



Just1Thing4Health.com

BEGIN THE NEXT PART OF YOUR
HEALTH JOURNEY WITH US...

"Because changing habits and lifestyle
is daunting without support."

"JUST 1 THING 4 HEALTH" MY HEALTH! MY PRIORITY!

12-Weeks to Wellness Program with a WFPB Diet
Weekly Facilitated Meetings



Track Progress | Measure Results
These Diet and Lifestyle Changes Can
Dramatically Improve Health & Save Lives

WHAT THE PROGRAM OFFERS

- Weekly Challenge & Q&A Videos with Easy-To-Do Steps Towards Change
- Private FB Group to Ask Questions & Share Successes
- Accountability & Support
- Reverse or Eliminate Chronic Diseases, like:
 - MS
 - RA
 - Crohns
 - Allergies
 - Diabetes
 - Obesity
 - Heart Disease
 - Fatty Liver
 - Inflammation
 - Chronic Fatigue
 - Autoimmune Disease
 - Psoriasis
 - Fibromyalgia
 - Irritable Bowel
 - Adrenal Fatigue
- Achieve Weight Loss
- Lower BP & Cholesterol
- Improve Blood Chemistry
- Eliminate Aches & Pains

Set a Simple Plan with Your Doctor

- Subscribe to the Program [just1thing4health.com/program]
- Download the Planner, Tracking Tools & Recipes
- Watch the Series of Videos | Download Notes & Worksheets
- Record Your Starting Point & Weekly Results
- Review Your Progress with Your Doc

- YOU DON'T HAVE TO DO IT ALONE -



Just 1 Thing 4 Health

My Health! My Priority!

12-Weeks to Wellness Program with a Whole Foods, Plant-Based Diet

Simple Lifestyle Changes | Powerful Results

We are so excited that you've decided to take the challenge to join this program.

Your HEALTH is Your PRIORITY and it is Your WEALTH!

While we are here to support you on your journey to your best health, we make no promises as to the results you might or will achieve. We highly recommend you consult your doctor or your own health professional before beginning the program. We encourage you to check in periodically during your participation in the program to help you monitor your progress.

Your results are solely based on how you engage with the program and the habits you change that will contribute to the optimal results you can achieve over these 12-weeks.

We believe that you can improve your health, maintain your good health and live an extraordinary life with simple lifestyle changes, achieving powerful life altering results.

With that, we are excited to be on this journey with you and look forward to hearing about what you've accomplished.

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My Health! My Priority!

Simple Lifestyle Changes | Powerful Results

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Published by Skyhawk Publishing, Atlanta, GA

Printed in the United States of America.

ISBN:

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<https://hippocratesdocs.com> or <http://just1thing4health.com>

My Health! My Priority!

Simple Lifestyle Changes | Powerful Results

TABLE OF CONTENTS

[1] Making Your Health, Your Priority and Getting Started

[2] Program Pillars and Components | Introduction

[3] Pillar #1 – Mindfulness, Intention and Commitment

- VIDEO 1 – Lori DePietro-Standen – *THE BLISS POINT: COULD IT BE RUNNING YOUR LIFE?*
- VIDEO 2 – Dr. Stephen Kaufman, MD – *BE MINDFUL, RESPECTFUL AND COMPASSIONATE*
- VIDEO 3 – Dr. Bandana Chawla on Dr. Neal Barnard – *WFPB ADVOCACY - CHANGE YOUR EATING. CHANGE YOUR LIFE. SPREAD THE WORD!*

[4] Pillar #2 – Whole Foods and Plant-Based Foods

- VIDEO 1 – Pamela Popper, PhD, ND – *YOUR AMAZING MICROBIOME*
- VIDEO 2 – Dr. Greg Feinsinger, MD – *VEGETABLES and THE CHINA STUDY*
- VIDEO 3 – Rizwan Bukhari, MD, on Dr. Caldwell Esselstyn's – *SALTY, OILY, SUGARY FOODS AND THE HEART*

