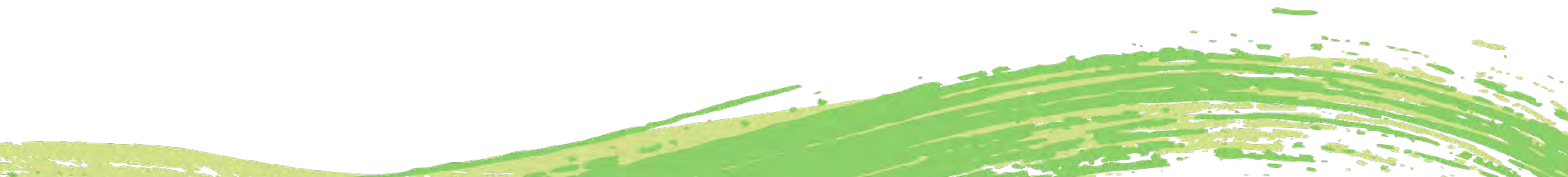




| LIFESTYLE
MEDICINE
INSTITUTE



Welcome to CHIP!



GOALS FOR FIRST MEETING

1. **Watch:** Session 1 – The Rise and Rise of Chronic Disease
2. **Complete:** Quiz & Live More workbook Chapter 1
3. **Reinforce:** Learn More textbook Chapter 1
4. **Action:** JumpStart – See **Live More** pg. 15-19, **Eat More** pg. 29-58.
5. **Diabetics:** Review special notes on **Live More** pg. 14

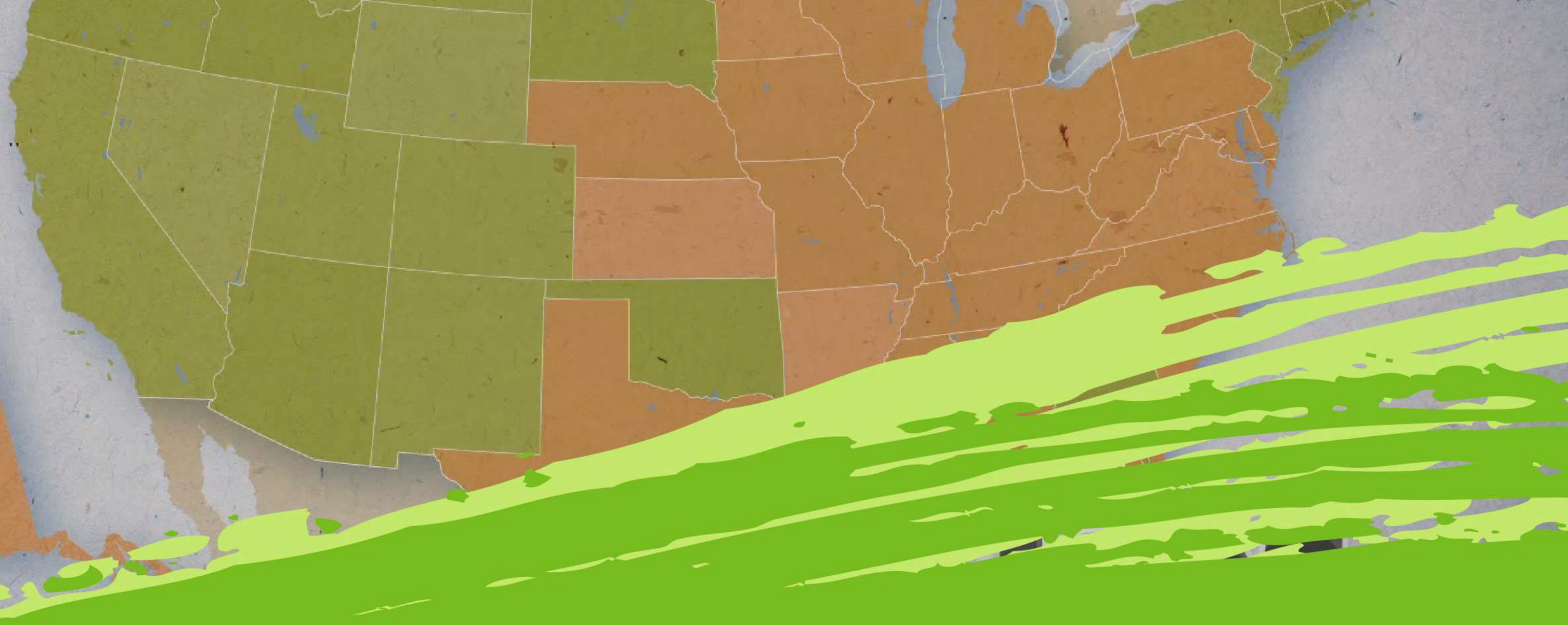


15% TO 19%

20% TO 24%

25% TO 29%

30% OR MORE



Discuss

Session 1:

The Rise and Rise of Chronic Disease

Getting Started

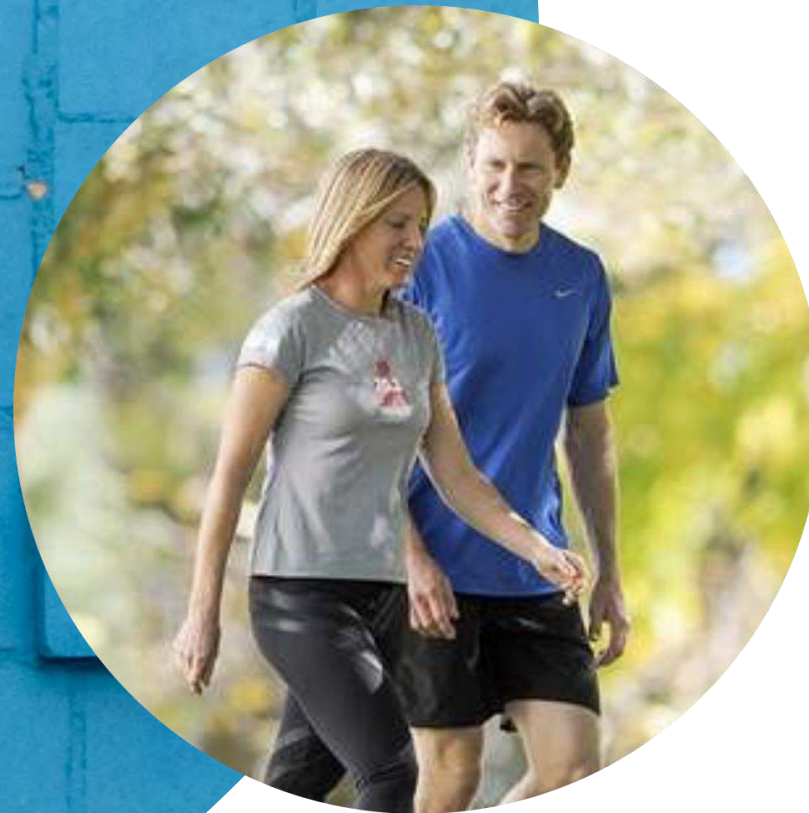
GET A JUMPSTART

Important Notes for Diabetics:

If you have diabetes, **review page 14 of your workbook**. Here are some highlights, but we recommend thoroughly reviewing.

- Start the JumpStart Challenge on day 3 (Skip days 1 & 2)
- High-fiber, unrefined carbs – such as whole grains and legumes can be enjoyed as the fiber helps slow and moderate absorption.
- Restrict fruit to 3 servings per day and ideally eat with high-fib dishes
- $\frac{1}{4}$ cup nuts /day and 1-2 tbsp. ground flaxseed will help satiety and aid blood sugar control
- Incorporate $\frac{1}{2}$ cup of beans into your breakfast to improve blood sugar stability throughout the day
- Daily monitor your glucose and **stay in contact with your physician regarding medication requirements**. Some people experience significant changes in as little as 3 days.





