



UnDo It!

Reverse Most Chronic Conditions with simple lifestyle changes...

It is amazing and inspiring that many of the most common and debilitating chronic diseases and even much of the damage of aging at the cellular level can often be slowed, stopped, or even reversed by this lifestyle program:

*Reversing even severe coronary heart disease, reversing Type 2 diabetes, Reversing, slowing, or stopping the progression of early-stage non-aggressive prostate cancer, reversing high blood pressure, reversing elevated cholesterol levels, reversing obesity, reversing some types of early-stage dementia, reversing some auto-immune conditions and reversing emotional depression and anxiety.

This proven disease reversal program has four major components, each a healing modality on its own and synergistic when done together.

1. **A whole-foods plant based diet**, naturally low in animal protein, fat, sugar, and refined carbohydrates and high in flavor - primarily fruits, vegetables, whole grains, legumes, and soy products in their natural, unprocessed forms. The principles of eating this way are simple and clear.
2. **Moderate exercise**, such as walking, strength training and flexibility. Do what you enjoy - if you like it, you will do it. A little exercise goes a long way.
3. **Stress Management**, techniques include various stress management techniques, meditation and yoga can enable you to do more and stress less.
4. **Love, social support and intimacy**. People who feel lonely, depressed, and isolated are three to ten times more likely to get sick and die prematurely from virtually all causes when compared to those who have strong feelings of love, connection and community.

In short, the key to preventing, arresting and reversing most chronic conditions is to eat well, move more, stress less and love more.

GET STARTED TODAY & UNDO IT!

TRANSFORM



Progress
Behavior Change System

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.