[5] Pillar #3 – Self-Care, Exercise, Family Fitness and Food

- VIDEO 1 – Dr. Brooke Goldner – *GOODBYE LUPUS AND OTHER CHRONIC INFLAMMATORY DISEASES*
- VIDEO 2 – Dr. Greg Feinsinger – *EXERCISE AND FUELING YOUR ACTIVE WFPB LIFESTYLE*
- VIDEO 3 – Dr. Chris Miller – *REDUCING STRESS TO ELIMINATE NEGATIVE PHYSICAL RESPONSES*

[6] Pillar #4 – Cooking, Meal Prep and Lifestyle

- VIDEO 1 – Rizwan Bukhari, MD – *EAT MORE GREEN LEAFY VEGETABLES FOR BETTER CARDIOVASCULAR HEALTH*
- VIDEO 2 – Kim Scheuer, MD – *CRUCIFEROUS VEGETABLES PREVENT CANCER AND INFLAMMATION*
- VIDEO 3 – Drs. Arjun & Shobha Rayapudi – *WHY (AND HOW) TO COOK WITH NO OIL*

[7] BONUS VIDEOS – Empower Yourself to Success

- VIDEO 1 – Drs. Susanna & Benjamin Alter – *WHY SAY 'NO' TO GMOs: WHAT YOU NEED TO KNOW*
- VIDEO 2 – Dr. Yolanda Wade – *COMMITMENT: WINNING THE BATTLE OF PUSH VS PULL [W.O.O.P]*

[8] Conclusion

[9] Donation

[10] Evaluation

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MAKING YOUR HEALTH YOUR PRIORITY – CONGRATULATIONS!

In life, we are presented with the opportunity to decide to do one thing over another, whether that's our health choices or our choices about how we respond to what life offers us.

Sometimes the power to choose gets taken from us, and most times because we are unaware of it even happening. Sometimes the challenges we are faced with in life; childhood trauma, loss of something or someone we valued, an accident of some sort, feel devastating, like there is no way back.

The life challenges we face often cause us to retreat and turn to things that make us feel better and, in many cases, that is food – the wrong foods. In the end, these decisions are ones that land us in a place of poor health, chronic illness, and these are decisions we must end up taking responsibility for. Today is that day!

When we experience ill health, there is a reason. It takes courage to gain an understanding of the reason for it or the lesson behind it. We often find ourselves doing things we aren't even aware why we are doing them; however, we are quick to justify them to ourselves, creating a loop of subconscious behavior that supports repeating the behaviors that do us harm.

For example, smoking cigarettes, or eating an entire bag of chips or cookies. Everyone knows those are not healthy choices, yet we make those choices anyway. We believe we can't help it. The truth is that you typically can't. There is a physical, chemical reason for the behavior. It is addictive behavior and you can't do anything about it until you first become aware of it, second acknowledge it, and third, seek out a way to stop it. Until that third step becomes the decision you make, the loop will continue.

When it relates to food, during this program and as you progress through the 4 Pillars, you will come to understand why you may do some of the things you do, even when you don't want to. During the program, you will learn some powerful tools and have support to help you shift beliefs, gain knowledge and understanding, as well as hone in on the skills to change your eating behaviors. Knowing the behaviors that created the habits that may even be killing you, it becomes easier to take the actions to change the behaviors. Especially when you begin to see positive results from your new actions, more quickly than you can imagine, that becomes the supportive behavior you will want to continue.

The forces that control your life are in your hands. When you have the knowledge that there may be some chemical or psychological reasons that keep you on the roller coaster of illness, and the loop of eating a destructive diet, change is eminent.

Now, you can break that cycle, take different actions and see different results.

We congratulate you for taking this step to making **Your Health, Your Priority!**

My Health! My Priority!

Simple Lifestyle Changes | Powerful Results

Just 1 Thing 4 Health, My Health, My Priority – 12-Weeks to Wellness Program

When you make comprehensive lifestyle choices, most people find that they feel so much better, so quickly, it re-frames the reason for changing from fear of dying to joy of living. -Ornish Lifestyle Medicine

How the Program Works

The **Just 1 Thing 4 Health, My Health, My Priority Program** was designed to take you from Novice to well on your journey to a Whole Foods, Plant-Based (WFPB) Diet and Lifestyle. In the 12 Program Modules, you have Videos with Worksheets and a place for Notes, an Eating Planner, a Diet / Exercise / Vitals Tracker, and a Meal Journal.