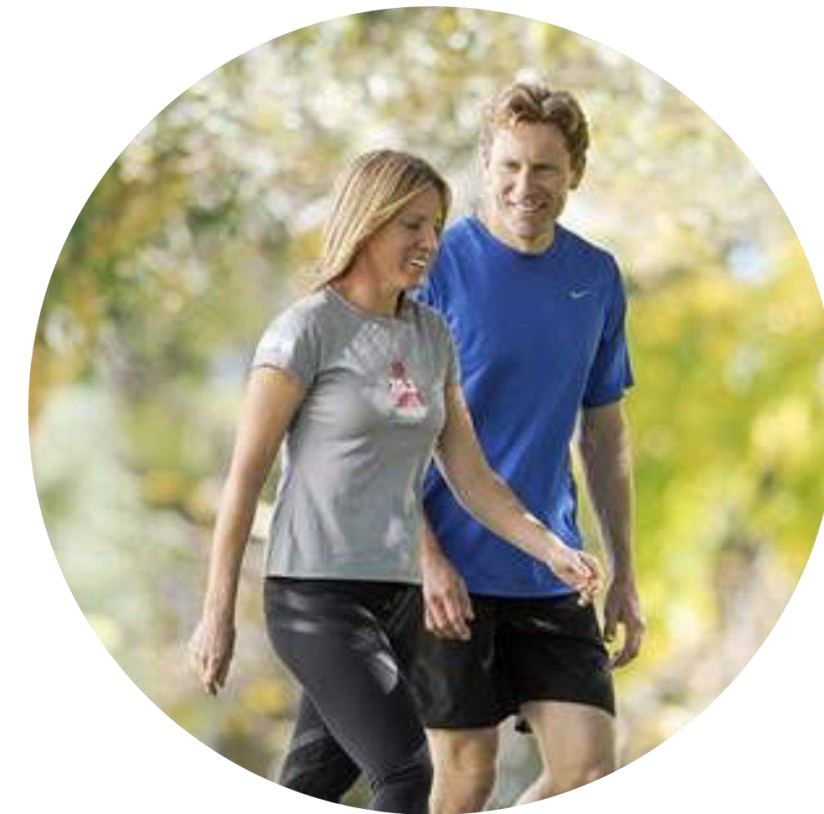
**Your journey to health
begins with a single step.**

There's never a better time than
now for the first step.

THE RISE AND RISE OF CHRONIC DISEASE

Let's Discuss:

- What are three things you have learned so far?
- Why are you doing CHIP?
- What might your future be like if you don't make changes to your lifestyle?
- If you make positive Lifestyle changes, how will it affect your life and your future?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 2 – Lifestyle is the Best Medicine
2. **Complete:** Quiz & Live More workbook Session 2
3. **Reinforce:** Learn More textbook Chapter 2
4. **Action:** Watch how the Rouxbe Team cooks dried legumes. How are you going to add legumes to your diet? *Video in HS email.*
5. **Watch Dr. Diehl explain your pre-CHIP lab results.**





Discuss

Session 2:

Lifestyle is the Best Medicine



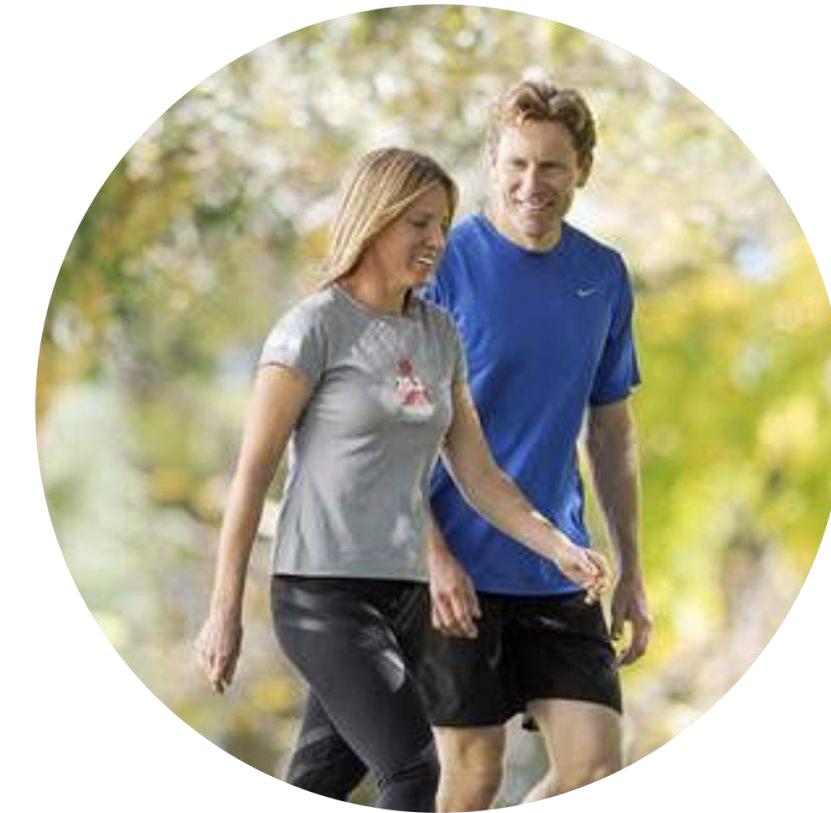
How does it make you feel...

to know that by doing CHIP, you are
making a positive impact on your
health?

LIFESTYLE IS THE BEST MEDICINE

Let's Discuss:

- What are three things you have learned so far?
- Let's refer back to your response in Session One to the question, 'What might your future be like if you don't make changes to your lifestyle?' How does it make you feel?
- Let's refer back to your response in Session One to the question, 'If you make positive lifestyle changes, how will it affect your life and your future?' How does it make you feel?



GOALS FOR OUR NEXT CALL



1. **Watch:** Session 3 – The Common Denominator of Chronic Disease and Blood Lab Results video.
2. **Complete:** Quiz & Live More workbook Session 3
3. **Reinforce:** Learn More textbook Chapter 3

*‘Drink 5 glasses a day to stay alive, 8 to feel great and 10 to rejuvenate!’ – **Dr. Hans Diehl***

An illustration of a blood vessel. The vessel wall is shown in cross-section, with a red interior. A yellow, textured plaque labeled 'cholesterol' is on the left wall. A section of the vessel wall has ruptured, releasing a large, billowing cloud of yellow cholesterol into the vessel lumen. The bottom of the vessel is filled with a green, wavy substance representing blood flow.

cholesterol

Discuss

Session 3:

The Common Denominator
of Chronic Disease

IMAGINE...

What could your **future** be **like** if you **don't** make positive lifestyle changes?

REALIZE...

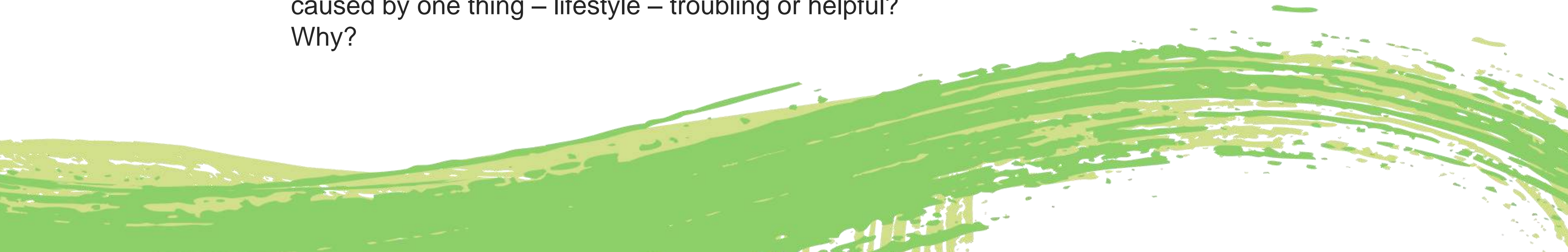
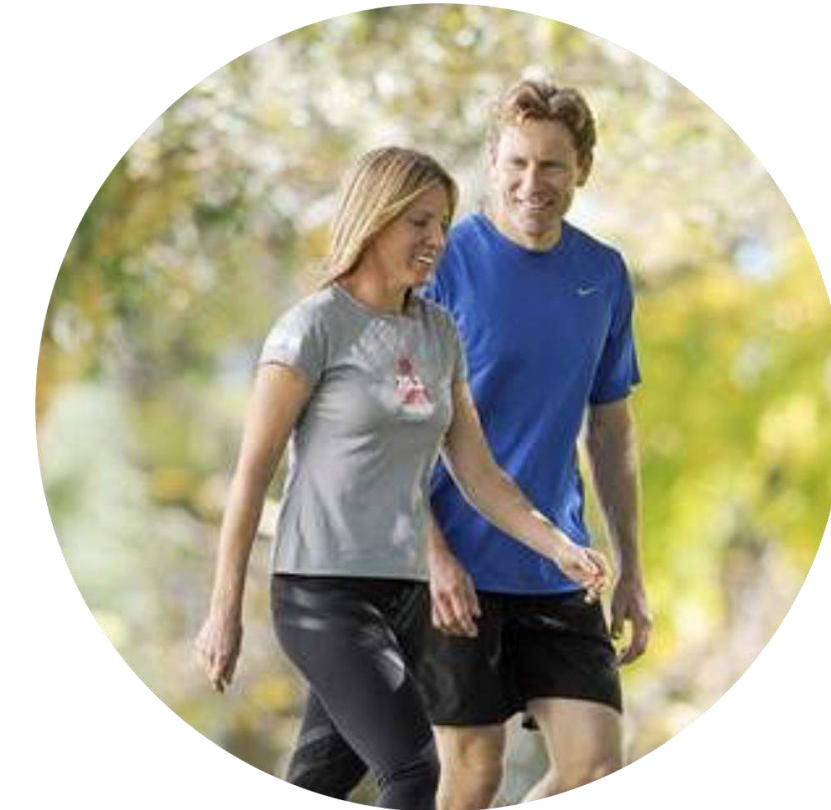
The **future** you can have **if** you **do** make positive lifestyle changes?



