

<p>B</p>	<p>“Transform has helped me to be more aware of what I’m eating. Healthy choices are always available. I’m never hungry. Just need to plan and choose wisely.”</p>	<p>“Since starting this lifestyle, I am not as hungry as I used to be. I plan to continue eating this way and regaining my health.”</p>	<p>“I love trying new flavors, and I love adapting recipes to remove oils, fats, eggs, meat, and making them into healthy WFPB options.”</p>	<p>“Transform has helped me to be more aware of what I’m eating. Healthy choices are always available. I’m never hungry. Just need to plan and choose wisely.”</p>
<p>“The Transform classes are very educational. I learned a lot. It was great.”</p>	<p>I</p>	<p>“I immediately lost weight, my blood work improved, my blood pressure dropped and the food is great!”</p>	<p>“This way of eating is great! I plan to stick to a plant based diet long term. This is a much healthier way to live!”</p>	<p>“Eating a plant-based diet reduces hunger, cravings and helps you feel amazing. I plan to continue eating plant based!”</p>
<p>“This has been a great experience for me. I have learned a lot about how to eat healthy food that can also taste good. I never thought that was really possible. I am doing much better but not perfect for sure. I am able to keep it up because the information has been so good. I have been very happy with the experience and happy I did the challenge.”</p>	<p>“By participating in the Transform Health Challenge, it reinforced what I’ve learned before as well as learning many new things. It got me back on track by cooking more meals as opposed to just throwing things together. My husband has joined me in plant-based eating (which he fought off for almost two years). With him eating this way has made things much easier for me, and I’m trying more and more new recipes.”</p>	<p>N</p>	<p>“I will never go back to my old way of eating, I only wish I knew about this sooner. I feel like I am spoiling myself because all of the new foods/recipes that I introduce make me feel like I am eating gourmet meals.”</p>	<p>Scripture tells us that our bodies are a Temple of the Lord and that we should maintain that body not only spiritually but physically. We need to have healthy bodies to enable us to serve the Lord and minister to others. This is going to be an ongoing lifestyle change for me and I hope you will take the challenge and improve your health too.”</p>
<p>“The panel was so experienced and knowledgeable, I was excited to come. Variety of people makes you feel a part of a community.”</p>	<p>“Since participating in Transform and consuming a mostly whole -food plant-based diet over the last year my family has experienced: Decreased allergic reactions in my 8 year old. My blood pressure decreased from 165/111 to 130/90, and my teenager's skin cleared up.”</p>	<p>“I purchased the book ‘The China Study,’ which was a huge eye opener for me. I highly recommend it.”</p>	<p>G</p>	<p>“I have purchased many vegan cookbooks and now are using them a lot more often.”</p>
<p>“Steve had shared the benefits of plant based diets with me for about a year, but I was always hesitant to make the switch. I thought it would be hard and inconvenient to make such a large lifestyle change. I couldn’t have been more wrong!”</p>	<p>“Earlier this year, my mom was diagnosed with breast cancer, and Steve sent me research and resources about how a plant based diet could help. As a family, we decided to make the lifestyle change together in March and to my surprise it wasn't hard or inconvenient!”</p>	<p>“Each of my family members, including myself, had some powerful results: - We all noticed an increase in our energy - We all lost about 8-10 pounds - My dad's blood pressure decreased into a healthier range. He may even be able to go off of his blood pressure medication in the future!”</p>	<p>“I’m sure we will only continue to see more benefits as we continue on in our journey. The power of plants is pretty amazing, and I'm thankful everyday that Steve encouraged me to make the change.”</p>	<p>O</p>

