

HEALTHYFORLIFE U

Welcome

Thanks for checking us out!

There are so many products, programs and diet plans out there, it's hard to know which to choose. Walk into your local nutrition store and you'll find thousands of products and books on the shelves. How can anyone possibly choose from that selection!

Good news! Healthy for Life U is all about simplicity and convenience! This course will simplify making healthy choices and give you simple, common sense questions to ask to empower you to determine what's good and what's not.

You won't have to feel like you're guessing about your health any more.

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1 This course is presented as Christian literature. The information is presented from a Christian world-view and is based on biblical principles as well as accurate scientific data, years of experience working with real people and common sense.

The statements in this brochure have not been evaluated by the Food and Drug Administration. This brochure is not intended to diagnose, treat, cure or prevent any disease.

About Us

Since its founding in 1998, Healthy for Life U has helped thousands of people like you turn their health around.

The Healthy for Life philosophy is that nutrition should come from the food we eat - the way it was intended. Over the years, our society has favored convenience and mass production, leaving our food supply lacking in a few essential nutrients. Our program is simple: eat whole food and supplement the few essential nutrients often missing from our foods.

This booklet will help you define what good whole foods are and identify nutrients that you may not be getting from your diet. It will also help you avoid products and programs that are unnecessary or even harmful to you. **This booklet is a brief overview of the subjects covered.** Additional information is available on our website www.healthyforlifeu.com.

Recommended by doctors



Dr. David Sim, MD
Cardiologist



Dr. Carlos Reynes, MD
Internal Medicine
and Family Practice
Physician



Dr. Robert Rowen, MD
Watch a live seminar
with Dr. Rowen on our
website

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Too many words? Watch the video online!
www.healthyforlifeu.com

It's Everything

When we are in good health, we have the energy, desire, positive attitude and, most importantly, the ability to do the things that are most important to us. Not only can we do them, we can do them well. When we are run down, we lose focus and desire and end up not reaching our goals. Whether it's in the workplace, at home, at church, or doing a hobby, being in good health helps you be your best.

Health is everything

Why is health so important?



Enjoy life

Enjoy life and get the most out of it. Having your health allows you to be able to do the things you enjoy.



Be your best

The only way to be your best and have the energy and ability to fulfill your personal goals is to fuel your body with nutrition that will allow it to heal and provide a shield from disease.



Teach children

Children learn by example. If we develop unhealthy habits, our children are likely to inherit those same bad habits. Many times genes are blamed for disease that seems to run in families, but in reality, the members of a family simply have the same bad habits that lead to the disease. As parents, we have the responsibility to lead by example and teach our children how to be healthy.



Career success

If you're constantly sick and tired, you aren't going to be performing at your best. In order to achieve your career goals, you need to fuel your brain and your immune system, allowing you to think clearly, stay focused, and do what needs to be done.

Health World-view

Part of learning to be healthy and being able to distinguish between fact and fiction when you hear about the latest health fad, is to define your own health world-view. It makes a difference in how you look at health and your approach to what you put into your body and how you nourish it.



We believe that our bodies were created by God and that He made food to nourish the body. He created us to be healthy and to be able to heal ourselves. When eating food as it was created by God, your body will respond differently than it will to food that has been altered or processed. Eating food that was made for your body (sometimes referred to as **whole food**) will provide the nutrients and building blocks your body needs to heal and fight disease. When looking at it from this perspective, we can clearly see the body is capable of healing itself and building a shield to prevent disease. The next step is simply learning how to determine which foods are still in the form they were created in and which foods have been changed in some way. This sounds easy, but food can be altered in many different ways, and sometimes that fact is hidden. We will unpack this in lessons 2 and 3.

“Let food be thy medicine and medicine be thy food.” – Hippocrates

You say, “Food was made for the stomach, and the stomach for food.”

– 1 Corinthians 6:13a

We can still be friends!

We realize that some people who are reading this may disagree with our creation belief and that's OK. We can disagree and still come together on the fact that whole foods do nourish our bodies in ways processed foods can't. We can still agree that the body can heal itself, given the proper nourishment. If you don't believe God created us, we can still share the same health world-view that the body and whole foods work together to fight and prevent disease.