THE COMMON DENOMINATOR OF CHRONIC DISEASE

Let's Discuss:

- What three things have you learned about the causes of chronic disease?
- Using what you learned in this session, which of the risk factors of chronic lifestyle disease concern you most?
- *Oxidative stress, antioxidants, and free radicals* are buzzwords often used to advertise health foods and supplements. How would you explain each of these in a simple way?
- Is the idea that a whole range of chronic diseases are caused by one thing – lifestyle – troubling or helpful? Why?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 4 – Optimal Lifestyle
2. **Complete:** Quiz & Live More workbook Session 2
3. **Reinforce:** Learn More textbook Chapter 10





Discuss

Session 4:

The Optimal Lifestyle

THINK ABOUT IT...

What is the **one thing** you can do to reduce inactive time and **replace it with activity**?

CONSIDER...

What are some of the advantages that regular exercise has over using medicine?



THE OPTIMAL LIFESTYLE

Let's Discuss:

- What three things have you learned about Optimal Lifestyle?
- Thinking about the food you ate when you were a child, is your diet healthier then or now? What are the three most significant changes?

1 - 10



Rate each of the following to your current food choices:

- | | |
|---------------|------------------------|
| • Convenience | • Culture or habits |
| • Price | • Health |
| • Taste | • Environmental Impact |

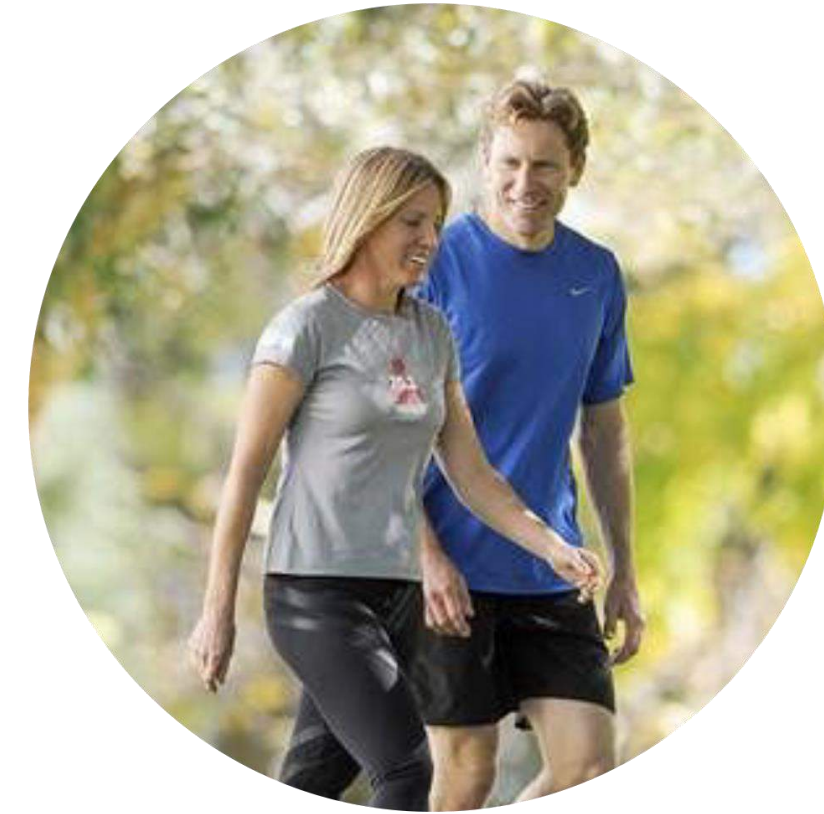


Discovery Questions

THE OPTIMAL LIFESTYLE

Let's Discuss:

- Why are diet and activity equally important in achieving the optimal lifestyle?
- What are the three most important ways exercise can help you feel better about yourself?
- What steps toward optimal health have you been motivated to take today?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 5 – Eat More, Weigh Less
2. **Complete:** Quiz & Live More workbook Session 5
3. **Reinforce:** Learn More textbook Chapter 4
4. **Action:** Pay attention to how Lifestyle impacts mood and sleep. Bring your observations to class next time.





Discuss

Session 5:

Eat More, Weigh Less

TAKING CONTROL...

What are the feelings, events, or occasions that sometimes trigger you to make poor food choices?

STRATEGIZE...

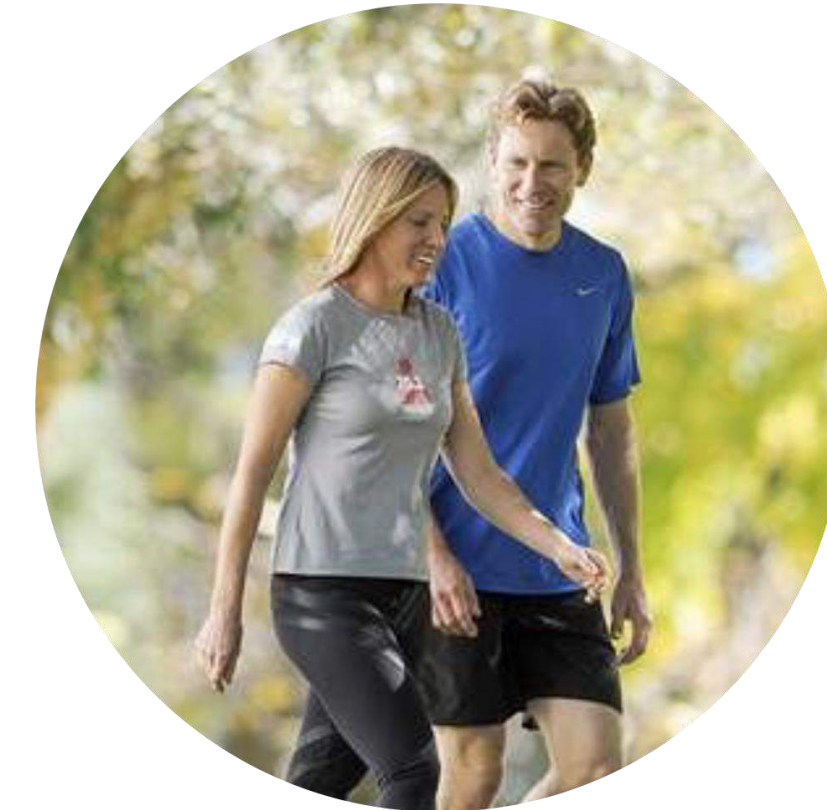
What can you do to help you avoid poor food choices?



EAT MORE, WEIGH LESS

Let's Discuss:

- What three things have you learned about controlling your weight?
- Why does “dieting” often not help with sustainable weight loss?
- In what ways does the CHIP optimal diet differ from common diets?
- What are your dominant emotions and feelings regarding your current weight?



