

# *transformed*U

Medical Health Transformation Program

*Learn to live well.*



[nwlifestylemedicine.com](http://nwlifestylemedicine.com)



## 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**