

HEALTH CARE GUIDE

WHAT DOES HEALTH MEAN TO YOU?

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NUTRITIONAL WELLNESS CENTER

OPTIMIZED LIVING PROGRAMS



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Health is essential to us all and is the basis of life as we know it. To be unhealthy puts individuals at risk for illness, injury, or even more dire consequences over the long run as life goes on. Each year corporate environments provide health insurance as a way to try and protect the health of their employees. Yet in fact this is a poor way to supplement the health of most and may even be detrimental as we all consume many more prescription drugs each year, but what can we do about it instead?

BRINGING HEALTH BACK INTO THE WORKPLACE

- We'd like to show you how you can change your life and the lives of those around you with education, nutrition, and comprehensive wellness.
- While traditional medicine is sometimes essential, it cannot always be the answer. Enjoy lunch with us and allow us to answer the mysteries of the body while we show you what our program can do for you. In our quick one hour presentation we will take you through out the wonders of the human body to explore the effects of hormones and nutrition.
- For every dollar that a company will spend on a Corporate Wellness Program the returns are phenomenal, most have seen a cost savings of \$2.30 to \$10.10 through less sick days taken leading to reduced absenteeism. Worker's compensation claims and health insurance premiums are also much lower in these cases as well. As a bonus, in most cases employee productivity is also increased too.



WHAT WE CAN DO FOR YOU

Get back to basics and give your body what it wants and needs for better health.

- If you struggle with high blood pressure, high cholesterol, diabetes, or other physical ailments nutrition and good health maintenance will be even more important
- Let us introduce you to the fundamentals to get your body back in shape and help you to feel great.
- A 2009 study by Dr. Ronald Loeppke and his colleagues showed that lost productivity was likely to cost 2.3 times more than combined medical and pharmacy bills among 50,000 workers from ten different companies. The focus of the study included absenteeism and presenteeism.
- While western medicine has promoted the treatment of sickness, we'd like to promote the prevention of illness.



HOW DOES THE PROGRAM WORK?

TRAINING

We know that the modern medical system sheds very little light on true health and how to attain it. We'd like to see this change and we are providing the means for this change through education and training for a healthier workplace over time

- With eight weeks of comprehensive educational sessions you can get the most out of our program.
- Learn about pesticides in our foods, the dangers of overmedication, etc...



ASSESSMENT

By determining the state of your total health we can better determine which actions that you will need to take to reclaim your health or to maintain its good standing

COACHING

When you see your family doctor they may often council you to eat better, lose weight, lower your blood pressure and cholesterol or to stop smoking. While these are all great suggestions they may be easier said than done.

- When you are trying to correct your entire health path it may be difficult to even know where to begin. That's what makes our program so unique.
- We educate your employees on hormonal health and how it affects mood, cognition, sleep cycles, carbohydrate cravings, metabolism, and the aging process.
- We assess and utilize employee symptom surveys to identify health issues at their root cause and offer optional comprehensive lab testing, which provides employees an accurate snapshot of hormone levels, hidden food intolerances, and blood chemistry.
- We teach and coach your employees how to reclaim health through dietary and lifestyle changes in a course curriculum. Classes include: "Basic Nutrition: Whole Food Nutrition for LIFE", "Detoxification & Gut Health", "The Mind-Body Connection: How to Minimize Stress", "Epigenetics: How Environment Influences Genes", and more!

We believe that you too can be healthy and we want to help you to start on your journey today!

EXPERIENCE

For the last fifteen years we've been helping individuals just like you and your employees to lose weight while feeling great about their selves.

- We have coached individuals to make a complete change in their lifestyles and habits for a more satisfying journey through life.
- We have studied the patterns the patterns of health rather than sickness for more than a decade.

With the right diet, rest, nutrition, and elimination of toxic materials from your body we believe that you can be very healthy indeed.

HOW LONG WILL IT TAKE?

It takes eight weeks with a one hour session each week to complete the educational portion of our program. However health maintenance is an ongoing lifetime task which will require some dedication.

- With diligence and attention to health habits you too can be successful with our simple eight week program.
- Throughout the program you will be monitored by a registered nurse, doctor, and other health care professionals to ensure the highest levels of safety with the best results possible.
- During these eight weeks you will learn far more than just the basics.

You will really begin to understand how your body works and how to work with it instead of allowing the slow decay of poor health to result



OUR PROVEN RESULTS

Our program has helped thousands of individuals to get the health guidance they need to be successful. By the end of your program you should have a firm grasp of what is needed to help you to have a balanced body and excellent health. Participants in the program have had outstanding results in the past and unlike traditional health insurance our program can save your company millions of dollars each year in health care costs.

- A study published by the American Journal of Health Promotion in 1999 showed the amazing savings of Citibank of \$7 million dollars after instituting a corporate health program for
- \$1.9 million dollars. These savings resulted from a major reduction in medical costs and absenteeism.
- Harvard Business Review promotes the benefit of a corporate wellness program including the company Johnson & Johnson, this corporate giant has saved \$250 million in health costs during the last decade. In just the short time span of 2002-2008 they saw an ROI of \$2.71 to each dollar spent on the corporate wellness program.

WHAT CAN I EXPECT?

Participants report a variety of life improvements in their health such as:

- Increased mental clarity/alertness
- Increased energy
- Increased libido/sex drive
- Weight loss
- Blood sugar control
- Blood pressure reduction
- Cholesterol reduction
- Increased fitness
- Decreased absenteeism
- Reduced injury risk
- Lower health care premiums



These are just some of the great benefits that you can expect to receive from our award winning program. Join us for lunch as we discover the joys of health and share our outstanding program with you. You'll get a comprehensive and informative session that is sure to explain each of the personal or corporate benefits you should expect to see when you partner with our quick eight week program. Invest in your health today for a lifetime of wellness!