

HEALTHYFORLIFE

U



The Awakening





Master Your Health

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1st Edition

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- From a Declaration of Principles jointly adopted by a Committee of the American Bar Association and a Committee of Publishers and Associations.

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Dear Healthy for Life U participant,

All of us at Healthy for Life U would like to begin by saying, **welcome!** The first step in transitioning into the world of healthy living is choosing to invest your time in learning. Congratulations on making that choice!

The passion we have at Healthy for Life U was sparked by circumstances that many of you can relate to. We have had struggles with health problems and have endured the loss of loved ones. In most cases, these problems and losses could have been **pre-vented**. These circumstances inspired us to research and learn more about the body, and motivated us to discover the truth. It is in loving memory of those we have lost, and our compassion for those who struggle with health problems, that we created the Healthy for Life U Master Your Health. The course will empower you with knowledge about the wonderful creation of the body and the amazing intelligence with which it was designed, giving our bodies the ability to heal themselves. Created in the image of God, we have the potential to experience great health and the richness of life God desires for us.

The Healthy for Life U team has years of experience in medical, lifestyle, supplementation and whole food education. We have spent years working with patients and clients, seeing **amazing** results with health improvement and disease resolution.

We couldn't be more excited for you! Whether you are seeking to learn more about health and healing or working to resolve health issues currently affecting your body, this course **will** be of great value to you. Healthy for Life U will help you build a strong foundation of health for you and your family!

The Healthy for Life U team

Jacob C. Velie**National Integrative Health**

ABOUT THE AUTHOR

My personal passion for health started when my mother was diagnosed with acute leukemia when I was 7 years old. After four years of treatments and fighting, my mother passed away in my father's arms, on the edge of her hospital bed, as I looked on.

After her death, I became interested in the human body, health and disease. Throughout my childhood, I was also morbidly obese, weighing almost 290 pounds as a high school senior. These factors drove me to seek further information about the body and research how it really worked. Even though I participated in strength training, track and played football, my weight was out of control and I didn't feel well. I was told I would be heavy for the rest of my life because my family was heavy. I have since developed my own program based on research and lost nearly 100 lbs. in five months. I have been recognized nationally by the President's Council on Fitness, Sports and Nutrition.

Driven by my experience and success, I studied to become a personal trainer, and committed my life to helping others achieve the same physical and mental transformation. My background in physiology, personal training and self-studies in cellular biology, nutrition and dietetics, neuroscience and biophysics has served me over my 11-year career in health education, clinical health consulting and clinical administration.

I have had the pleasure of working with many physician groups, universities, companies and families around the country. Most recently, I spent five years as the founder and CEO of Preventive Health Group, an integrative medical clinic in Des Moines, Iowa, that practiced family medicine, physical medicine, rehabilitation, lifestyle education and psychotherapy. The clinic served as an internship and experiential learning location for medical and pharmacy students, as well as an educational center for graduating nurses and students.

The knowledge and experience I have gained in my personal and professional life has been built into the Healthy for Life U curriculum. This course is the culmination of years of experience, research and learning from mentors. It's exciting to see the amazing results in thousands of families and individuals around the country. I pray this experience changes your life as it has so positively changed mine.



It has recently become understood that our genes are actually not in control of our health and our lifestyles, in the vast majority of cases.

Behaviors have a much more important impact on the quality of life and level of health we experience.

Gene Expression (Epigenetics)

This refers to how-when-why any specific gene would go through the process of being copied (RNA).

The regulatory proteins in the body control this process through reading the needs of the body and the signals coming from the environment in which the body lives.

Not all genes are expressed, and some never are.

Even if you have genes that are “predisposed” to produce disease in your body, they do not necessarily have to be expressed or copied, which would result in disease or disorder.

The top killers in the U.S. are preventable.

List of top deadly diseases from Centers for Disease Control:

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Chronic Respiratory Disease
- Alzheimer’s Disease
- Influenza and Pneumonia
- Nephritis and Nephrosis
- Septicemia



Symptom _____ resolution _____ is better than symptom _____ management _____.

In conventional medicine, the idea of prevention is _____ disease screening _____
or _____ early detection _____, which is not prevention at all.

Your body was built to _____ heal _____ and be _____ healthy _____.

The Principle of Regeneration

You are _____ producing _____ hundreds of millions of cells every second and replacing or recycling cells that are no longer productive.

The science of how - How body is supposed to work under ideal conditions.

The science of now - How your body is working now based on lifestyle.

Due to the rapid rate of cellular reproduction, your body's systems are being _____ replaced _____ at an amazing rate:

- 1. The lining of your digestive tract (mouth, throat, stomach, intestines, etc.) is being regenerated/replaced every 4-6 days.
- 2. Vital organs like the liver and kidneys are replaced every 6 weeks.
- 3. The body's largest organ, the skin, is replaced every 4 weeks.
- 4. The skeletal system is 98% new every 10-12 months.

Due to this process, all you need to do is change the _____ environment _____
and _____ resources _____ your body has and you will begin to see healing happen rapidly.



What Should I do Next



Answer Key

- | | |
|---------------------|-------------------|
| Yes | indication |
| holistic | suggestion |
| full life potential | sign |
| 2% | check engine |
| 98%+ | support |
| genetics | heal |
| not | resolution |
| Behaviors | management |
| copied | disease screening |
| control | early detection |
| never | heal |
| do not | healthy |
| preventable | producing |
| reversible | replaced |
| hope | environment |
| healthy | resources |
| departure | |
| treat | |



9. Workbook Page 1-6: Are health problems and being too busy to take care of your health getting in the way of your goals, responsibilities and desires? Identify and write down some ways this is happening in your life right now.

10. Workbook Page 1-6: Are your goals worth the time and effort it will take to learn new lifestyle skills that can help reverse and prevent disease? Be sure that you have written down your health goals on Workbook Page 1-6.

Life-long health
begins now!



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