

My Health, My Priority – My Agreement

Congratulations!

You are here because you want to eat healthier, be more active, feel happier and possibly more fulfilled. Where does one start has been the question for yourself, or for your family; and then, it becomes about how to stay the course with ease.

If you've been on a journey of health and wellness, yet you're finding out more about chronic illness, heart disease and diabetes prevention that's causing you to search for more information and support, even dealing with some fears that may come up, you are exactly in the place designed to help you learn, acknowledge past behavior, release and overcome the behavior that has caused problems, and stand strong in the knowledge that you can do this ... living a healthy life; living your best life.

Most of us do best starting with a simple-steps approach to a new way of living. This program offers that approach doing a whole foods, plant-based ("WFPB") diet and lifestyle that sets a new foundation for the life you deserve to live because you want to reclaim your optimal health.

Simple steps and understanding lead to changing the habits and behaviors that created illness and creating new habits that support wellness and a new lifestyle that is sustainable for life. What you will experience here will go with you throughout the rest of your life, even help you to point others in the direction of different options for their best health.

Was there a time you experienced feeling great physically, mentally and spiritually? Think about being in a new time of that experience as you commit to this process and go full in, 100% all in!!

During this 12 weeks, you will hear of the miraculous outcomes that doctors like Neal Barnard M.D., Caldwell Esselstyn M.D., Joel Fuhrman M.D., Michael Greger, M.D., John McDougall, M.D., T. Colin Campbell, PhD, and Dean Ornish, M.D. have had, helping their patients create powerful results throughout the years adopting this new diet and lifestyle. And ...

Making Your Health, Your Priority, you have made a declaration to the world that Now is Your Time!

YOU ARE AT A TURNING POINT...

We all hold that the solution you are seeking, that has brought you to this point in time, goes back to the father of Western Medicine, Hippocrates of Kos, frequently quoted as saying: **"Let Food be thy medicine."** Doctors also know him as the author of the 'Hippocratic Oath' they promise to uphold.

Much of the content of this program is Doctors who have come together, along with a few other Health Practitioners, to provide their knowledge, expertise and the results they have seen, all based on the evidence-based research supporting the whole foods, plant-based diet.

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They are proof themselves, and they know from patient results that this change in mindset through knowledge and understanding, as well as your actions, is the best health alternative.

Now you get to learn it and live it. Large or small, this is a turning point in your life and you've decided that now is your time to live your healthiest life. Congratulations!

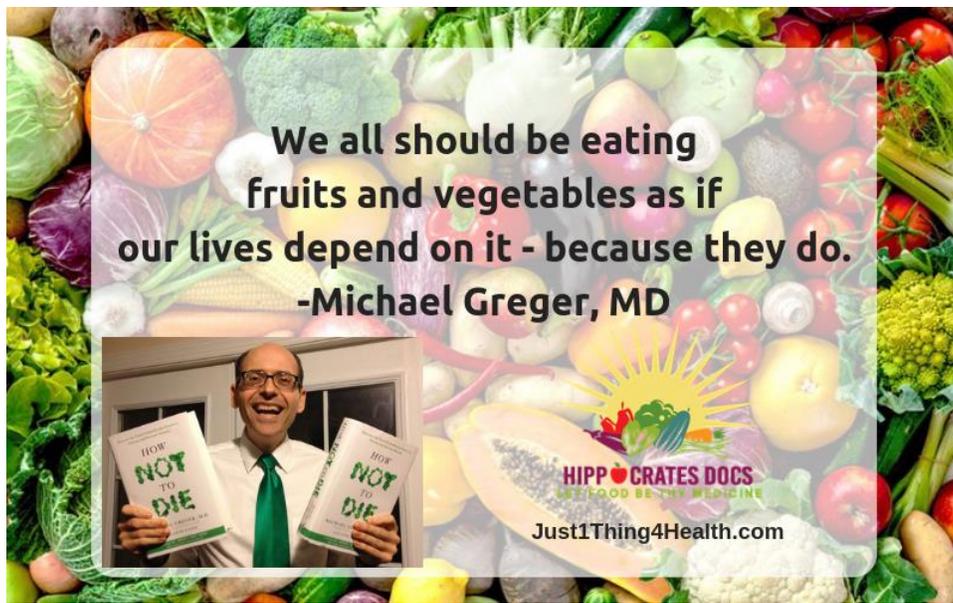
There are tens of thousands of valid scientific, medical, peer-reviewed, unbiased, cutting-edge research studies as evidence, demonstrating the healing power of food; that is – the right food. They prove that Hippocrates of Kos was right!

Some foods increase the aging process, cause and promote dehydration, create and even stimulate chronic diseases, like: multiple sclerosis, rheumatoid arthritis, crohns disease, diabetes, allergies, autoimmune diseases, cancer, inflammatory diseases, and more. Other foods help prevent, reverse and cure them. Which foods have you been eating and what can you eat instead?

Your being here is your commitment to yourself and we are here to support you in making changes..."*Because we know that changing habits and lifestyle can be daunting without support.*"

<http://just1thing4health.com/>

If you or a loved one has been suffering from a chronic illness, obesity, inflammation, allergies, or a medical condition, or you feel you are pre-disposed to one or more of these conditions, and you've been searching for answers, your answer may be right here. Sometimes the biggest shifts come in something that sounds so simple, like: what we eat.



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Let this be the time that you make the agreement with yourself, for yourself, to change the habits that have made you ill, overweight, or are leading you in that direction. This is your time to declare and receive the support of others, the empowerment of self and the guidance from new wisdom that leads to your reclaimed optimal health.

Your health is your responsibility. Make your good health a joy to have more of in your life.

My Health, My Priority – My Agreement to Myself

I, _____ (your name), acknowledge and agree that My Health is My Priority. It is my responsibility to feed my body what it needs, and eat to live instead of living to eat. I accept the challenge to give 100% of my attention to creating new habits while participating in this program; to learning new skills and making new food choices that are positive and healthy. I will grant myself grace and bring in a sense of fun and joy as I create my new paradigms, beliefs and actions around food. I agree that I deserve to be my healthiest self and I will celebrate my successes. I acknowledge, agree and commit to this journey being a lifetime journey that is my future, and my future is bright.

By my signature below, I acknowledge, agree and commit to myself that I am worth taking this journey, making these changes and living my new habits, living a healthy life for the rest of my life.

Signature: _____

Date: _____