**Observe & Monitor**

Do Nothing?
- Watch, wait, procrastinate, hope you will feel better, be indecisive, fearful.

| Worst option! |

**Manage Chronic Disease**

Treating Symptoms
- Alleviate symptoms with traditional, natural or complementary medication, remedies or methods, wide variety of diagnostic options. Referral to specialists

| Often Needed! |

**Prescribing Lifestyle Medicine**

Improve immunity, vitality and bodymind functions

- Establish new SMART lifestyle habits including:
  - **Nutrition**
    - Remove unhealthy, toxic substances
    - Improve the quality of carbs, proteins, fats
  - **Fitness & Exercise**
    - Consistent physical exercise
    - Walking, Jogging
    - Weight Training, HIT
    - Stretching, Yoga
  - **Stress Management**
    - Mindfulness, Yoga, Meditation
    - Breathing, Energy Healing
    - Let go of psychosocial stress
  - **Love & Support**
    - Build stronger relationships
    - Increase social connections
    - Join support groups

**Ideal if you want fast relief.**
- Emergency Support
- Life-saving
- Fast symptom relief
- Extensively researched
- Many modalities
- May have side effects
- Often life-time dependence
- Not addressing causes

**Increase Vegetables, Fruits and The Quality Of Your Proteins and Fats.**
- Remove processed sugars, alcohol, chemical & toxic substances
- Eat moderately
- Integrate intermittent fasting
- Experiment with your carbs/protein/fat ratio. Find food combinations that work best for you.
- Exercise often
- Practice mindfulness
- Love more
- Eat with awareness & pleasure
- Eat for longevity (not survival)
- Enjoy what you eat.

Ask yourself “What’s the highest quality energy available to vitalize my organs, cells & mitochondria?”

Address and improve other lifestyle factors especially psychosocial stress.

Certified Lifestyle Medicine Practitioners or Health Coaches support you establishing healthy habits.

**Writing Root-Cause Lifestyle Prescriptions®**

Personalized, organ-tissue-specific, micro-habit health plans based on Organ-Mind-Brain Anatomy™

- Which specific root-cause(s) affect your chronic organ tissue symptom?

  **Organ Tissue Symptom**
  - Stress Trigger
  - Unresolved Emotions
  - Limiting Beliefs
  - Social & Environment
  - Lifestyle Habits

- Specific, Targeted & Effective
  - Get Why? & How? answers
  - Address causes, automate healthy habits
  - Raise awareness & qualify of life
  - Requires stepping out of comfort zone!

Root-Cause Health Coaches™ help you achieve health outcomes.

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