

# EPISODE - 1

## ORIGINS OF CFS HEALTH

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Hello team, and welcome to the first ever CFS Health podcast! I'm super excited for this. This is just going to be amazing. It's actually a Sunday morning here. I've just come out of a beautiful surf in the ocean. And I thought, you know what, why not start the podcast on a Sunday? You know, we've got some exciting news to share with you.

And this podcast is really for anyone who is struggling with chronic fatigue syndrome, fibromyalgia- you know, people with basically chronic health conditions, whether it's been diagnosed or not diagnosed, if you're struggling with ill health for a long period of time, we're here to help you. And our mission is to be the leading example and the leading program in the world to give you the most practical tools and help to start

basically getting healthy again and start living again. That's our goal for everybody in the world. And so it's just brilliant to be able to do this podcast. It's more free-form, more relaxing. We're gonna bring on some brilliant guests over the next little while, and it's gonna be an absolute game changer.

So I can't wait to share with you all this amazing information, all this practical help and inspiration and hope. And so I wanna start every single podcast with "win of the week". And basically we pick a win from one of our members, one of our hundreds of members who has been doing something really well this week.

And so every single week, inside our actual online recovery program- we have people in 53 countries in it- everyone has to share a win or an insight from the week before. And there are so many, so a big shout out to everyone in the program. It's not easy to pick one, but I think every week we'll change it and we'll pick something different or something unique.

But the win of the week goes to Sue. Obviously not gonna say a last name for privacy reasons, but Sue in UK, you know who you are. I want to give you a massive shout out for the win of the week, this week, which was to go and watch your son play rugby for the first time in two years. And Sue was well enough to go.

She felt totally fine there. She came back. She was fine. She did exactly what she needed to do. And the photo of her and her son at the rugby game was just incredible. And all the members who were commenting on it, she showed her son all the amazing feedback she got and then he started crying too.

And so when I read that win of the week, I just was like had tears in my eyes too. You know, most people who have never suffered from chronic illness don't really get it, but, to not be able to go to your son's football game or whatever it is- you know, doesn't matter what it is- to finally be able to do that is just so precious and amazing. And she had a photo and she just looked so vibrant and happy. And so that is "win of the week" this week, people. Super excited. She's been in our program for about, I think, four months or something. And she's just really, just kept it simple. She's been doing all the right things.

She's been, you know, focusing on her baseline. She's been really proactive with her mindset, with her nutrition, with her movement and just doing all the right things at the right time. And she's really progressing nicely, so well done on your consistency. You know, we say in the program, there's no such thing as 'lucky' and luck stands for "Labor Under Correct Knowledge". And that basically means doing the right things at the right time, which creates luck and results. So big shout out to you, Sue. We're super stoked for you.

We love having you in the program. You know, it's amazing to see the, the joy and positivity and the connections you and all the other people in the program are building, so big shout out. Now in today's episode, I thought we could really just talk about what is CFS Health, and why did it start, and what does it do now?

And I want to quickly go back and rewind the clock to the reason or how CFS Health was born. CFS Health was born when I actually was sick with Chronic Fatigue Syndrome. So I was a teenager. I was a basketball player. I just was a normal average kid. Well, not average. I was someone who just always pushed to the limits, always tried to get the most outta myself and was very competitive.

Always wanted to, you know, I guess improve myself. And so I was a fairly elite athlete, you know, I was probably the fittest kid at school at one stage just before I got sick, actually. I did a beep test and the beep test is like a physically hard running test. And I got 15.6 and the PE teacher actually didn't believe me.

Because most AFL athletes don't even get that, especially at the height that I was, which was six foot six. So I was a ball of muscle- big, tall ball of muscle basically, and super fit and Anyway, I got glandular fever. But at the time I just kept pushing myself and not listening to my body. And back then, there was no education on nutrition, no education on restorative movement, no education on rest and recovery.

It was all about 'no pain, no gain.' And so I just kept pushing myself. I kind of thought that it was a cold and a flu, and this went on for months and months and to the point where I was missing all of my school and basically playing basketball on the weekends and then I'd have to recover all week and then play again.

