



Prevent, Arrest and Reverse Heart Disease, Cancer and Diabetes:

Sharing the good news!



Heart Disease: Cardiovascular disease (CVD) describes diseases of the heart and blood vessels, such as high blood pressure, coronary heart disease (CHD), heart failure, stroke, and congenital defects.

Current Methods: Medications, Bypass Surgery, Angioplasty and Stents

Good News: You can prevent, arrest and reverse heart disease by doing the [below](#).

Cancer: Uncontrolled growth and abnormal cellular development results in neoplasm. Benign tumors are harmless and consist of ordinary looking cells enclosed in a fibrous shell or capsule that prevents them from spreading. Malignant tumors are not enclosed in a shell and can spread to other organs in a process called metastasis. Malignant cells disrupt RNA and DNA, producing mutant cells.

Current Methods: Surgery, Chemotherapy and Radiation.

Good News: You can prevent, arrest and reverse cancer by doing the [below](#).

Diabetes: Diabetes is characterized by a persistently high level of sugar (glucose) in the blood. Type 1 diabetes is an immune disorder (immune system attacks and destroys insulin-making cells in the pancreas). Type 2 diabetes is a metabolic disorder in which the pancreas does not make sufficient insulin or body cells are insulin resistant.

Current Methods: Medications, insulin injections, gastric bypass.

Good News: You can prevent, arrest and reverse diabetes by doing the [below](#).

 <p>EAT whole plants such as grains, nuts, and fruit</p> <p>Studies have shown that populations with mostly plant-based diets have longer lifespans.</p>	 <p>AVOID animal products such as meat, fish, and dairy</p> <p>Populations that eat mostly animal products have higher rates of chronic disease.</p>	 <p>AVOID processed, artificial foods</p> <p>These foods can be high in sugar, sodium, trans fats, and preservatives, and are stripped of original nutrients.</p>	 <p>AVOID added fats and sugars</p> <p>Rich, fatty food and sweets offer no nutrients and create addiction-like cravings.</p>
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Prevent, arrest and reverse chronic conditions and become the best version of yourself:

Plant Based Guide: <https://nutritionstudies.org/whole-food-plant-based-diet-guide/>

Together we can! <https://www.youtube.com/watch?v=FKDnNRmssh4&feature=youtu.be>



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.