GOALS FOR OUR NEXT CALL



1. **Watch:** Session 6 – Fiber, Your New Best Friend
2. **Complete:** Quiz & Live More workbook Session 6
3. **Reinforce:** Learn More textbook Chapter 5
4. **Action:** Enjoy Tempah Has with Chad Sarno.

Fun Fact: Chad is a culinary educator and chef. He believes cooking is the real prescription.

B Vitamins

Iron

Calcium

Zinc

Maganese

Fiber

60%
to

86%

50%

84%

Discuss

Session 6:

Fiber, Your New Best Friend

KITCHEN CREATIVITY...

Think of your three favorite meals.

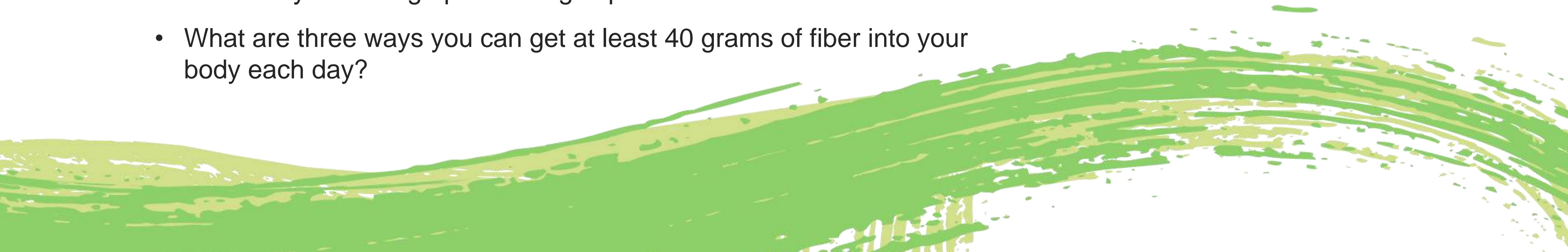
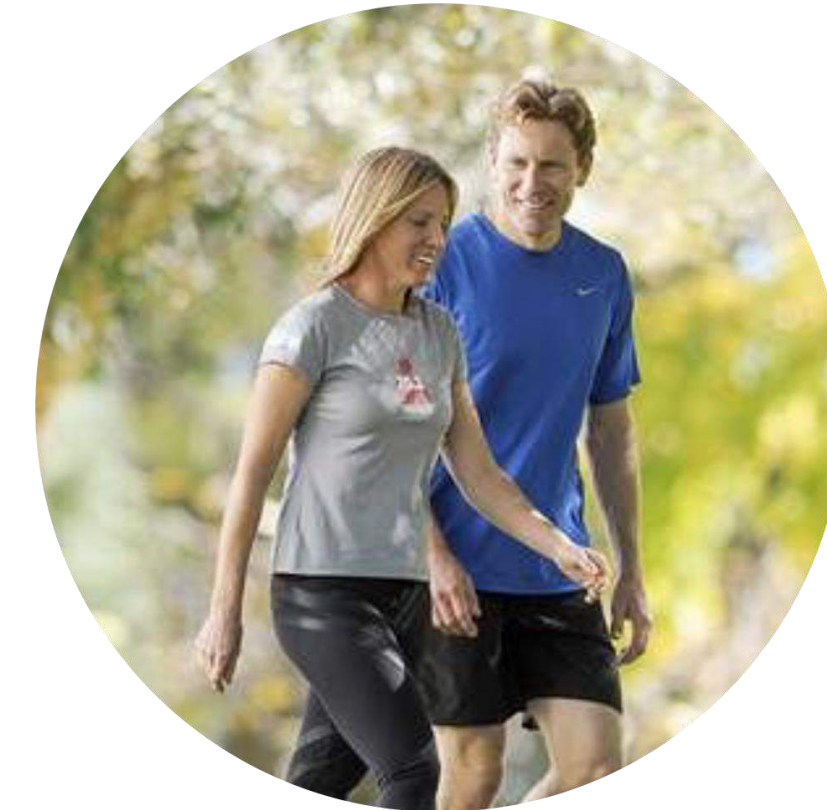
What could you substitute with or add to them to increase their fiber content?



FIBER, YOUR NEW BEST FRIEND

Let's Discuss:

- What three things have you learned about the importance of fiber in your diet?
- Was it a surprise to learn that there is no fiber in animal products? Why or why not?
- How does drinking adequate water (at least 8 glasses per day) affect bowel health?
- Why is the amount of time it takes for food to pass through us important?
- How can you manage potential “gas problems”?
- What are three ways you can get at least 40 grams of fiber into your body each day?



GOALS FOR OUR NEXT CALL



1. **Watch:** Session 7 – Disarming Diabetes
2. **Complete:** Quiz & Live More workbook Session 7
3. **Reinforce:** Learn More textbook Chapter 7
4. **Action:** Type 2 diabetes accounts for 90 percent of diabetes cases, and the development of this chronic disease is a growing epidemic.

Watch Mrs. Beverly Baumgartner's inspiring story of recovery and reversal.

above 125 mg/dl (above 7 mmol/l)

PRE DIABETES

100-125 mg/dl (6-7 mmol/l)

Discuss

Session 7: Disarming Diabetes

WATCH OUT...

What **lifestyle behaviors** are associated with a higher risk of **type 2 diabetes**?

CONSIDER...

Small changes in your shopping habits can add up to big choices.



SHOPPING TOUR GUIDELINE



- **Start in the Produce Section** - Stock up on colorful, vibrant fruits and vegetables. Try new leafy veggies as well as tubers and other root vegetables. Look for healthy fats like Avocados. Mushrooms are also an excellent nutrient source from this section and add a wonderful flavor to cooked dishes and broths.
- **Look for Legumes and Grains** - Beans, peas, and whole grains help fill out your meal at low cost and add important fiber and micronutrients. You can find these in bulk sections, dried bags, frozen, as well as canned. If using canned or frozen, look for salt-free options.
- **Nuts and Seeds are next** - Look for a bulk food section if available. Try to find unsalted seeds and nuts to sprinkle in your salads or with breakfast for healthy fats.
- **Try a non-dairy milk** - Almond milk, soy-milk, hazelnut milk, hemp seed milk, or one of the many other varieties that have become commonly available.

SHOPPING TOUR GUIDELINE CONTINUED

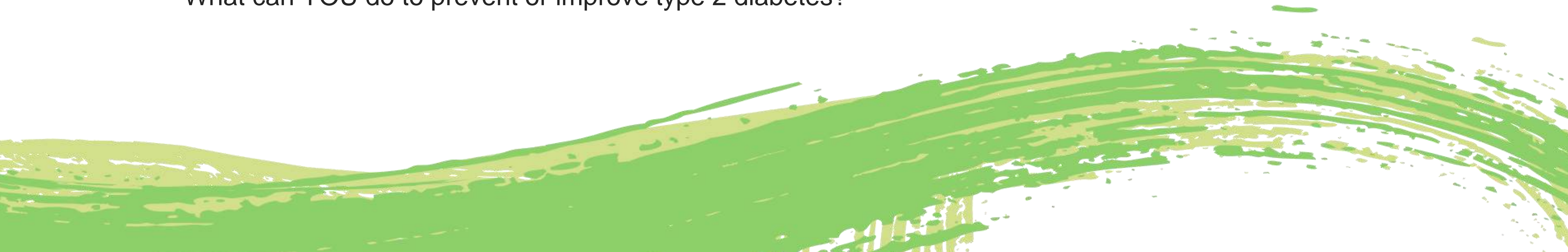
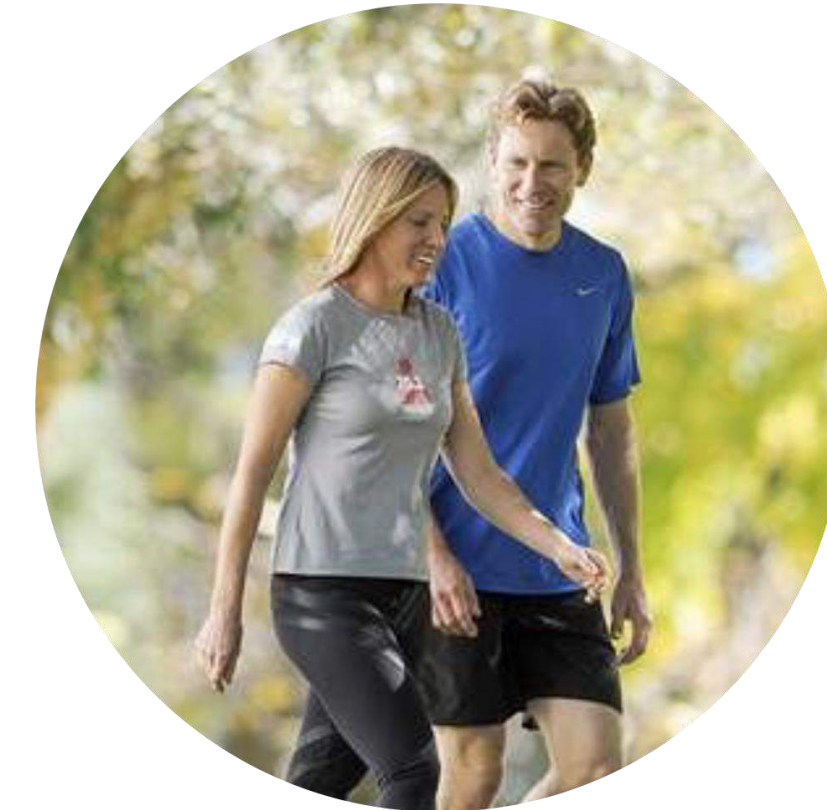