And then eventually I just pushed myself way too far. And my body kind of went into shut down. It was literally you know, it was a progressive thing over time, but eventually it was just like the last straw on the camel's back. Basically my body shut down. And yeah, was screaming for help.

Cause I just couldn't get outta bed. My whole body, I just couldn't move my body. So I went from being able to run without even thinking about it, to barely being able to tie my shoe laces in the morning, to even wake up.

So it was a big journey. And basically I went on like a, my poor family and I, we went on a massive journey trying to find medical doctors. And we had hundreds of blood tests and it was really scary. Yeah. I thought I was dying. I thought I had like, you know, I mean, yeah. I don't know what it's like to have cancer, but it felt like I had cancer or something.

Like my body was just shutting down and nothing worked. I couldn't... just nothing worked. And so it was this really scary period of time for myself, but probably just as much for my family members. And anyway, eventually I got diagnosed with Chronic Fatigues Syndrome from Olympic park in Melbourne, Australia.

He used to deal with all the athletes there, and he diagnosed me. That day was two years in the making, you know, we, we just couldn't find the right help and you know, like you're just depressed. Like you gotta sweat it out. You know, you've just pushed yourself too hard, just rest, sleep better, eat better, move better. It's like, well, how do I do all that when I'm feeling so bad? And so basically, you know, I was totally exhausted. I was sleeping 16 hours a day. Found it hard to eat my meals. Lost 20 kilos of muscle weight over a period of time. And then also just the absolute upset of losing my life.

You know, like I was a basketball player, that's who I was, that's who people knew me for. I was the tall athletic kid from Melbourne. And so to not be that guy anymore was so upsetting, and we call it secondary depression where, you know, there's a reason behind the reason why you're feeling depressed.

And so that was certainly it for me. Basically what happened, you know, I'm not gonna go into the full story, cuz it would take three hours to explain. But as you know, if you're experiencing this, it's fucking hard. Excuse my French. And no one understands you. Your friends- I lost all my friends,

basically. I had like two friends who were just amazing. One in particular. And she was just incredible through that time to have the empathy and understanding at that age. But I basically lost all my friends. People don't understand, teachers thought I was making it up cause I didn't attend class and I wouldn't be able to do the homework cuz of brain fog and concentration and just a lack of energy.

So we had, you know, pretty terrible experience with the school. Although there was a couple of really great teachers and really caring, understanding people too. And when I got diagnosed, it was the day of total relief. And then at the same time, it was a day of total despair, because on one hand I finally had an answer.

I wasn't dying from cancer, which is what I thought I was. I had Chronic Fatigue Syndrome. And the problem was that I was like, great, so what do I do now? Like hoping that he could give me a pill or a tablet or something. And he just said, there's you know, there's nothing you can do.

Just, you know, go home and rest, kind of thing. And so. I remember coming home that night and I was so angry and upset. I just didn't have a solution. And so we went on a journey for the next couple of years to try and find a solution. And... It was tough. There was nothing really that helpful out there.

And we were lucky enough to find an amazing doctor called Dr. Lionel Lubitz. A lot of people in Melbourne, Australia know him. He's fantastic. I think he's semi-retired now, cause he's kind of getting on and he absolutely loves his music, but I was one of the sickest patients he ever had. And he was very good to us and was very practical.

And he did say, you know, you've gotta do what you can do. You can't do too much, but you can't do too little. You've gotta find the right amount for you in terms of like doing the right things and activity. And so he taught me a lot. Probably the most a doctor could ever teach really in the short periods of time that we got to see him.

So he kind of helped us figure out, well, there are some things you can do. And then eventually I did an inpatient program which was a recovery program for people with CFS. It wasn't amazing, but it definitely- those four weeks showed me that it was possible to make improvements in my health and wellbeing.

And I went from not being able to, you know, function basically throughout the day to semi functioning within four weeks, in the sense that, you know, I was able to move a bit, I could do a bit more movement. I was starting to feel a little bit stronger. I was sleeping better.

