



Healthy Eating, Healthy World

Unleashing the Power of Plant-Based World

What is the single most powerful decision humans can make for their health and for the planet? What You Eat.

Unfortunately, currently we are one sick nation:

- 82% of adults have at least one risk factor for heart disease.
- 81% of us take at least one medication during any given week.
- 50% of us take at least one prescription drug per week.
- 65% of us are overweight and 31% of us are obese.
- Roughly 1 in 3 youth is already overweight or currently at risk.
- About 1.50 million adults have dangerously high cholesterol levels.
- About 50 million people have high blood pressure.
- Over 6.3 million people have lower back pain
- Countless other negative health concerns...

The ultimate solution is a whole new way of looking at the promotion of health throughout the world. The solution is refreshingly simple, and it's right under our noses: it's all about what we put in our mouths every single meal.

Why not plant-based?

The benefits of a healthy lifestyle are enormous. When you adopt a whole-food, plant-based lifestyle you can increase the odds that you will:

- Lower risk of prostate, breast and other cancers
- Prevent, even reverse, heart disease and diabetes
- Lose weight and have more energy, live longer and experience many other personal health benefits
- Help solve the health-care cost dilemma, nurture our fragile environment, conserve fossil fuels and water/land use, reduce world hunger and end the horrible suffering of animals in our factory farms.

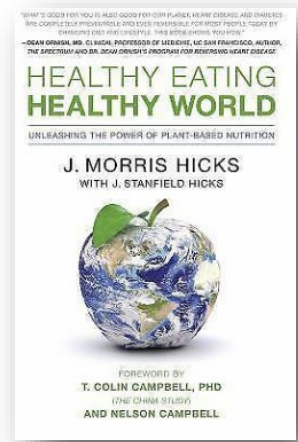
We can take action and return to harmony:

- For Eons, all the varying species on earth have lived in harmony with each other and their natural environment—until recently. Over the past century, the human species has distinguished itself as the only one not living in harmony with the rest of the planet.
- Albert Einstein said it best: “Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet.”

“You may never know what results come of your action, but if you do nothing, there will be no result.” --- Mahatma Gandhi ---

What will you do to improve your health and the health of our world?

- 1) _____
- 2) _____
- 3) _____



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.