- **Visit the frozen food section** - frozen fruits and veggies like corn, peas, carrots, and stir-fry mixes. These can be very useful for making quick meals with little preparation needed. You might also find precooked frozen brown rice or quinoa for other time savers. Frozen fruit can make for tasty desserts or smoothies.
- **Herbs & Spices** - Fresh and dried herbs and spices are a great way to spice up the flavor in your foods without using a lot of sodium. Try salt free or low-sodium blends of Italian Seasoning, Poultry Seasoning, and Curries.
- Most canned, boxed, and packaged foods contain high sodium, oil or sugar and other processed ingredients that may inhibit your journey to health; don't be afraid to gloss over these sections of the store or skip them entirely for a while as you focus on new foods.

DISARMING DIABETES

Let's Discuss:

- What three things have you learned about diabetes?
- Why is the disease, diabetes, such a major problem?
- Since World War II, certain age groups have experienced a 900% increase in diabetes. Why?
- What percentage of people with type 2 diabetes does Dr. James Anderson suggest could achieve normal blood sugar levels and stop medication (within weeks) if they change their diet?
- What can YOU do to prevent or improve type 2 diabetes?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 8 – The Heart of the Matter, Healthy Heart
2. **Complete:** Quiz & Live More workbook Session 8
3. **Reinforce:** Learn More textbook Chapter 6
4. **Action:** Watch a shopping tour with Chef AJ. Chef AJ has been a Plant-based for almost 40 years.

Fun Fact: She is author of the popular book *Unprocessed: How to Achieve Vibrant Health and Your Ideal Body Weight*. You may have even seen her on The Tonight Show with Jay Leno.



A microscopic view of several red blood cells, which are biconcave discs, floating in a fluid medium. The cells are a vibrant red color, and the background is a darker, slightly blurred red, suggesting a blood vessel or tissue environment.

Discuss

Session 8:

The Heart of the Matter -
Heart health

WE ARE WHAT WE EAT...

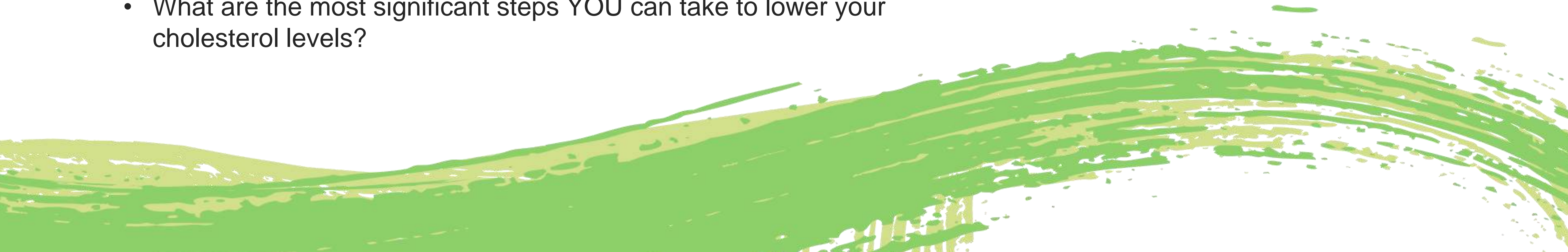
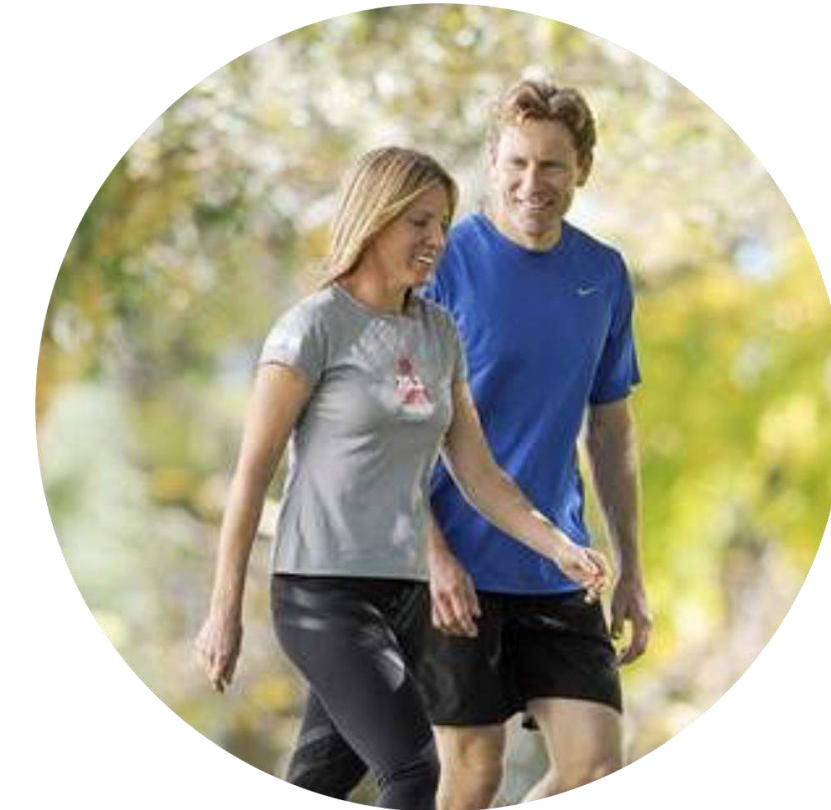
What is the relationship between the fat in the foods we eat and our blood cholesterol levels?



THE HEART OF THE MATTER – HEART HEALTH

Let's Discuss:

- What three things have you learned about cholesterol and heart health?
- Have you been surprised by your blood cholesterol results, particularly now that you know more about cholesterol and what it is?
- How does the body make cholesterol?
- What is the good news about the link between diet and blood cholesterol levels?
- What role does nitric oxide play in the health of the circulatory system?
- What are the most significant steps YOU can take to lower your cholesterol levels?



GOALS FOR OUR NEXT CALL



1. **Watch:** Session 8 – Controlling Blood Pressure & Discovering Protein
2. **Complete:** Quiz & Live More workbook Session 9
3. **Reinforce:** Learn More textbook Chapter 9
4. **Action:** Hopefully by now you are brave enough to try something new because Rouxbe is sharing with you- Coconut Braised Chickpeas w/Spinach and Sun-Dried Tomatoes. Check it out! Take a picture and post it on Facebook. *Video is in Home Study email.*

120/80 AND 140/90
IS PRE-HYPERTENSION

Discuss

Session 9:

**Controlling Blood Pressure
and Discovering Protein**

EASE YOUR MIND...