The Program will walk you through starting or stepping up your commitment to living a healthier lifestyle by helping you learn, change 1 habit at a time 4 your health, and sustain your progress so you keep feeling good and improving your health.

Much of what is provided in the weekly live mastermind and accountability support group meetings where participants can have their time in the “Empowered to Change Seat”. The focused attention to help overcome challenges or obstacles to your progress, be it mindset or having a need to clean out your kitchen pantry, you get that here.

The videos are to educate you and make this an easy and fun journey. The information is from some of the best Doctors in practices across the US and other parts of the world, who are WFPB themselves. They share their knowledge, experiences and success stories of their patients to help you, including:

- Answering the question: What is a whole food, plant-based diet?
- How to re-think your eating habits and understand why you may eat the way you do, which could be killing you;
- Providing focused information on specific whole plant foods and their benefits;
- How to integrate diet and exercise more effectively, making it something you love;
- How to cook WFPB dishes that are tasty and great substitutes for traditional dishes; and
- Why this change in eating habits will support a better quality of life and a more active, healthy, happy lifestyle.

We’ve made it easy and divided the Modules and information into 4 Pillars delivered to you through our digital courses platform, which all involve eating a whole food, plant-based diet, learning to change 1 habit at a time to improve your health, and taking a simple steps approach to your wellness while having support... *“because changing habits is daunting without support.”*

You will find all the videos, worksheets and more using the following link to gain access.

MEMBER LOGIN ACCESS TO THE VIDEOS AND OTHER MATERIAL

<https://just-1-thing-4-health.teachable.com/courses>

My HEALTH, My PRIORITY Program

My Health! My Priority!

