

*“Obesity is not only an epidemic, but arguably the gravest and most poorly controlled public health threat of our time. It is a genuine crisis, taking years from life, and life from years. We don’t take it seriously enough because it is a calamity in slow motion. If a natural disaster caused this much damage, **it would rank among the worst of all time**”*

“We bog down in debates about whether this is a matter of personal responsibility or public policy, instead of accepting it is both and doing all we can to put an end to the crisis”

“We also act as if obesity is complex and needs endless research into causes. This is not rocket science.

Diet is the most important factor for weight control”

Dr. David Katz, Professor of Preventive Medicine, Physician,
Director of Yale University’s Yale-Griffin Prevention Research Center,
author of ‘Disease Proof’ and an expert on Obesity.

LONGEVITY: The Centenarian cultures eat a plant-based wholefood diet

Okinawa *Japan*

Loma Linda *USA*

Abkhazia *Russia*

Longevity Village

Bapan *China*

Costa Rica *N. America*

Sardinia *Italy*

Hunza *Pakistan*

Ikaria *Greece*

Nagano *Japan*

Vilcabamba *S. America*

They have:

- ✓ The longest lifespans
- ✓ The lowest rates of disease
- ✓ The lowest use of medication

They eat around **90% fruit, vegetables, nuts, seeds, wholegrains and legumes**

The Western Diet

- **2,500+** calories daily
- **95%** cooked
- **70%** sugar/fat-rich foods
- Low nutrient intake
- High coffee intake
- High alcohol intake
- **10%** vegetables/fruit
- **2%** leafy greens
- Near **ZERO** fibre (**5g**)
- Near **ZERO** good fats
- **25%** meat
- **ZERO** good soy
- **ZERO** sprouts/fermented
- Sedentary Indoor lifestyle
- **Breast Cancer 1 in 12**

The Centenarian Diet

- **1,900** calories daily
- Raw, cooked, soaked, sprouted & fermented
- Nutrient-rich diet
- Low/different coffee/alcohol
- **40%** vegetables/fruit
- **32%** wholegrains
- High fibre (**60g**)
- High nuts/seeds/avocado
- **2%** meat / **11%** fresh fish
- **12%** trad. soybean foods
- **80%** carbohydrates...
- **Legumes** daily
- Walk Outside Everywhere
- **Breast Cancer 1 in 1,000**

After studying the worlds oldest & healthiest people for almost 40 years, the **Okinawa Centenarian Study Researchers** said:

“Never in the history of nutrition research has the evidence been more clear and consistent. A ‘wholefood carbohydrate, low calorie, plant-based diet’ is the best for long term health. There’s no doubt about it anymore, despite what you might have read in books advocating low-carb, high-animal-protein diets”



“Liver disease is up 40% and liver cancer is up 70% in 10 years. Liver disease symptoms may only appear when changes are irreversible. Most people who die of liver disease don’t realise they’ve got it until a very late stage. They can’t be saved. Liver disease has gone from being a rare disease to one seen in every hospital. More than 1 in 10 die from liver disease in their 40s...”

Professor Julia Verne, 2014.



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*“The relationship between blood pressure and risk of cardiac events is **continuous, consistent, and independent** of other risk factors. The **higher** the blood pressure, the **greater** the chance of heart attack and heart failure”*

*“Hypertension precedes the development of heart failure in approximately **90%** of patients and increases risk for heart failure by **200%-300%**. Treatment of hypertension starts with **lifestyle changes**”*

Dr Tilak Suvarna, Interventional Cardiologist,
Head of Cardiology, Asian Heart Institute.



SUMMARY: Our Modern Challenges

- Thinking our genes are to blame
- Being uneducated on health ('Carbs are bad'? 'You need to eat meat for protein'? Really...?)
- Eating the worst sorts of food (modern diet)
- Eating too much food (first generations in history)
- A weakened & constipated gastrointestinal system
- Alcohol, caffeine, stimulants, depressants, addictions
- Not moving our bodies enough
- Being busy, financially stressed or constantly plugged-in
- Losing touch with our genuine life priorities
- Obsessively looking for the 'quick fix wonder pill'
- An ongoing lack of quality sleep



Exceptional Health Tips

- Understand you are NOT your genetics
- Attitude: Intervene in your own diet, lifestyle and environment
- Be prepared and change your environment
- Alter shopping baskets, cupboards, fridges
- 30 years of crap food IS NOT FIXED by one month on green smoothies...
- Remove the antagonists (coffee, alcohol, sugar, cola, meats, stimulants, addictions)
- Walk – Sprint – Climb – Swim – Stretch
- Increase beneficial habits (good sleep, routine, more vegetation, movement, relaxation)
- Respect your microbiome

Exceptional Health Tips

- Learn & Practice Regular Intelligent Fasting®
- A balanced plant-based wholefood diet of seasonal fruits, vegetables, nuts, seeds, wholegrains & legumes
- Maybe what you “cannot live without” is exactly what is keeping you sick...
- Treat Sleep like GOLD (bed before 10pm)
- Give up coffee → even just 3 months
- Keep alcohol for very special occasions (or give it up for a period - or for good!)
- Make H.A.P.P.Y. choices as stress kills joy, your cells, inspiration, passion & your soul
- Work with us on the **lifeplan**® for inspiration, support, coaching, recipes and education

The Final Word on Genetic Expression

The 100-year 1913-2012 study by the University of Gothenburg said:

“Hereditary factors don’t play a major role. Lifestyle has the biggest impact. We do not inherit mortality to any great extent, but instead it is the sum of our own habits that has the biggest impact”

Harvard Cancer Specialist Dr. Michelle Holmes said:

“The genes have been there for thousands of years, but if cancer rates are changing in a lifetime, that doesn’t have much to do with genes”

“Despite what you hear in the media, the science of healthy eating is well-established and the evidence is incredibly consistent - across years, across cultures, across everything. Instead of following the fads, shift to a diet around plant-based foods to live healthier and experience less chronic disease”

Dr. David Katz, Professor of Preventive Medicine,
Physician and Director of Yale University's Yale-Griffin
Prevention Research Center, author of 'Disease Proof'.





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OUR MISSION

‘To sustainably educate, inspire and support change that will transform the health, vitality and longevity of people all over the world’

HOW DO WE DO THIS?

*By teaching you how to live a long healthy life
- free from drugs and disease*