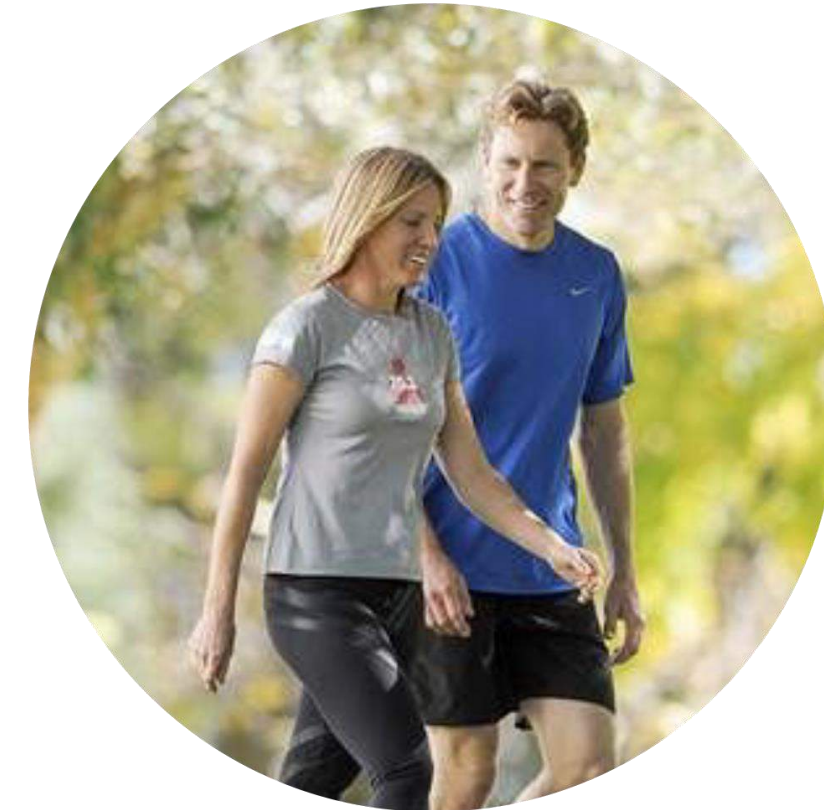
What, if any, concerns do you have about nutritional deficiencies in a plant-based diet?



CONTROLLING BLOOD PRESSURE & DISCOVERING PROTEIN

Let's Discuss:

- What three things have you learned about the contributors to high blood pressure?
- In what ways does high blood pressure affect heart health?
- Why is SALT such a significant contributor to high blood pressure?
- Why is it surprising to learn that most of us are unlikely to lack protein in our diet?
- How does a plant-based diet provide adequate protein?



GOALS FOR OUR NEXT CALL



1. **Watch:** Session 10 – Bone Health Essentials
2. **Complete:** Quiz & Live More workbook Session 9
3. **Reinforce:** Learn More textbook Chapter 9
4. **Action:** Did you know spinach is an excellent source of iron and a plant-based source of calcium? Watch and prepare the Strawberry Spinach Salad this week to add iron, calcium and deliciousness to your plate.



Discuss

Session 10:

Bone Health Essentials

GOT CALCIUM?

Were you surprised to learn that osteoporosis and associated hip fractures were more frequent in populations that consume a higher amount of dairy products?

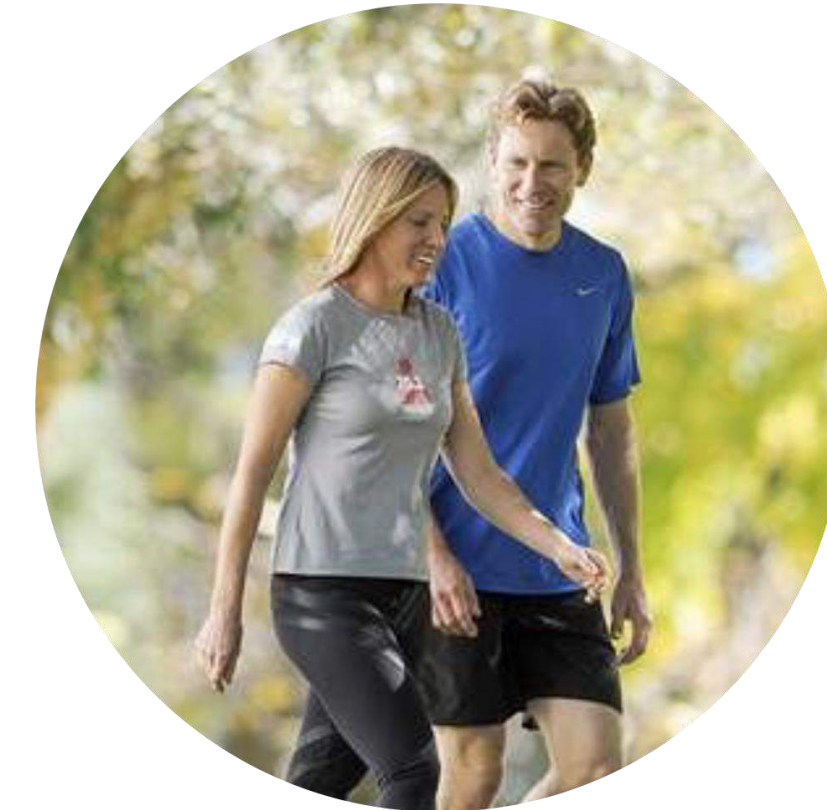


Discovery Questions

BONE HEALTH ESSENTIALS

Let's Discuss:

- What three things have you learned?
- What are the factors that determine bone health?
- What are the benefits of resistance training?
- How can you incorporate resistance training into your daily schedule?
- What are some plant-based foods that are good sources of calcium?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 11 – Cancer Prevention
2. **Complete:** Quiz & Live More workbook Session 11
3. **Reinforce:** Learn More textbook Chapter 8
4. **Action:** Are you looking for a way to bring sweet to the table this week? Rouxbe is sharing their sweet side with us. Impress your guests with this extremely delicious, but very easy to prepare chocolate dessert. *Video is in Home Study email.*



**BEHAVIORAL
AND DIETARY
FACTORS
LINKED TO
CANCER**

- › TOBACCO USE
- › EXCESS WEIGHT
- › LACK OF PHYSICAL ACTIVITY

Discuss

**Session 11:
Cancer Prevention**

WHAT DO YOU THINK...

Is there a link between cancer and diet?

BRAINSTORM...

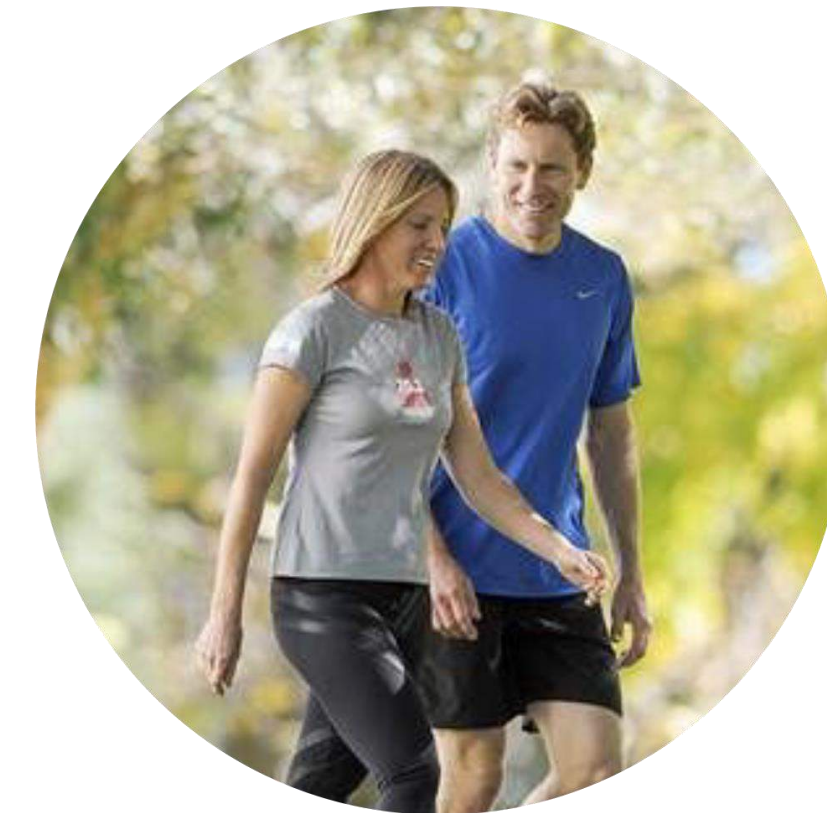
In what ways might a whole-foods plant-based diet protect us from cancer?