Simple Lifestyle Changes | Powerful Results

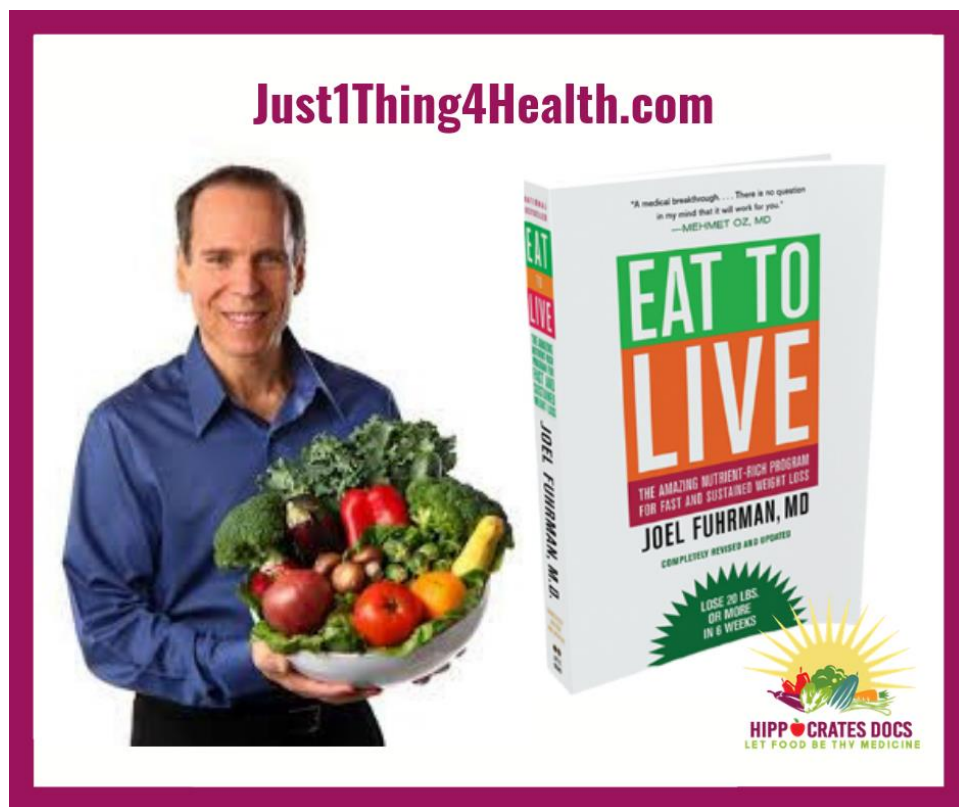
The Results You Can Expect

The **Just 1 Thing 4 Health, My Health, My Priority Program** is designed in a way that will support you as you change your belief systems, your eating habits and your lifestyle. You have made the decision to get on this journey to experience better health, more vitality and joy in your life. Now is your time!

When you complete this program, you will:

- Feel better physically and mentally
- Have more clarity and focus more easily
- Doing things differently, like grocery shopping, exercising, etc.
- Be more vibrant and active
- Feel the difference in your skin, hair and nails
- Experience weight loss
- Get off some (or all) of your medications the healthy way
- Know you are deserving of living your best life
- Have the tools and resources beyond this program access that will help you for the rest of your life
- Be a part of a community of new friends on the journey
- And so much more.

Our goal is to help you 'Eat to Live' which is very different than living to eat, the way we were conditioned or poisoned into living.



My Health! My Priority!

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Dr. Joel Fuhrman's **"Eat to Live"** book and other resources are just a few of those tools mentioned that we will be introducing to you, working with and encouraging you to jump into as you are recognizing more of the **My Health, My Priority** practices.

You will also greatly benefit from some of the live informational presentations by some of the doctors who have contributed to the program, enjoying potluck dinners, swapping recipes, sharing movie nights, and creating community.

Your health should not only be your priority, it is your responsibility. Sometimes it will feel like a huge challenge, and it can be, but don't let that stop you.

Know that You Can Do This! You deserve to do this! You are worth the effort and you'll confirm it when you begin to see the results in your own life.

As you remain a part of the **Just 1 Thing 4 Health** community, you have access to more online resources, a network of other practitioners and a community of supportive individuals from the professionals you meet during this course, those you will meet online, and those who have been on their own journey who are purposed to help others making their own way.

Wherever you are on this journey, there is so much more in store for you.

Here is an outline of what is contained in the 4 Pillars of the Program but before we do that, let's prepare by setting your intention for the Program.

- What do you want to get out of your experience?
- Is there any particular problem you'd like to solve?
- Is there clarity you'd like to gain or motivation you'd like to develop?
- Is there an illness you'd like to reverse, prevent, or eliminate?

Take a moment to think about what your intention is and the result(s) you would like to see from your participation in this 12-Week **Just 1 Thing 4 Health, My Health, My Priority Program**.

One of the keys to your success will be in seeing the end from the beginning.

Envision what you might accomplish in this 12-weeks and you will have the support you need to realize it.

Share your intentions with the group by joining us in your Private Facebook Group at:

<https://www.facebook.com/groups/myhealthmypriority/>

MEMBER LOGIN TO ACCESS THE VIDEOS AND OTHER MATERIAL

<https://just-1-thing-4-health.teachable.com/courses>

My HEALTH, My PRIORITY Program

And now, let's dive into the Program.

My Health! My Priority!

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With that, we are excited to be on this journey with you and look forward to hearing about what you've accomplished.



“Forks Over Knives”, the Movie

Prior to Session #1, please take a few minutes to watch the movie, **Forks Over Knives**, if you haven't already. Watch the full version on Netflix. There are some people we'd like for you to become familiar with, and some of the information will confirm for you our desire to ensure we are all committed and on the journey to becoming 100% WFPB.

Committing to being 100% plant-based is what we will be supporting our Participants towards, and we can support each other towards that end as well. Here are a few juicy links you may want to check out too:

If you don't have access to Netflix or are able to watch the full version, watch the Official 6:45 minute Long Trailer at:

<https://youtu.be/YNThc8oYMFs>

Finally, our objective for you is to completely **ENJOY THE JOURNEY!**