So why is this world-view important?

Our health world-view is important because it makes a difference on what we choose to put in our bodies and what we believe about food. For example, it may make a difference in how quickly you decide to go see a doctor for a cold. If you believe your body can heal itself, you may decide to give it a chance before asking your doctor for a prescription. It makes a difference on how you view pharmaceuticals. Many of them can be very toxic to your body. Do you use it as a first choice or last resort? Do you believe that eating clean whole foods instead of processed or enriched foods will help your body fight and prevent disease?

You use your health world-view to answer these questions. If you believe your body can heal itself given the proper fuel, you will make different choices than if you believe that synthetic foods and pharmaceuticals work well with your body.

Common sense approach to health

We use a very common sense approach to health. Start with basic facts we know about our bodies and the food that was created for them, and then use that as a filter for everything we put into our bodies. We will go into more detail in the coming lessons, but some questions to ask yourself are:

- What processing has a food gone through?
- What ingredients are in a food and can I even pronounce them?
- Is the food still largely in its original state?
- Are there any chemicals, hormone residues or genetically modified organisms (GMO's) in my food?
- What's been added, removed or modified?



Can food really be the problem and the solution?

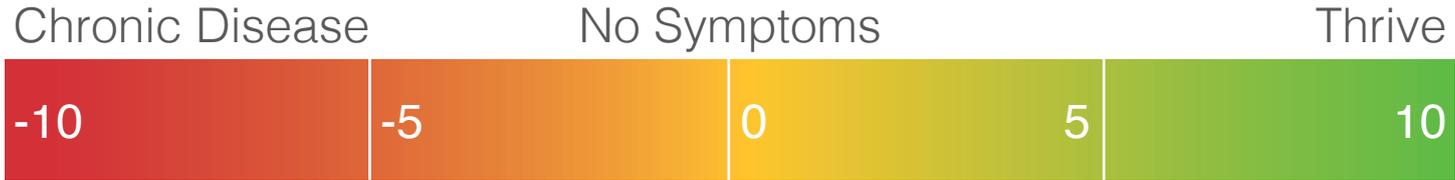
Yes, food is our problem and our solution! What we eat and where it comes from are the cause of virtually all of the major diseases such as obesity, diabetes, heart disease, depression and cancer. The simple explanation is that we are simply not feeding our bodies good food - the types of food we need to fight disease and have strong immune systems. In the next lessons we will explain how this is possible. **The good news is that since food is often the problem, it is also often the solution!** Simply learn how to determine good food from bad and your body will do the rest. We will make it easy for you to know how to make great food choices, allowing your body to heal and build a strong immune system.

Cellular biologist **Dr. Bruce Lipton believes that 98% of disease is preventable and reversible** and less than 2% is genetic. Much of the focus in our medical system is on treating symptoms and making people comfortable. Just because a symptom goes away, that doesn't mean your problem has gone away. We need to shift our mindset to ask what the cause of our problems is and look for long term solutions. That's when real healing begins! This course is all about long term success. Very few things we teach will give you over night success; it's all about the big picture and long term results.



What's your health number?

Your health number is a visual representation of where you are in terms of health. Many people live in the no symptom zone and believe themselves to be healthy because they simply don't have any symptoms. We want to show you how to get to the thrive zone so you can truly experience how great you can feel! Where do you rate yourself on this scale? Make a note in the blanks below of what you feel your health number is. Then, over time you can rate yourself again and see the improvement you've made.



Now:

My Health Number _____

Date _____

6 months later:

My Health Number _____

Date _____

Preview the next lesson

In this lesson, we gave you an overview of this course and some important information needed to start our health discussion. The next lesson is 201 – Food. It's Not What it Used to Be. That lesson will dive into the details of how to determine what is good food and what isn't.

Some interesting questions we will answer in the next lesson:

- Where did food allergies come from all of the sudden?
- Have you seen what they're putting in your food lately?
- What's a GMO and which planet did it come from?

Additional resources



Watch the video online

Not a reader? Watch each lesson online! Videos are only a few minutes each, so you'll be up to speed in no time. www.healthyforlifeu.com



Take it further

Want to learn more? View additional resources with more in-depth information for each lesson. www.healthyforlifeu.com

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