My digestive system was better. And it was the first kind of realization of like, wow, like there are things that you can actually do. And so this was a big journey though. Like, you know, literally seeing hundreds of doctors, seeing the best practitioners, trying hundreds of Chinese medicine balls every day, 20 supplements every single day, we would do anything to get better.

You know, I even saw a wacky doctor called Frederick Warwick, who's sadly passed away now, but he was a brilliant person, but you know, he used to make me hum 'happy birthday' and he tapped me on the back. And he go, "all right, my boy start humming!" And I remember laying down on his practitioner bed thinking what's humming 'happy birthday' got to do with getting better!?

You know, and so I tried all the weirdest treatments in the world, and it wasn't until actually after seeing Frederick 20 sessions- we saw him for 20 sessions, and after that, he said, "all right, my boy, like you, you don't have any more Chronic Fatigue Syndrome in your body". And I thought that's a bit weird.

Like, I don't feel much better. I might, might have felt slightly better, but definitely not amazing. I said, so what can I do now? I said, can I run? Cause I hadn't ran in like two years. And he said, "yeah, my boy, you can run". I was like, all right, great. So I literally got brand new sneakers.

I was so excited and I went for a run. And I lasted about five minutes and then I basically collapsed on the side of the running track. And I had a terrible setback for about two weeks. And then I had the most amazing epiphany and realized if it's to be, it's up to me.

And I realized that I was putting so much reliance on people outside of me to get me better. But ultimately, if I was to get better, it was up to me to help myself get better. Because no doctor, no supplement no practitioner can get me better. It's really up to me. They can help me. But I, I shouldn't be looking for them to fix me.

And that's what I was doing for a long time, because that's what you do when you get sick, you go to the doctors, the mindset is that they fix you. And so that experience really put me on the trajectory of recovery. And then I spent the next two years researching as a teenager, everything I could, that would help me improve my health and my life.

And it was an amazing journey, but what sparked it, what sparked CFS Health was actually when I was 16. And I remember sitting in English

class- I went to school for one hour a day, cuz that's all I could manage at that time- and we had to write a journal and in that journal entry, we had to write about our experience in life at the moment.

And I've got this somewhere. I don't know exactly where it is, but I remember I wrote down a page and I was just so upset. And I wrote down, "I don't know why this is happening to me. Why couldn't it happen to someone who's not nice or who's an asshole. I'm a good person. This is the worst thing I've ever experienced in my life.

I wouldn't wish this upon my worst enemy". And then down the bottom- and I have like chills down my spine- I wrote, "I don't know why this is happening, but one day I'm going to make sure that I help thousands of people not have to go through what I went through". And I literally had a vision or, you know, I could see me helping people, thousands of people. And there was an image of me kind of standing on a stage and just talking to thousands of people and, and showing them that recovery is possible and that showing them that you actually can get better and that you can improve and you can get your life back and you can start living again.

And so, that was my kind of inspiration as I started getting better to share what was working. And so that's how CFS Health was born. It was absolutely incredible. From there, I studied exercise science. I became a, personal trainer and health coach, and I was training healthy or just general population people, people for fat loss, people just, you know, weight, get a healthy weight gain, strength training, all that kind of stuff.

And I was just helping people for free with CFS, you know, like I was just giving free advice when I met someone, but there was no program. There was no idea to start an online program or anything like that. This is in 2012. Right? And then my neighbor's best friend got diagnosed with Chronic Fatigue Syndrome and she called me, she said, "can you help my friend?

He's just got CFS." And I was like, yeah, I guess so, like, tell him to come in and see me. So he came into my office and we sat down and I could kind of see that he was really struggling. He was a runner and then he couldn't run. He could barely, you know, live. And he came to see me. And I said, well, how about we see each other once a week, I'll write you up a program and we'll just work together and, and I'll help you?

12 weeks later, he was back jogging again. He hadn't been able to do that for a long, long time. And then within six months he was back running full time again, just feeling great. And that was for me, amazing, because it showed me that wow, like, it's not just me that can do it, but anyone, you know, it worked for him too.



