



# WHAT IS A LIFESTYLE PROGRAM?



## UNDERSTANDING LIFESTYLE PROGRAMS

A lifestyle program equips patients with the tools needed to naturally and effectively improve their health through dietary and lifestyle changes along with specific, targeted nutriceuticals. Patients participating in lifestyle programs work closely with their healthcare provider to continue managing their chronic conditions through any previously prescribed medicinal approaches, while also making targeted steps that can often result in significant improvements to their health. Doctors and healthcare professionals may direct patients to reduce their need for prescription drugs or propose new options for disease management as a result of a lifestyle program.

### TRULY EFFECTIVE LIFESTYLE PROGRAMS INVOLVE: DIETARY TRANSITIONS

Transitions are the systematic removal of foods which create inflammation, introduce toxicity, and inhibit normal body function, while providing the body with nutrient-dense foods that provide the raw nutrients and minerals needed to rebuild and restore the body on a cellular level.

### EXERCISE

Proper exercise is critical for establishing a healthy metabolism and fat-burning / detoxifying environment for the body. Regular exercise reduces stress, regulates hormones, reduces risk for chronic health conditions, and helps the body process and utilize the vitamins and minerals consumed in the diet. Learning the correct types of exercise needed for the body is critical for overall health.

### STRESS REDUCTION / MANAGEMENT

Stress is chemical, physical, and emotional. Dietary transitions and exercise help reduce and manage some of the chemical and physical stress placed on the body and the organs, but de-stressing and managing emotional forms of stress through guided steps helps to regulate hormones and allow the body to heal naturally and effectively while removing triggers for inflammation and disease.

### GUT REPAIR & DETOXIFICATION

The gut and liver are responsible for moderating your blood sugar and energy levels, your metabolism and ability to burn fat, your immune responses & inflammation, your hormone levels, and even your moods and sleep. Repairing damage done to the gut and liver is accomplished with nutriceuticals and dietary changes designed to help restore normal function. Detoxification is the body's natural process of eliminating foreign and natural chemicals from the body which inhibit and alter normal function. A special detoxification protocol aids the body in this process in ways that it cannot naturally do so.

The Foundations Program from Revitalize Health is a clinically proven lifestyle program that incorporates these critical elements in a truly effective formula. Patients exploring lifestyle programs often must rely on incomplete approaches to addressing these key areas and thus fail to accomplish their desired results. The Foundations Program manages all of these areas in perfect balance, enabling patients to quickly and effectively achieve the results possible through a program.



# 30 & 60 DAY ONLINE LIFESTYLE PROGRAMS



## KEY BENEFITS

It's never been easier to take the first steps toward resolving your declining health naturally and effectively. Revitalize Health is a leader in the field of functional gut repair and detoxification, working with healthcare professionals across the United States to provide premium lifestyle programs to clinics and patients who want to enjoy the benefits of a healthier lifestyle. Programs can be completed in 30 or 60 days or as an introduction to more advanced health programs offered by doctors and clinics.



### STEP-BY-STEP NUTRITIONAL AND LIFESTYLE CHANGES

We walk you through the dietary steps needed to eliminate foods that inhibit function, increase inflammation, and impair your health while also introducing healthy nutrition. You learn the concepts required to balance your body's hormones, chemicals, and enzymes naturally, which is critical for optimal health. Included are helpful recipes, shopping lists, meal plans, exercise tips, videos, and resources to make these changes easily and seamless.

### STREAMLINED ONLINE EDUCATION & RESOURCES

Our platform of health education helps you gain the insights needed for lasting change. Professional class videos from trained functional wellness experts and nutritionists give you instructions on how to make each step of your program and provide helpful tools backed by research and practice. A comprehensive catalog of patient questions & answers PLUS access to our health coaches ensure that you know exactly what to do and why you are doing it.



### PREMIUM, RESEARCH-BASED NUTRICEUTICAL SUPPLEMENTS

Our scientifically-backed supplements provide critical nutrients, vitamins, & minerals specifically designed to repair and restore organ function, improve gut health, naturally detoxify the body, reduce inflammation, and maximize the body's ability to absorb the benefits gained through nutrition. We ship the supplements direct to you with clear instructions about how and when to take them.

### ONE-ON-ONE SUPPORT AND ENCOURAGEMENT

Live support and coaching calls from our team of certified coaches ensure that you have the support and accountability to succeed in making these important steps for your health. We work with you to achieve your health goals and give you the direction that you need to reclaim your health naturally and effectively. We also monitor your progress each step of the way so you stay on pace with your program.





# WHAT IS INCLUDED WITH MY PROGRAM?



## 60-DAY FOUNDATIONS PROGRAM

Module 1	Before Your Program
Day 0	Welcome to Your Program
Days 1-2	Initial Tips & Pointers
Days 3-9	Understanding Your Days 1-7 Dietary Transitions
Days 10-14	Your First Set of Supplements
Module 2	Days 1-7
Day 1	Day 1 - Start Here
Day 2	Guidelines for Eating
Day 3	The Truth about Cholesterol

MY ACCOUNT  
ADDITIONAL RESOURCES  
FAQS  
CONTACT US

## WELCOME TO YOUR PROGRAM



PROGRAM DOCUMENTS  
[Welcome to Your Program](#)  
[SMART Goals and Achievements](#)  
[Foundations Program Exercises](#)  
[SEE ADDITIONAL RESOURCES FOR AN EXCERPT DEMO VIDEO](#)

[Back to Program Home](#)

## YOUR PATIENT EDUCATION PORTAL

Your program is outlined out step-by-step so you know what's next

**ORGANIC FOODS AND HEALTHY MEATS GUIDE**

**FOUNDATIONS PROGRAM (DAYS 8-14)**

**ORGANIC VS. NATURAL/CONVENTIONALLY GROWN PRODUCE AT A GLANCE**

ORGANIC PRODUCE	NATURAL OR CONVENTIONALLY GROWN PRODUCE
Grown with natural fertilizers (manure, compost).	Grown with synthetic or chemical fertilizers.
Weeds are controlled naturally (hand weeding, mulching, and tilling).	Weeds are controlled with chemical herbicides.
Pests are controlled using natural methods (birds, insects, traps) and naturally derived pesticides.	Pests are controlled with synthetic pesticides.

