it:

1. Includes two (pre and post) comprehensive Health Risk Assessments that indicate both your health status and health risk at time of entry and the level of improvement achieved
2. Is individualized to your current state of fitness and readiness and your food preferences
3. Is completely comprehensive and easy to follow - every meal (including recipes), every physical fitness activity, and every emotional fitness activity are planned out for you.

*For more information, and to achieve your potential for a better and longer life, please ask your practitioner.*