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It was crazy, but a lot of the stuff we worked with him was mindset. For the first six weeks, he was so angry with his life that he needed to accept where he was and he wasn't gonna get better until he did. And so for the first six weeks, we literally sat down in my office and worked on his mindset.

We went through a whole framework of letting go of the anger and the frustration and the upsetness to fully accept where he was, so he could start moving and doing what he could do right now and then build into where he wanted to go. And again, phenomenal person, Ash Humphries, if you're out there listening.

You put in the work and it was so cool to see you get better. And then another young lady her mother called me, and she was a director of one of the biggest hospitals in Melbourne. And she called me, she said, "you are my last hope". She said, "I've read your website. I've tried everything.

Someone told me that you've helped up another guy with this. We need your help. And we are looking for practical tools. We're looking for, you know, guidance around day to day things". And I said, yeah sure. And again, Beck Pierce her daughter, who's amazing, who's fully recovered is an ambulance worker

so she's saving people's lives for a living. She did the program too. And within a couple of months, she was improving. Within six months, she improved a hell of lot. And then within a year, a year and a half, she was fully living again, back into studying, relationships, life, working out and feeling totally fine.

And so, within months I had to basically shut down my general population personal training and fully dedicate myself to helping people with CFS because that was my passion. You know, losing weight, helping people lose weight after a while, gets a little bit boring. And to see someone not be able to live their life and be so upset about it, to then seeing them live their life again was just absolutely amazing.

And I just got so much joy and satisfaction and I still do to this day, you know, I, I almost tear up at least once or twice a month, reading someone's post who's, you know, done something just like Sue did this week. So that's kind of how it started. And within a year and a half, two years, I saw literally hundreds and hundreds of patients and it was so cool.

We had a file cabinet with like all my clients' folders and we tracked their progress and it was just incredible. And then in 2013, I was so booked up, I had people flying from London. I got flown to Dubai to work with a family over there. And it was just crazy. And I was like, man, like I can't keep up.



I like I literally am booked out. You know, I'm doing so much myself and I wanna be able to help more people. So I actually didn't think it was smart for people to travel, you know, anywhere. Like I had people driving six hours to see me, their wives would drive their partners or the husband would drive the wife.

And I thought this isn't actually that useful, you know, like there has to be a better way. And luckily enough, I had a friend at the time who was doing online programs way before online was a thing. And I called him, And I said, do you think you could help me set up the world's first online recovery program for people with Chronic Fatigue Syndrome?

And he was like, "yeah, like I don't see why not". And I was like, okay, cool. This is a bit of a crazy story, but I remortgaged my house; I had an apartment at the time, and I remortgaged that to fund this online recovery program. And it's funny, cuz it was really risky. I didn't know if it was gonna work.

This hadn't been done before, but I, I was so passionate about making sure that no one else had to suffer like I did alone, that I didn't care if, if it didn't work. If it helped one person, I lost that money, then it would've been worth it because ultimately, that's what matters, you know? So then the next six months we filmed all the content.

I hired a cameraman, Charlie Ford And we launched the program in October 2013 and overnight within 24 hours, we had 40 people booking a call and pretty much all 40 of them joined the program. And after that we've had thousands and thousands of people join it over the years from, from 53 countries.

But it got to the point 2 years ago where the program wasn't enough. And I realized personally in my own life that we need accountability. And just simply purchasing a program, especially now there's so much information online, it's so easy to get lost and to just, you just kind of, it's easy to buy something and then not look at it.

And that really pissed me off because I'm really passionate about what we've created and it's, there's nothing like it. But it was upsetting me to see people buying something and not using it, especially when it's this valuable. So two years ago I made the decision to stop the entire old program completely.

And we basically started a whole brand new program. We called it the mentorship recovery program. And what I did is rather than just have a "do it yourself" course, which is so hard to do when you're not feeling great at the best of times to a "done with you" program. So we have the online recovery program content, which is unbelievable and in itself is just amazing.

It's like the Netflix of recovery, I call it. And then on the other side, we have coaching and mentoring and group guidance. And the two help get results, and is what makes our program stand above anything else in the world. Because we have community, we have connection, we have coaching. And those three combinations and accountability basically help you reach your dreams and your results.