CANCER PREVENTION

Let's Discuss:

- What three things have you learned?
- Is there a link between cancer and diet? In what ways can a whole-foods plant-based diet protect us from cancer?
- What are the links between cancer and lifestyle?
- What steps can YOU take to reduce your risk of cancer?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 12 – Understanding Your Results and Taking Action
2. **Complete:** Quiz & Live More workbook Session 12
3. **Reinforce:** Learn More textbook Chapter 12
4. **Action:** We make decisions based on feeling, force, or influence. Take action and become what you *believe* because you are worth it!

Use these three key concepts of the optimal lifestyle that are important to experience long-term success as you are journeying through CHIP.



1. LABORATORY
TESTS ARE FOR
SCREENING
NOT FOR DIAGNOSIS

Discuss

Session 12:

Understanding Your Results
and Taking Action

GOOD NEWS...

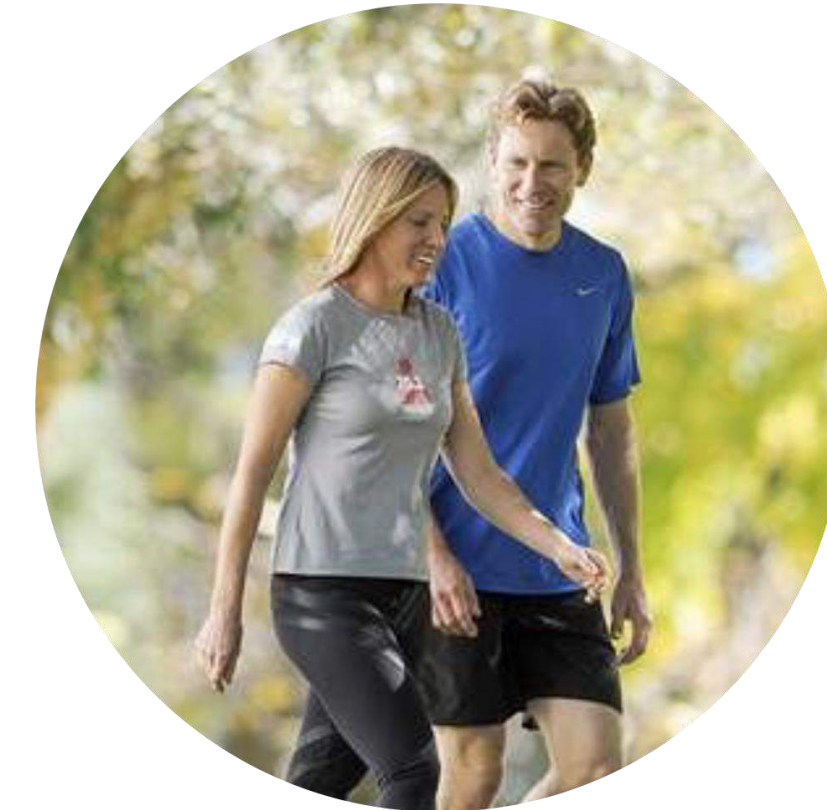
What was your reaction to the results of your blood work?



UNDERSTANDING YOUR RESULTS AND TAKING ACTION

Let's Discuss:

- What three things have you learned?
- What is your reaction to the results you received today?
- What was your reaction to the story of Mavis Lindgren? Every journey begins with the first step. What is YOUR next step?
- At what destination do you want to arrive?
- Are there ways in which you can implement more of the CHIP lifestyle?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 13 – Become What You Believe & Your DNA is Not Your Destiny
2. **Complete:** Quiz & Live More workbook Session 13
3. **Reinforce:** Learn More textbook Chapter 14
4. **Action:** Nutrition has significance in turning on or off the genes we inherit. Let nutrition positively influence your life; enjoy life with a black bean and avocado salad. *Recipe is in Home Study email.*





Discuss

Session 13:

**Become What You Believe and
Your DNA is Not Your Destiny**

CONVINCED?

Do you believe yet that CHIP can work for you? Explain.

DNA DESTINY...

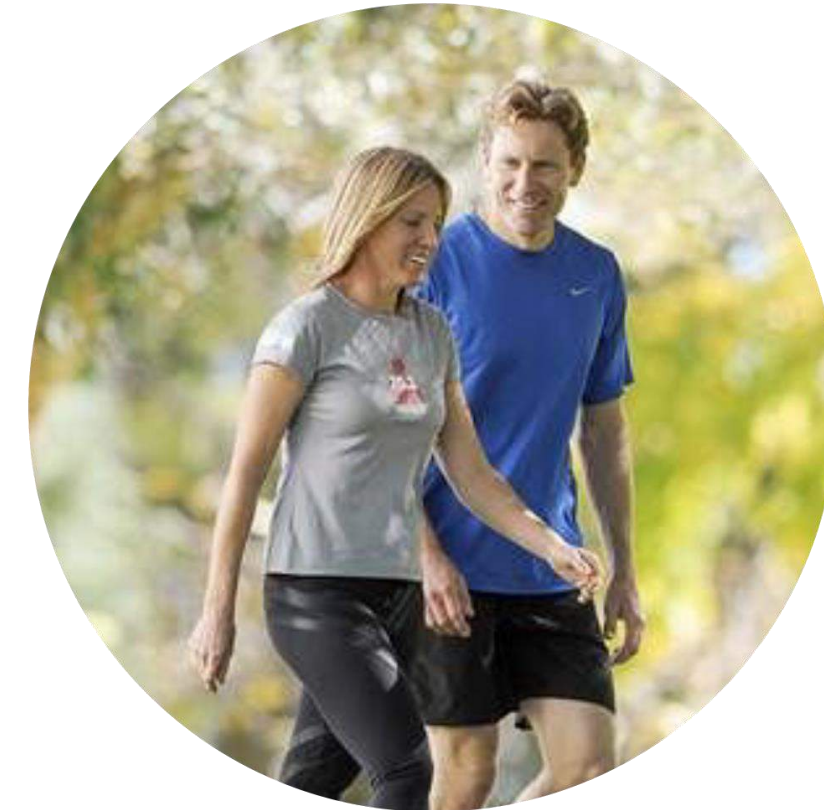
What is the most powerful way to change the genetic 'switch setting'?



BECOME WHAT YOU BELIEVE & YOUR DNA IS NOT YOUR DESTINY

Let's Discuss:

- What three things have you learned?
- In what ways do beliefs drive behavior?
- Do you really believe that CHIP can work for you? Explain your answer.
- Do you really believe that you deserve CHIP success? Explain your answer.
- What gives you worth as an individual?
- Is your fate determined by your genes? Explain.



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 14 – Practicing Forgiveness
2. **Complete:** Quiz & Live More workbook Session 14
Your second blood draw is due. Be sure to fast for 12 hours prior.
3. **Reinforce:** Learn More textbook Chapter 13
4. **Action:** Did you know the body's natural response to anger is *increased blood pressure, heart rate, and glucose and fat* in the blood stream?

The power of forgiveness isn't only an act of compassion, but an act of change. Take the time this week to challenge yourself in a positive change. Forgive yourself and forgive others.





Discuss

Session 14:

Practicing Forgiveness

WHY, WHY, WHY?

What are the benefits of forgiving?

THIS IS FOR YOU...

