



### 1 Observe & Monitor

#### Do Nothing?

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

**Worst option!**

### 2 Manage Chronic Disease

#### Emergency & Treating Symptoms

Alleviate symptoms with traditional, natural, complementary medication, remedies, methods. Contact your health care provider for any diagnosis, treatment, therapy.

**Often Needed!**

#### Pros & Cons

- + Emergency Support
- + Life-saving, fast relief
- + Extensively researched
- May have side effects
- Often life-time dependence
- Not addressing root-causes
- Not reversing chronic disease

FIX HARDWARE  
Mopping up the floor!

### 3 Evidence-Based Lifestyle Medicine

Prevent, reduce, and reverse chronic symptoms

**Establish new SMART lifestyle habits, build resilience:**

#### Avoid Risky Substances

- ▶ Minimize environmental, chemical toxins, smoking, alcohol, and other risky substances

#### Stress Management

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

#### Sleep

- ▶ Improve quality of sleep
- ▶ Get restorative sleep (7-9 hours)
- ▶ Create a sleep hygiene ritual

#### Mindset

- ▶ Practice growth mindset
- ▶ Align values and life goals

#### Nutrition

- ▶ Reduce artificial sugar
- ▶ Eat mostly plant-rich whole foods
- ▶ Improve the quality of carbs, proteins, fats

#### Fitness & Exercise

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

#### Love & Support

- ▶ Build stronger relationships
- ▶ Increase social connections
- ▶ Join support groups
- ▶ Feel love for yourself & others

**Improve immunity, vitality, bodymind functions, live longer, improve quality of life.**

#### Ideal to feel healthier, happier & live longer

- + Address chronic symptom root-causes.
- + Use Lifestyle as Medicine guided by a certified coach.
- + Feel empowered; you are in charge. Health & Life improves.
- Practicing and automating new habits is needed.

#### Excellent Micro-Habit to get started!

- + Write a list of 50 reasons why you want to be healthy.
- + Ask yourself how committed you are to improve habits.
- + Reduce processed foods, artificial sugars, corn syrup, alcohol, chemical and other toxic substances.
- + Reduce or remove sodas (drink water or tea instead).
- + Write a food journal (monitor what you eat/drink) for 7 days.
- + Pause before you eat, ask yourself: Is this really good for me?
- + Substitute one unhealthy food with a healthier option.
- + Add one serving of vegetables daily.
- + Integrate intermittent fasting (like from 20.00 to 8.00).
- + Eat with awareness & pleasure (for longevity not survival).
- + Exercise regularly (1 pushup daily, or walk instead of driving).
- + Practice presence, mindfulness, meditate (mornings 5 min.).
- + Breath deeply for 1 minute (whenever you feel tired).
- + Be aware of what triggers you into stress & emotions.
- + Allow yourself to feel emotions when they arise.
- + Observe and reframe limiting thoughts. Stay positive.
- + Love more. Feel connected with family, friends, and God.
- + Ask: What's important to me? Define your life purpose.
- + Digital detox 1 hour before sleep (or one day a week).

IMPROVE HARDWARE  
Turning Off the faucet!

### 4 Write Micro-Habit Root-Cause Lifestyle Prescriptions®

Personalized organ tissue symptom specific habit improvements: Measure using SUD-, improve toward SUT+10.

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

Organ Tissue Symptom \_\_\_\_\_

Stress Trigger \_\_\_\_\_

Unresolved Emotion \_\_\_\_\_

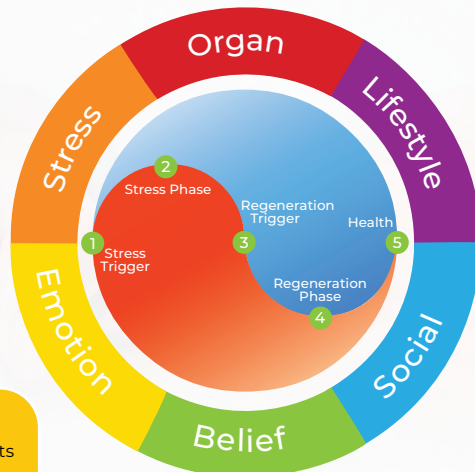
Limiting Belief, Values \_\_\_\_\_

Social & Environment \_\_\_\_\_

Lifestyle (Nutrition, Fitness, Stress Management, Love & Support) \_\_\_\_\_

#### Specific Health Outcomes

- + 100% focus on practicing healthy habits
- + Address root-causes of organ symptoms
- + Know **Why? What? HOW?** of new habit
- + Design your health, life & career.



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