

transformedU

Medical Health Transformation Program

Learn to live well.

The science shows that >80% of what ails us is caused by disease-producing lifestyle. Health-producing lifestyle is the best and most effective treatment. But don't we find living a healthy lifestyle to be a real challenge in today's world?

Knowing what we should and shouldn't do isn't the problem. **Doing** is the problem.

***There is a way to succeed
in this game of living our best life!***

transformedU

is an 8-week medical health transformation program where we learn to actually live our best life in real-world, day-to-day life —
to live well.



Diabetes
Obesity
Heart or vascular disease

High cholesterol
High blood pressure
Preparing for surgery

Reduce Alzheimer's risk
Depression
Anxiety

These conditions and many more are typically dramatically improved or outright cured with lifestyle medicine.

A referral by your primary care provider may be required by your insurance.

For more information go to:
nwlifestylemedicine.com