

Hi, I am Dr. Jason Bradley, the founder of EPIC Functional Medicine Center and also the developer of the EPIC Five Plan. and I wanted to personally thank you for participating in the EPIC Five Plan and I'm sure that if you are just like the thousands of people before you, this program may just in fact transform your life into more health and happiness and that's the ultimate goal. The EPIC Five Plan was developed out of about 20 years of personal research into health and longevity and also working with thousands of clients from all around the world ranging in symptoms from everything from unexplained fatigue, unexplained symptoms to even terminal cancers. And what we found was that when we apply some basics to the foundation of health, that symptoms typically just go away. We typically see anywhere from 75 to 95% of symptoms just going away within the first year of sticking to this program.

And then we also see just miraculous recoveries. Like I said, of just about every name condition that you can imagine. The EPIC Five Plan addresses five basic pillars of health. We have how to hydrate or how to stay hydrated, how to eat, how to move, how to de-stress. And then also how to sleep or working with sleep/wake cycles.

Each one of these is key to longevity toward long health, toward reclaiming your health, your happiness and your life. And what we're going to do in each of the following videos is breakdown how to do that. So we'll have a section on hydration, a section on how to eat and that's also how to detox. Again, how to move, how to de-stress, and then how to fix those sleep/wake cycles so that our body's in a nice rhythm as far as sleeping and waking goes. I'm excited to have you guys go on this journey with me. This is the same program that I applied to my health when I just about lost everything back in 2004. I'll let you guys read about that below, but I want you guys to have fun and here's to taking back your health, your happiness and your life. Take care.