I'm just so proud of it because we just have the best members in the world. And everyone is just so supportive. We have some pretty strict rules. We don't allow any negative venting. And we simply don't attract people like that into our program because we're very health focused.

So we are a health focused solution. We don't focus on symptoms. We don't focus on illness, we focus on getting healthy. And when you start getting healthy, your symptoms start to decrease and you start to feel better. And so we're a very holistic program. We're not just one thing, and this is why we stand out above everything else is because we do the lifestyle stuff.

So we really focus on quality sleep, nutrition and gut health, restorative movement, and re-strengthening your body without feeling worse, calming down your nervous system, mindset and brain retraining, and then lifestyle integration. So integrating back into life and we help you every step of the way, no matter where you're at.

We've had people in their sixties who have been suffering for over 20 years- one lady in particular, Michelle from USA, didn't leave her house for almost seven years apart from doctor's appointments. She saw the best doctors in the world at Stanford University, still wasn't getting better.

She joined our program and within a year, Michelle was walking along the beach, which was one of her biggest goals, feet on the sand, you know, water between her toes. And she was able to drive seven hours to go and see her best friend whom she hadn't seen for 20 years. And then we've helped people as young, as you know, 10, 11, 12, 13, 14, 15 year old kids who are getting better. And obviously we help everywhere in between, you know, moms, we've got heaps of moms in our program. We've got business owners, we've got, you know, lots of people in their twenties, thirties, forties, fifties, and all the way up.

We even helped a grandma recently, she just finished our program, Jane from UK, you know, is just doing amazing now and after struggling for so long, finally just getting her baseline right. And making the appropriate right changes and getting her life back. So it's pretty cool. So that's how CFS health started,

and this is where we're at now. Let me show you our mission and vision just quickly. " CFS health provides hope community and a step by step holistic program that helps brilliant people recover their health and life back". And it's true. We only work with brilliant people and a brilliant person is really someone who is by nature, a positive person, you know, they're, they might not be feeling positive right now because they're struggling so much, but they know deep with inside them that they are a good person.

And we work with brilliant people. It's just true. "Our vision is to be the biggest shining light of hope and positivity in the world to inspire people who are struggling with Chronic Fatigue Syndrome or other chronic illnesses to show them that recovery is possible". And the coolest thing is a lot of our coaches have actually been our program themselves and gotten better.

And now they are inspired to help others too. "Our mission is to be the world's leading online recovery program for people struggling with Chronic Fatigue Syndrome or any other chronic health condition that has either been diagnosed or undiagnosed. We've got a lot of people who just can't get diagnosed but are struggling with ill health.

They come into the program and they start focusing on their health. And the whole point is to improve the quality of their life, "regain great health and start living a life they love". And we love it. And this one for me is what really matters. And this is really why we do our work. "Through our work, we impact millions of people with our knowledge, frameworks, and teachings directly to our members that gets passed on indirectly to the wider community by our members leading their life by example. CFS Health breeds healthier, more balanced, whole individuals doing more of what they love and loving more of what they do.

This inspires others in their circle to do the same. We create a ripple effect all around the world, far greater than we'll ever know". And if you're watching the video here on our vlogcast, you can see there's myself, Gemma Hanley, our mindset coach. We've got Dr. Olivia Lesslar, who is our resident medical consultant.

We've got Erin Enright, who's another head coach. We've got Steph Ryan, who's our movement specialist- helps people, you know, restore their energy levels and recondition their body when they're ready to do so. Some people shouldn't be exercising or doing any movement at all right now. And we teach you exactly what to do and when to do it.

And this is our lovely Ash, who basically is the brains behind the support- she looks after all our clients, helps them with any issues they're having. And we've got a couple more team members that are getting added there too. So yeah, that's kind of really it. You know, I did a success interview recently with a lady, Christie, who did our old program, you know, the old, old, original.

