

EAT WELL - MOVE WELL - THINK WELL®

Living the Innate Lifestyle™

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New Studies Prove Effectiveness of Innate Lifestyle Plan Approach for All Chronic Conditions

Bredesen, D.E. et al. (2018) Reversal of Cognitive Decline: 100 Patients J Alzheimer's Dis Parkinsonism Vol 8 Issue 5: 1-6

Bredesen, D.E. (2014) Reversal of Cognitive Decline: A Novel Therapeutic Program AGING, Vol 6 No. 9: 707-717

*Two recent studies have shown the incredible power of the Eat Well – Move Well – Think Well® 'address the lifestyle causes' approach to recovery, wellness, and prevention for virtually all chronic illnesses.

QUOTE BOARD:

"Just as for other chronic illnesses such as atherosclerotic cardiovascular disease, the goal is not simply to normalize metabolic parameters, but rather to optimize them."

"For each network component, the goal is to address it in as physiological a way, and as far upstream, as possible [address the lifestyle cause]."

What You Need to Know:

The clinical intervention protocols described in these studies very closely mirror those provided in the on-line Eat Well – Move Well – Think Well® 90 Day Innate Lifestyle Plan - including the Innate Choice Essential Nutrient System!

As I have documented in my book 'Live Right for Your Species Type', the causes of chronic illnesses and the metabolic changes that define them are all determined by lifestyle choices that determine the expression of genes.

How we eat, move, and think determines which genes get expressed or 'activated' and this determines our metabolic states such as stress hormone levels, inflammation, immune function, insulin sensitivity and blood sugar levels. In turn these metabolic states determine whether or not we develop diabetes, obesity, heart disease, cancer, cognitive decline, sexual decline, digestive issues etc.

Your health is synonymous with your metabolic state which is the genetic expression of how you eat, move, and think!

What You Need to Do:

Whether you want to maximize your recovery from chronic illness, prevent future illness, or maximize your health and quality of life there is only ONE fad-free and fool-proof solution – 'Live Right for Your Species Type'.

Enroll in the Innate Lifestyle Plan and get results. It has worked for others and it will work for you! Ask your practitioner or visit www.eatwellmovewellthinkwell.com and sign up today.



Brought to you by: Elev8 Chiropractic

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