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DITCH THE DIETS

IT’S NOT ALL ABOUT THE FOOD
Level the Playing Field

- Eat More Fruits and Veggies
- Eat Less Processed Foods

AND...

- Tell Yourself the Right Story
No Fail Diet Plan
Out of 100...

- 9 have diabetes
- 3 have pre-diabetes
- 35 are overweight
- 28 are obese
- 52 are regular alcohol drinkers
- 10 are depressed
- 8 have been told they have some form of cancer
- 11 have been told they have heart disease
- 24 have hypertension - at least 2X in past 2 yrs
- 3 have had a stroke - at some time in their life
Food Industry Miracle Marketing And Clinical Evidence

$5.27 Trillion U.S. Retail Food Market

- Gluten
- Sugar
- Stanols and Sterols

[Image of book cover]
Tell Yourself the Right Story

Beliefs

Thoughts

Emotions
Vision * Goals * Strategies

“In order to carry a positive action we must develop here a positive vision.” - Dalai Lama

“Goals are pure fantasy unless you have a specific plan to achieve them.” - Stephen Covey

*Compelling
*Energizing function
*Directional Force
*Big Picture
*Meaningful Motivators
*As if it were already happening
*Strengths based approach

“Begin with the end in mind.” - Stephen Covey

“The more we do, the more we can do.” - William Hazlett
Take Care of Your Mind Body Spirit

Do Not Conform to the ways of this world; instead...

Mind Body Spirit
THANK YOU!

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