**REVITALIZE HEALTH RECOMMENDATION:**  
Always choose organic whenever you can provide. How your food is grown or raised can have a major impact on your mental and emotional health. Per all the research based in the above links, organic is the clear winner over conventionally grown and natural raised foods.

**Is organic food more nutritious than non-organic food?**  
The evidence is unclear. Some studies suggest that, on average, organically grown fruits and vegetables contain higher concentrations of some trace minerals and antioxidants, phytonutrients, and vitamins than conventionally grown produce.

**However, other studies have found no nutritional differences between organic and non-organic foods, but nutritional content is not the main issue as we will address in the coming pages.**

## INSTRUCTIONAL VIDEOS & DOCUMENTS

Engaging content that instructs, challenges, and equips you for success

**REVITALIZE HEALTH**  
**ADDITIONAL RESOURCES**

These helpful videos and tools extend your Foundations Program by offering additional health insights, practical tips, and explanations that aid you in creating a healthy lifestyle and receiving the most out of your program.

**Quick & Easy Asian Beef & Cabbage**  
**COOKING CLASS #1**  
Asian Beef and Cabbage  
This is one of our favorite dishes! Not only does it incorporate some delicious ingredients, but it's also packed with protein, fiber, and coconut oil. It also provides lots of great flavor with just a few simple ingredients. Double or triple what the recipe calls for if you plan to have extra on hand for leftovers, as this recipe can be used for all dietary transitions except during the detox.

[DOWNLOAD THE RECIPE](#)  
[AsianBeefAndCabbage.Recipe.pdf](#)

## EXPANSIVE RESOURCES & HEALTH EDUCATION CONTENT

Each module includes additional resources that give practical advice and deeper health insights



### FOOD/NUTRITION FAQS

#### FAQ SECTIONS

FAQ Home

General FAQs

Food/Nutrition FAQs

Supplement FAQs

Dietary Transitions FAQs

Detox FAQs

Health & Symptom FAQs

What basics should I buy to get started?

Do I have to purchase only organic foods?

My refrigerator is full of non-organic/ not so healthy foods, should I throw them away?

What if I can't find organic produce?

If it's very possible to buy organic, you can visit the Dirty Dozen / Clean Fifteen guide to see which produce should be avoided (dirty) closest and which produce is acceptable, even if not organic (clean). [Learn More](#)

If organic produce is not available at your local grocery store and you have to buy regular produce, make sure you wash your produce in 4 lemons of 1 Tbsp apple cider vinegar and 1 cup of water. Soak for 5 minutes, stirring occasionally. [Learn More](#)

## ACCESS TO OUR PROGRAM FAQ DATABASE

Patient questions are answered in our database so you can quickly understand your program steps or how to handle unique questions you may have

## HELPFUL ADD-ONS TO TAKE YOUR PROGRAM FURTHER

Demonstration videos, guides, lists, recipes, and other exclusive resources



## PREMIUM, RESEARCH-BASED NUTRICEUTICALS

Our proprietary supplements deliver very specific, targeted health benefits that help you reclaim your health



## HOW DO I GET STARTED WITH A PROGRAM?

Starting a program through Revitalize Health is easy and simple! Discuss how you can take advantage of this groundbreaking program with your doctor or healthcare professional following the five easy steps below:

### STEP 1: REGISTER THROUGH YOUR PROVIDER

Foundations Programs are only available through a participating doctor or healthcare professional. Our partner clinics work with our staff of functional health professionals and certified coaches to offer premier lifestyle programs to patients. Register today with your doctor or healthcare provider's office to gain access this unique program.

### STEP 2: LOGIN TO YOUR ACCOUNT ON REVITALIZEHEALTH.COM

Upon registration, Revitalize Health will email you credentials to access your program materials and online patient education portal. We also ship specialized nutriceuticals direct to you along with instructions about how and when to take them. Your supplements and program material follow a specific outline for either the 30 or 60 day program prescribed by your provider.

### STEP 3: START YOUR SUPPLEMENTS AND PROGRAM MATERIAL

Once you receive your supplements, you will begin taking them and implementing the dietary and lifestyle changes associated with your program. We discuss these in detail before you even begin, then give you frequent reminders about what steps you should be taking and provide you with the resources to complete each step. The first phase of your program will focus on gut repair and the second half will focus on detoxification.

### STEP 4: DISCUSS PROGRAM STEPS AND QUESTIONS WITH YOUR COACH

Our team walks through your program with you. You schedule calls with dedicated team members who help you understand your program and provide you with tailored counsel and feedback to succeed in your program. You have the support needed to achieve your goals.

### STEP 5: REPORT BACK TO YOUR PROVIDER FOR NEXT STEPS & FOLLOW-UP

Before the end of your program, you'll schedule a follow-up appointment with your referring doctor or healthcare provider to discuss program results, schedule any labwork or testing, and prepare for the next steps in successfully managing your new healthy lifestyle.