

1 Observe & Monitor

Do Nothing?

Watch, wait, procrastinate,
hope you will feel better,
be indecisive, fearful.

Worst option!

2 Manage Chronic Disease

Treating Symptoms

Alleviate symptoms with traditional,
natural or complementary medication,
remedies or methods, wide variety of
diagnostic options. Referral to specialists

Often Needed!

Ideal if you
want fast relief..

- + Emergency Support
- + Life-saving
- + Fast symptom relief
- + Extensively researched
- + Many modalities
- May have side effects
- Often life-time dependence
- Not addressing causes

FIX HARDWARE
Mopping up the floor!

3 Prescribing Lifestyle Medicine

Improve immunity, vitality and bodymind functions

Establish new SMART lifestyle habits including:

Nutrition

- ▶ Remove unhealthy, toxic substances
- ▶ Improve the quality of carbs, proteins, fats

Stress Management

- ▶ Mindfulness, Yoga, Meditation
- ▶ Breathing, Energy Healing
- ▶ Let go of psychosocial stress

Love & Support

- ▶ Build stronger relationships
- ▶ Increase social connections
- ▶ Join support groups

Fitness & Exercise

- ▶ Consistent physical exercise
- ▶ Walking, Jogging
- ▶ Weight Training, HIT
- ▶ Stretching, Yoga

Ideal if you want to feel
healthier, happier & live longer

- + Feel empowered; you are in charge
- + Health, relationships & life improve
- Often slower response time
- Habit change is needed

Increase Vegetables,
Fruits and The Quality
Of Your Proteins and Fats.

- Remove processed sugars, alcohol, chemical & toxic substances
- Eat moderately
- Integrate intermittent fasting
- + Experiment with your carbs/ protein / fat ratio. Find food combinations that work best for you.

- + Exercise often
- + Practice mindfulness
- + Love more
- + Eat with awareness & pleasure
- + Eat for longevity (not survival)
- + Enjoy what you eat.

Ask yourself "What's the highest quality
energy available to vitalize my organs,
cells & mitochondria?"

Address and improve other lifestyle
factors especially psychosocial stress.

IMPROVE HARDWARE
Turning OFF the faucet!

Certified Lifestyle Medicine Practitioners or Health Coaches support you establishing healthy habits.

4 Writing Root-Cause Lifestyle Prescriptions®

Personalized, organ-tissue-specific, micro-habit health plans based on Organ-Mind-Brain Anatomy™

Which specific root-cause(s) affect your
chronic organ tissue symptom?

Organ Tissue Symptom _____

Stress Trigger _____

Unresolved Emotions _____

Limiting Beliefs _____

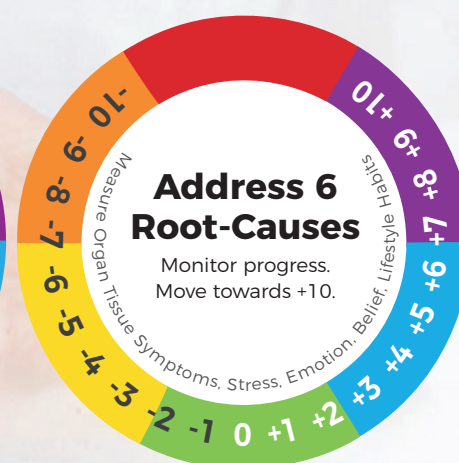
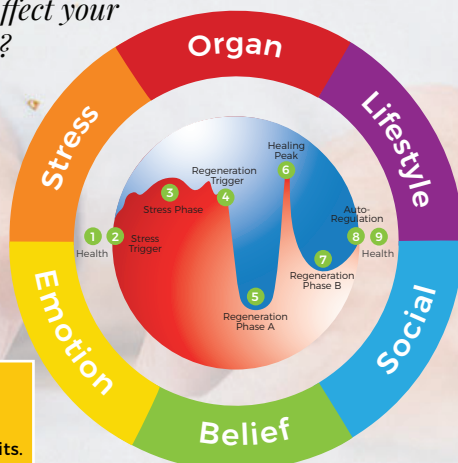
Social & Environment _____

Lifestyle Habits _____

Specific, Targeted & Effective

- + Get Why? & How? answers
- + Address causes, automate healthy habits.
- + Raise awareness & quality of life.
- Requires stepping out of comfort zone!

Root-Cause Health Coaches™ help you achieve health outcomes.



IMPROVE HARDWARE & SOFTWARE
Installing new faucet (automated habits).

Provided By: