

5 EASY STEPS TO REVOLUTIONIZE YOUR HEALTH

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"The doctor of the future will give no medicine,
But will interest his patients in the care of the human frame,
In diet and in the cause and prevention of disease."

Thomas Edison

A VIDEO WELCOME GREETING JUST FOR YOU!

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Did you know that research shows that less than 3 percent of Americans meet the basic qualifications for a “healthy lifestyle?”

(Mayo Clinic Proceedings)

Today I’m going to show you...

- How to get started.
- How to rate your own health.
- How to be healthy and stay healthy.

The 5 Easy Steps to Revolutionize YOUR Health

Join the millions of people out there who want the same outcome, but don’t have the time to weed through the oodles of information and try to figure it out. YOU have come to the right place, so let’s get start.

Step Number 1: Clarify Your Vision

Learn 7 of the most effective ways to quick start health

Step Number 2: Create Your Strategy

Rate your health quotient and begin your quest

Step Number 3: Upgrade Your Skills

“Your greatest wealth is your health”

Step Number 4: Optimize Your Environment

What’s in your pantry?

Step Number 5: MASTER YOUR SUCCESS!

Release the doubt. Build the confidence. Inspire others.

To be healthy is a lifestyle, not a fad or a special diet.

STEP NUMBER 1

Clarify Your Vision

Find it | Believe it | Then LIVE IT!



You **CAN** Achieve Health
But...

Do you know what **healthy** looks like?

Learn what you need to know to get started in this

Easy-to-read guide to improve your health starting today.

These next 7 quick-start tips made all the difference for me when I began my health journey. Putting them into practice motivated me to even write my own book **Health, Healing and Hope...** but stay tuned till the very end to learn how my quest for health really got started.

By Christina Hall

7 Effective Ways to Quick Start Health

“Their fruit will be for food and their leaves for medicine.” *Ezekiel 47:12*

1. **Let your food be your medicine** Know that nutrition for the body can always be improved. Eat more FRUITS and VEGETABLES and avoid Genetically Modified foods as much as possible. Try to avoid soft drinks, sugar, artificial anything and processed food. The more you do, the easier it will be because your body begins to crave healthy, really!

“Let food be your medicine and medicine your food.” *Hippocrates*

2. **Detoxify** Consider anti-microbial therapies to address unseen parasites, fungus, viruses, and bacteria in the body. Most people believe detoxifying is for other people, but I am speaking to all of us because most of us have these unseen bugs.
3. **Strengthen your energy levels** Get quality sleep which improves brain function, get your hormone levels checked and balanced as well as your nutrient levels, oxygenate the cells, and rid toxins in your body using different therapies such as myofascial release, acupuncture, chiropractor adjustments and others.
4. **Heal your emotional wounds** Let go of the past, FORGIVE others, control your stress, and understand the relationship between emotional wellbeing and biological conflict.

“Bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.”

Nathaniel Hawthorne

5. **Biological dentistry** Do you have metal toxicity from amalgam fillings or root canals? Scientific research proves that metal toxicity can affect the brain and cause disease and also go into the blood stream.
6. **Improve your immune function** Not only should we stay away from GMOs and eat organic, but if we start to enjoy herbs and vegetables, spices, herbal teas, nuts, seeds and even mushrooms, we will begin to optimize our system and reduce our toxic load. Supplementing with vitamins and creating power smoothies can help.
7. **Remember that Prevention is Better than Cure** Make these efforts and start thinking about using non-toxic chemical products for the home such as: cleaning supplies, shampoos, soaps, hair dyes, cosmetics, laundry detergent and more. And don't forget to find a good doctor who believes as you do, someone who is proactive, not reactive when it comes to your health!

STEP NUMBER 2

Create Your Strategy



What's your **BIG PICTURE** outcome?

Weight loss, lower blood sugar, or maybe just overall health

Begin your quest to create better health for yourself

Discover Your Health Quotient

By using these next 4 benchmarks tools



Blood Pressure

Blood pressure is the pressure of blood in your arteries. The higher the blood pressure, the greater the risk for developing narrowed arteries. This can lead to heart problems, kidney disease and strokes. Blood pressure can be lowered by making changes to your lifestyle like diet, exercising and losing weight.

Blood Pressure	Optimal	Normal	High Normal	Hypertension
Systolic	Less than 120	Less than 130	130-139	140 or higher
Diastolic	Less than 80	Less than 85	85-89	90 or higher

“In a disordered mind, as in a disordered body, soundness of health is impossible.” *Cicero*

Less than 3 percent of Americans meet the basic qualifications for a “healthy lifestyle,” and among affluent countries’, health in the United States came in **DEAD LAST**.



Blood Sugar

Continuously **high blood sugar** can damage your blood vessels and nerves which can lead to loss of vision, kidney disease, and nerve problems throughout the body.

BLOOD GLUCOSE CHART				
	Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal		80-100	170-200	120-140
Impaired Glucose		101-125	190-230	140-160
Diabetic		126+	220-300	200 plus

Studies conducted over the past 20 years show that plant-based and *Mediterranean diets* increase longevity and health, helping you work longer (if you want), save more toward retirement, and spend less on health care later on.



Body Mass Index (BMI)

BMI uses your height and weight values to determine your risk for weight-related concerns. The lower your BMI, the lower your risk for health problems.

$$\text{BMI} = \frac{\text{Weight in pounds} \times 703}{\text{Height in inches} \times \text{Height in inches}}$$

“Healthy citizens are the greatest asset any country can have.”

Winston S. Churchill



Heart Rate

To determine your MAXIMUM HEART RATE (MHR) in exercise:

- **$220 - \text{your age} = \text{Your MAXIMUM HEART RATE}$**

To determine your MINIMUM HEART RATE in exercise:

- **$\text{Your MAXIMUM HEART RATE} \times .50 = \text{Your Minimum Heart Rate}$**

Now rate yourself using the...
Personal Health and Wellness Assessment

My Personal Health and Wellness Assessment

Here are the benefits:

- Creates a baseline for healthy wellbeing
- Creates a basis for potential lifestyles changes
- Prepares and encourages healthy weight and lifestyle
- Identifies needs and deficiencies in diet and nutrition
- Develops a personal results-oriented program

Complete the following:

1. My Body Mass Index (BMI) _____
2. My Weight _____
3. My Blood Pressure _____
4. My Blood Sugar _____
5. My Cholesterol Level _____
6. My Maximum Heart Rate _____
7. My Minimum Heart Rate _____

Rate yourself. Using the scale 1 (low) to 10 (high), rate the following:

8. Physical Health _____
9. Mental Health _____
10. Spiritual Health _____

Add these three scores and divide by 3 to rate your wellbeing below

What is your health quotient? _____

Today's Date: _____

STEP NUMBER 3

Upgrade Your Skills



Lead a Healthier and Happier Life

Let me help you “upgrade” your health IQ by at least 10 points simply by defining for you what GMOs really are.

You probably eat GMOs every day. A genetically modified organism or GMO is an organism whose DNA has been changed and genetically engineered to contain an insecticide. GMOs are created to resist pests, herbicides, harsh weather and improve a product’s shelf life. Imagine what they can do to your body!

Genetically modified food has been on the market since the early 1990s. In the U.S., GMOs are in as much as 80% of conventional processed food. Organisms that have been modified already include plants, fish (farmed salmon), mammals, yeast, bacteria and insects. High risk crops include: canola, corn, cotton, papaya, soy, sugar beets, zucchini, squash and more every month.

Did you know that here is no labeling required. 91% of American consumers want GMOs labeled. GMO ingredients are labeled throughout Europe and in most of the world’s industrialized nations; however, it is not mandated in the U.S.

GMOs have never undergone standard safety testing on humans. The Organic Consumer Organization says that GMOs have been linked to thousands of toxic and allergenic reactions, thousands of sick, sterile, and dead livestock, and damage to virtually every organ and system studied in lab animals including cancerous tumors.

GMOs cause health problems. The incidence of Celiac Disease alone in children increased by 1566% between 1990 and 1999 and 1170% between 2000 to 2009! Diabetes has gone from around 8 million Americans affected in 2006 to around 20 million in 2011. Do you think there is a correlation?

GMOs threaten our food security. GMO seed spreads in the air and can affect non-GMO fields. Many times the GMO seed fails to produce, which affects farmers' income and food availability. The seed increases the use of pesticides, insecticides and other chemicals. GMOs are also believed to be affecting our bees and their ability to pollinate plants.

Good news...You have options! Shop non-GMO certified food and organic food when possible or plant your own garden. For a shopping guide, go to: www.NonGMOShoppingGuide.com.



Now You Know

In order for the brain, heart, organs, and everything else in between to function properly, **ESPECIALLY AS WE AGE**, we need nutrients and lots of them. With the quality of food we eat today, we need to supplement to get all of these essential minerals, vitamins, amino and fatty acids. Without them, we welcome disease such as dementia, Alzheimer's, cancer and more. Here they are:

60 Essential Minerals

Calcium	Magnesium	Phosphorus	Potassium	Sodium
Chloride	Sulfur	Cobalt	Copper	Aluminum
Arsenic	Barium	Beryllium	Boron	Bromine
Carbon	Iodine	Iron	Manganese	Selenium
Zinc	Cerium	Cesium	Chromium	Dysprosium
Erbium	Europium	Gadolinium	Gallium	Germanium
Gold	Hafnium	Holmium	Hydrogen	Lanthanum
Lithium	Lutetium	Molybdenum	Neodymium	Nickel
Niobium	Nitrogen	Oxygen	Praseodymium	Rhenium
Rubidium	Samarium	Scandium	Silica	Silver
Strontium	Tantalum	Terbium	Thulium	Tin
Titanium	Vanadium	Ytterbium	Yttrium	Zirconium

16 Essential Vitamins

Vitamin A	Vitamin B1 (Thiamine)	Vitamin B2 (Riboflavin)	Vitamin B3 (Niacin)	Vitamin B5 (Pantothenic Acid)
Vitamin B6 (Pyridoxine)	Vitamin B12 (Cobalamin)	Vitamin C	Vitamin D	Vitamin E
Vitamin K	Biotin	Choline	Flavonoids & bioflavonoids	Folic Acid
Inositol				

12 Essential Amino Acids

Valine	Lysine	Threonine	Leucine	Isoleucine
Tryptophan	Phenylalanine	Methionine	Histidine	Arginine
Taurine	Tyrosine			

3 Essential Fatty Acids

Omega 3 (EPA, DHA, (LA)	Omega 6	Omega 9
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One Easy Way to Supplement

Dr. Bill Sears recommends that you get 7 to 13 servings of raw fruits and vegetables each day. The benefits of getting enough fruits and vegetables into your diet promote:

- Stronger immune system
- Healthier gums
- Slows down the effects of aging
- Healthier skin
- Protection against heart disease
- Reduction of inflammation



What about making a smoothie every morning? No, I'm not crazy. You can add a lot of healthy ingredients into smoothies to get those needed nutrients. Add a **yummy Banana-Coconut Chai Tea Latte smoothie** to your morning routine.

My Smart Smoothie Recipe: Banana Chai Tea Latte



Ingredients:

1. 1 banana
2. 1/2 C. chai tea Latte
3. 1/2 tsp. Brewer's yeast (B vitamins)
4. 1/2 tsp. turmeric
5. 1 tsp. flax or chia seed
6. 1 tsp. of coconut flakes
7. 1 scoop of your favorite non-GMO protein powder
8. Favorite fruits (i.e. berries)
9. Favorite vegetables (i.e. spinach)
10. Almonds or walnuts
11. Coconut milk
12. Dash of cinnamon, cloves
13. Yogurt and anything else healthy you enjoy!

Instructions: Put each ingredient (preferably organic) into your blender and then add coconut milk to fill. Mix, pour into your beautiful glass and add a sprinkle of cinnamon on top. So healthy! Coconut is currently being studied for its effects on Alzheimer patients. Chai tea is said to improve digestion, help the immune system and fight inflammation and we know fruits and vegetables keeps us younger, so drink up!

“The Greatest Wealth is Health.”

Virgil the ancient philosopher

Studies conducted over the past 20 years show that plant-based and Mediterranean diets increase longevity and health, helping you work longer (if you want), save more toward retirement, and spend less on health care later on.



“Financial security and health are strongly related to personal happiness and to one another. The ancient philosopher, Virgil, was once quoted as saying, *“The greatest wealth is health.”* In other words, health is as much of an “investment” as stock or bonds. An unhealthy life is an unattractive situation, no matter how much money a person has. It, therefore, makes no sense to destroy your health in the process of accumulating money and, in turn, reduce your earning ability due to poor health. Both health and wealth require proactive action and are jeopardized by simply doing nothing.

Healthy lifestyle choices, such as proper diet and exercise, increase the odds of living a long and healthy life. People who live longer have more time to grow their savings through the awesome power of compound interest. If someone continues to grow their money between, say, ages 75 and 90, instead of dying in their mid-70s, their survivors and heirs will be in a much better financial position.”

(The Financial Impact of Improved Health Behaviors, Rutgers.edu)

Try These Indispensable Health Resources Without Spending a Dime



Want to continue your journey for healthier living naturally,
Check out our blog and subscribe to our **FREE** newsletter.

<https://homeremedies4mom.com>.



We are all about what IS holistic, environmentally friendly, and good for family
health. Find recommendations for like-minded consumers.

<https://healthyliving.directory>

But keep reading for your 3 Incredible **FREE** Gifts Offer

...and Step #4

STEP NUMBER 4

Optimize Your Environment



The Smart Way to Stock Your Kitchen Cupboard

Where do you grocery shop? How do you shop? Let's start with a pantry makeover! If you are going to start eating healthier, you have to evaluate, revamp, and reconstruct your pantry. Next time you go to the grocery store, try to hang out in the fresh foods section instead of buying boxed food. This is hard at first, but it will get easier over time and believe it or not you start to crave healthier food.

Ask Yourself These Questions

1. In a typical week, how many times do you cook at home?
2. In a typical week, how many times do you eat at fast food and/or casual dining restaurants?
3. In a typical day, how many servings of fruit, such as an apple or a banana, do you eat?
(1 serving = $\frac{1}{2}$ C.)
4. In a typical day, how many servings of vegetables, such as a tomato or green beans do you eat?

5. When you buy fruits and vegetables, which do you buy more of? Fresh / frozen / canned
6. In a typical day, how many servings do you drink? (1 serving = 8 oz.):
 - Water
 - Juice
 - Soda
 - Milk
 - Other
7. Where do you shop for food? supermarket / warehouse chain / farmer's market / organic market / other
8. Which of the following do you consider when preparing food? (circle all that apply)
 - Flavor
 - What my child wants
 - Convenience
 - Availability
 - Cost
 - Nutrition
 - Other:
 - Don't really think about it.
9. Before buying, do you read the nutrition labels? 100% / 75% / 50% / 25% / Never
10. What are the reasons you are reading this book? (circle)
 - Healthier life style
 - Eating healthier/Portion control
 - Keeping my weight down
 - Want to learn about nutrition
 - Grocery shopping strategies
 - How nutrition/health can improve my memory and health
 - What's in the food we eat
 - Other: _____

How to Start

1. **Identify “good foods” to purchase:** everything organic (especially wheat and rice), fruits, and vegetables, oils such as olive, coconut and grapeseed, Alaskan caught salmon (omega 3), eggs, small portions of lean meat with out hormones, beans, nuts, seeds and legumes, tea. Dark chocolate is a “good food” purchase.
2. **Identify “bad foods” to avoid:** anything with sugar, soft drinks, chips, diet food and drink, cakes, pastries, bacon, ham, hot dogs, processed meats and boxed foods. Non-food items include: hydrogenated oil, MSG, Aspartame, HVP, BHA, BHT, Acesulfame Potassium, nitrates, additives, coloring, and fructose corn syrup.

Nice to Know: Guide to Buying Organic

Dirty Dozen or top fruits and vegetables to buy organic because of pesticides:

Apples, celery, cherry tomatoes, collard greens, cucumbers, grapes, hot peppers, kale, nectarines, peaches, potatoes, snap peas, spinach, strawberries, and sweet bell peppers

Clean 15 or the lowest in pesticides:

Asparagus, avocado, cabbage, cantaloupe, cauliflower, grapefruit, eggplant, kiwi, mangoes, onions, papayas, sweet corn, sweet peas, sweet potatoes

Your New Grocery List Makeover:

- Tomatoes
- Bell peppers
- Broccoli
- Garlic
- Celery
- Carrots
- Avocado
- Berries
- Bananas
- Oranges
- Melon
- Spices
- Whole grain bread
- Oats
- Lean cuts of meat
- Beans
- Wild caught salmon
- Greek yogurt
- Olive oil
- Sweet potatoes
- Cottage cheese

Now Let's Plan Your Next Healthy Meal...

Weekly Meal Schedule

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

American physician Caldwell Esselstyn, and professor of nutritional biochemistry T. Colin Campbell, creators of the documentary Forks over Knives, both claim that:

“Many diseases, including obesity, cardiovascular diseases, and cancer, can be **prevented** and treated by eating a whole food, plant-based diet, avoiding processed food and food from animals.”

Forks Over Knives

STEP NUMBER 5

Master Your Success!



Release the Doubt and Build Your Confidence

What I didn't tell you was how my own quest began. It started when my daughter suddenly developed a heart condition. I knew right then that I would do whatever it took to make her healthy again. Together we accomplished just that, because today she is a healthy young lady. Since then, my passion for preventative health has only grown and my researching never stops.

When I started my quest for a better quality of life, my kids told me I was crazy, especially about GMOs, LOL! But guess what? My whole family is now on the bandwagon. My kids actually are shopping and eating smarter after all the complaining and I couldn't be happier! You too can be the torchbearer in your family and share the single most effective ways to get healthy FAST.

It's Time to Develop YOUR Own Success Plan...So Grab a Pen.

My Success Plan



My Top 5 Health Goals for The Next Year:

1. _____
2. _____
3. _____
4. _____
5. _____

MY FIRST 3 STEPS I CAN START TODAY:

1. _____
2. _____
3. _____

Now continue your journey with me to even better health beyond these pages, and I will give you 3 Incredible FREE gifts today!

Here's My **IRRESISTIBLE** Offer...

With a no-risk, money-back guarantee!



[Click here to hear a message from Christina](#)

Purchase just one product today!

Receive these **3 FREE** gifts as a thank you.

Free Gift #1

- ✓ Special Info Graphic 14 Ways to Be Healthier and Happier TODAY!

Free Gift #2

- ✓ My EBook Health, Healing & Hope which hit #2 on Amazon in the Healthy Living category!

Free Gift #3

- ✓ A one hour introductory health coaching session

Finally, YOUR Incredible Opportunities...

Package A

Dr. Bill Sears' Healthy Living e-Workshop - L.E.A.N

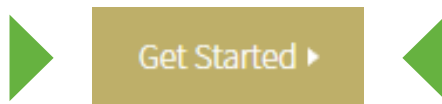


Healthy-e-Workshop L.E.A.N Start™ (Lifestyle, Exercise, Attitude, Nutrition) While most nutrition education programs target children, this program is one of the first to be uniquely designed for parents and caregivers. It includes handouts, videos, activities and even recipes for parents of young families. These sessions address: Traffic Light Eating & Portion Control, Breakfasts, Grains, Veggies & Fruits, The Skinny on Fat, Power Up with Protein & Play, Watering Your Body and more. Six online sessions.

"To make a significant change in the health of our children, we must emphasize the role parents play in modeling healthy behavior, and educate parents on the benefits and principles of nutrition because they are responsible for grocery shopping, preparing meals, and shaping children's tastes," Dr. Sears

Regularly priced at \$299

This INCREDIBLE Offer is just \$199!



TODAY ONLY!

OR

Package B

Dr. Bill Sears' Healthy Living e-Workshop - Prime Time



Healthy-e-Workshop Prime-Time Health™ Prime-Time Health is for those who want to take charge of their health, prevent disease, avoid disability and spend money on something other than doctors. This e-Workshop is your road map to a lifestyle filled with health, happiness, and vitality. Whether you are a forty-year-old in the prevention mind-set or a prime timer already in repair mode, this online is for you! It includes: Ten online sessions with handouts, activities and optional discussion forum.

"To make a significant change in the health of our children, we must emphasize the role parents play in modeling healthy behavior, and educate parents on the benefits and principles of nutrition because they are responsible for grocery shopping, preparing meals, and shaping children's tastes," Dr. Sears

Regularly priced at \$299

This INCREDIBLE Offer is just \$199!



TODAY ONLY!

OR

Package C



Presents

“RAPID CHANGE”

One-On-One Coaching

PREMIUM PACKAGE

We help ordinary people obtain their greatest wealth, which is our health, and now you can finally get a return on your investment with these exclusive offers available today only and begin living the healthier and happier life you desire!

Three Months, One Hour, Once a Week

BETTER HEALTH - MORE VITALITY

What do you want to change?

Now You Can Finally Have Success!

Today only \$999



By Christina Hall

Today's decision can create a **Healthier** tomorrow. Speed up your success with our **"Rapid Change" Coaching Program**.

You will...

- Create a crystal clear vision for the healthy person that you want to be.
- Uncover hidden challenges that may be sabotaging your success.
- Receive the tools and information to help you reach your goals.
- Get the support needed. Very few people achieve anything great alone, even sports stars have coaches!
- Be renewed, reenergized and inspired to finally live a healthier life.

As the coach, I will...

- Make learning about nutrition simple and fun.
- Be compassionate, inspiring and nonjudgmental.
- Base everything on solid science with medical doctors behind us.
- Educate, motivate, and guide you to achieve your personal health goals.
- Provide general wellness and nutrition information.
- Empower you to establish healthier routines for lasting wellness.
- Provide a support system so that you can accomplish your goals.
- Teach you how to become self-sufficient when it comes to healthy living.
- Remember, we do not diagnose disease or provide medical treatment.
- Follow our plan and you have a recipe for success!



Purchase just one product and receive
3 FREE Gifts TODAY!

This is a No Risk, Limited Time Offer with a Money-Back Guarantee

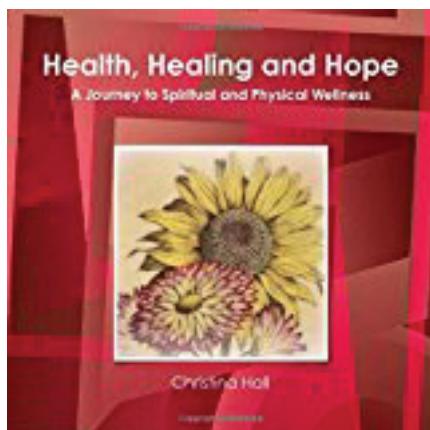
You'll love the outcome!

Christina

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If You're Looking for Further Reading on health, Please Pick up One of My Books on Amazon.

Health, Healing and Hope



Healthier Living Naturally



Book Reviews

Read the book and had a class with Christina in 2014. She is very knowledgeable, and truly wants to see people lead healthier lifestyles. I enjoyed the information she has provided me, and appreciate her efforts to educate the public on natural health. I know from experience, that the only way to spread this knowledge is by word of mouth or from person to person. Unfortunately, this information isn't widely dispersed in the media, and many people are left in the dark, so it is refreshing to see people like Christina trying to spread this information on a local level.

This book concisely brings together current nutritional findings and healthy lifestyle practices, so that the reader can immediately begin to use this information in his/her daily life. I was impressed at the many healthful suggestions the author fit into this one small book. Very inspiring.

This book was well written with sound information about holistic health. Over the years, I have applied many of the methods in the book successfully. Christina does a great job blending all aspects of health by emphasizing the spiritual, physical and emotional. I love the illustrations, as well.

I have purchased multiple copies of this affordable and attractive book to give as gifts. It is thoughtfully written and covers a multitude of health and wellness issues with a holistic approach. We are created by God in his image, and we are to take good care of our bodies, minds and souls. This book offers great encouragement and practical ways to do just that.

This book includes so many tips and ideas on, not only how to live a healthier life, but also includes home remedies when you are not feeling the best. It is a great reference book in regard to using essential oils, apple cider vinegar (includes a healthy drink recipe), spices, and so much more. I ordered the Silver Sol to use as a natural antibiotic when we felt illness coming on and it works. I appreciate all of the information packed into one little book. The information is broken up into small sections so it is easy to refer back to something for which you are looking. Definitely worth the purchase!