And she messaged me the other week saying, you know, she's a mom of two from America. She was basically not living. I would give her about a score of 1/10 on the scale, 0 is being not alive and 10 is being great. And she was about a 1/10. And that same lady years on is now a yoga instructor a teacher, she now volunteers as the SOS rescue team over in America and basically saves people who are in really sticky situations. Climbing mountains;

so she did like a 15,000 foot hike to climb a mountain to save someone. Like, she's just amazing, and she's living her life. And that ripple effect is just incredible. The fact that she's saving lives, same thing with Beck who's an ambulance worker. And then not only that, we've got people who are publishing books and sharing their story and doing their own thing to inspire other people.

So it's just really cool to see, and even Jane, one of our recent members, you know, she's just loving her life playing with her grandkids. And that's just as special and important too. So there you have it, I've shared with you my story, how CFS Health started. Looking forward to making a, a bigger impact in the world with our work and our team's work,

we've got such an amazing team. And I'm really looking forward to connecting with more of you you know, now and in the future. So hope you enjoyed our first podcast. Look forward to seeing you on another one soon. Bye for now!

Hey, I hope you enjoyed this podcast episode. I hope you feel more inspired, more hopeful, and have more knowledge to apply in your own life. There's a few ways we can help you right now. The first is go and join our free Facebook group called the CFS health recovery hub. We'll leave a link in the description, for you to click yourself in there.

This group is like no other. So again it's a real privilege to be in this group. So make sure that when you're in it, you are contributing and you are bringing your best self to it. You'll find lots of practical tips ,an amazing community of people who will help support and inspire you,

and you'll get all our latest free trainings that get uploaded in there. The second thing is go and download our free recovery training. So the two that are most important to watch is: "the four step process to get recovery started"- honestly, if you've been going around in circles for a long time and you are going up and down all the time, you're spending thousands of dollars and not getting any results, go and watch that.

It's an amazing training, put all my heart and soul into it. And I know so many people have messaged me saying, "oh my God, everything makes so much more sense now". And they feel hopeful and inspired for the first time in a long time. So that is CFShealth.com/4 step. You can go to our website as well, and you'll see all the free trainings there.

The second thing that I would recommend in terms of free trainings is our "baseline training". If you're pushing and crashing all the time and you are not getting any consistency, you need to get your baseline sorted. So I've created a free training for you there as well. [CFShealth.com/baseline](https://CFShealth.com/baseline). And if you want proper help and you want to be in a likeminded community who have got accountability, who are getting coaching every week, where you can ask for questions to all our coaches, including everyone in our team, have a whole program, 25 hours worth of coaching videos, we cover everything. And in a very deep way, we had a, we had a gentleman join literally two weeks ago and he was on our Kickstarter call where we helped them prioritize what they need to focus on inside the program right now. And I said how are you finding the program?

And he wrote back in the chat box on zoom. He's like, "honestly, it's way better than I expected. It's so much more in depth than I was expecting". And that just goes to show the kind of content that we have in there. What you see on YouTube, what you see on our podcast, what you see on our Instagram is literally 1% of what you get in the program, because we can only provide you information.

You know, we're not working with you. So if you want us to work with you and actually help you every step of the way, we need to get to know you- we need to know your goals, we need to know exactly where you're at. And we can get more information and data to help you figure out exactly what you need to do right now, and then what you can do step by step as you start to get better, and as you start to progress and move forwards, because a new level requires different changes and a different approach. So go and apply for our online recovery program, if you are interested in getting proper help, and you want to have accountability, you want to get coached, and you just

basically want to improve your health and life and have a plan and fast track it. Because, you know, it's doable on your own, but it's just bloody tough and it's, you know, it's hard. What you're going through is hard enough. So to be supported and encouraged, and then guided in the right direction, from people who, who totally understand you is pretty amazing.

So you can go and apply for the program there- again, it's application-based. So make sure you fill it out properly. Tell us your goals, tell us where you're at and exactly what you need help with. And we'll reach out to you. We'll send you an information back on how our program works and from there we can get the enrollment process started.

So again, thanks so much for listening, hope you, found value. If you find this really helpful as well, it's always really, really useful. The more people that like it and comment and share on it,

the more people we'll be able to help and reach as well. That is our goal. All, all the best for now. Have a great day. We'll speak to you soon. Bye.