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A 30 DAY COMPREHENSIVE **ONLINE**

Evidence-Based Total Health Lifestyle Transformation Program



Our mission in life is to aid in the health of humanity by providing evidence-based recommendations using Lifestyle as Medicine, encompassing 5 core lifestyle principles: **MIND, BODY, SOCIAL SUPPORT, ENVIRONMENTAL IMPACTS & WHOLE PLANT-BASED NUTRITION**

LET US HELP YOU **RECLAIM YOUR HEALTH**

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|----------|--|-----------|---|
| 1 | PREVENT, ARREST & REVERSE CHRONIC DISEASE | 7 | CREATE SUSTAINABLE LIFESTYLE HABITS |
| 2 | REDUCE SYSTEMIC INFLAMMATION | 8 | IMPLEMENT A WHOLE PLANT-BASED LIFESTYLE |
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| 5 | LOSE WEIGHT WITHOUT STARVATION, DEPRIVATION OR DIET | 11 | STRESS MANAGEMENT & IMPROVE EMOTIONAL WELLBEING |
| 6 | REDUCE BURDEN OF ENVIRONMENTAL TOXINS | 12 | INCREASE ENERGY & LIBIDO |

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Daniel F McAuley



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