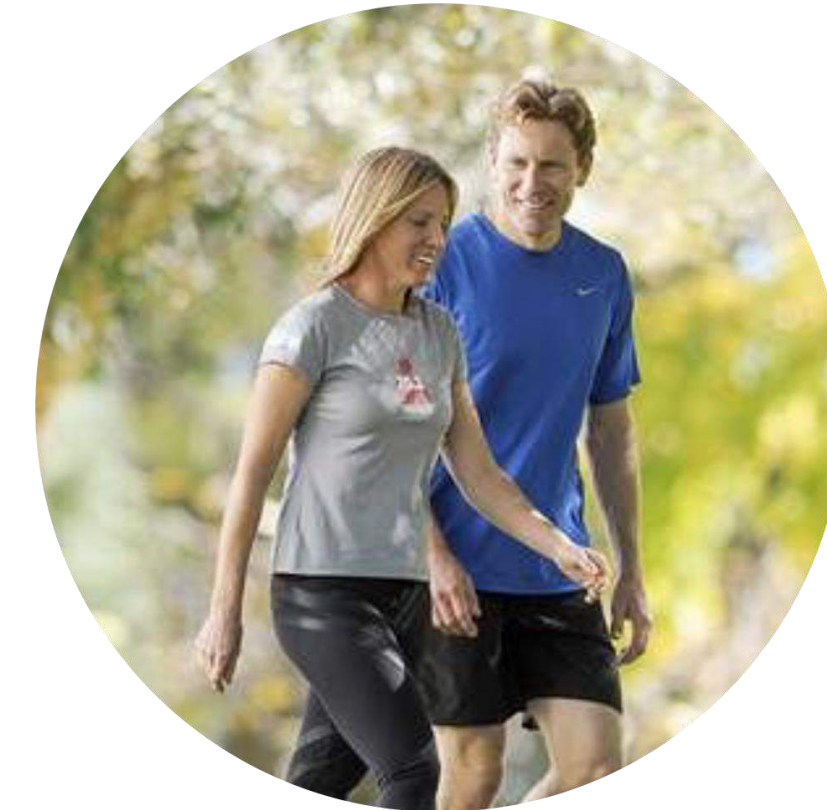
It's not about forgetting, what is the goal of forgiveness?



PRACTICING FORGIVENESS

Let's Discuss:

- What three things have you learned?
- In what different ways can anger be expressed?
- How is your vascular system effected by anger?
- How do we put the past in the past where it belongs?
- What are the benefits of forgiving and WHO benefits most?
- If not about forgetting, what is the goal of forgiveness?
- What does it mean to REFRAME a past event and how can YOU reframe a past event?
- Dr. Tibbits says “Forgiveness is the one thing that changes everything!”
Do you agree? Explain.



GOALS FOR OUR NEXT CALL



1. **Watch:** Session 15 – Re-engineering Your Environment
2. **Complete:** Quiz & Live More workbook Session 15
3. **Reinforce:** Learn More textbook Chapter 15
4. **Action:** Chocolate vs. Carrot: How long does it take to burn a chocolate bar?



Discuss

Session 15:

Re-engineering Your Environment

PERIMETER SHOPPING...

What can you do to make better choices at the grocery store?

PLAN (& PACK) AHEAD...

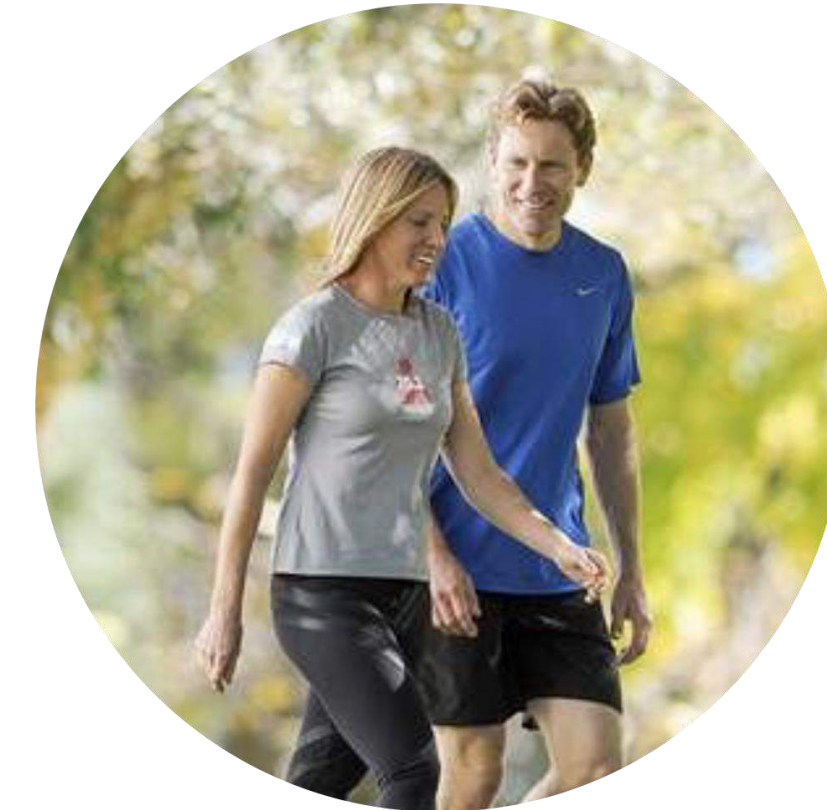
At work? When eating out? When traveling?



RE-ENGINEERING YOUR ENVIRONMENT

Let's Discuss:

- What three things have you learned?
- What can you do to make better choices at:
 - Home
 - Grocery Store
 - Work
 - When eating out
 - When travelling



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 16 – Stress-relieving Strategies
2. **Complete:** Quiz & Live More workbook Session 16
3. **Reinforce:** Learn More textbook Chapter 16

Action: Stress is known to restrict blood flow, leading to knots in the muscles. There are benefits of being supple and stretching relaxes tension. Managing our stress level is about balancing the stressors on one side and stress-relieving strategies on the other.

Be sure to complete your second blood collection test by our next call. Don't forget to fast for 12 hours.





Discuss

Session 16:

Stress-relieving Strategies

WHY WORRY?

Can you relate to Mark Twain's comment?

"I have known a great many troubles, but most of them have never happened."

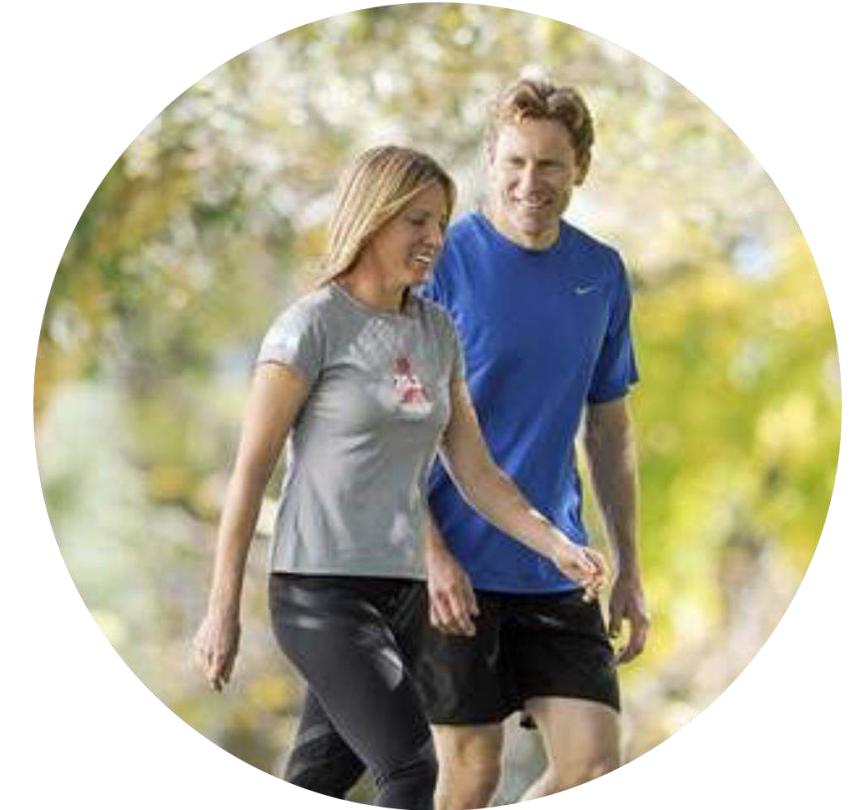
What does that mean to you?



STRESS-RELIEVING STRATEGIES

Let's Discuss:

- What three things have you learned?
- Describe the symptoms you felt during a time when you experienced a “stress response.”
- List some sources of stress in your life.
- What effects can ongoing stress have on your health?
- Were you surprised to learn that researchers from Ohio State University found that wounds took 30% longer to heal following an argument with a partner than following a pleasant interaction with them? Why?
- What steps can YOU take to limit your stress?
- What did you experience during the “relaxation response” exercise?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 17 – Fix How You Feel
2. **Complete:** Quiz & Live More workbook Session 17
3. **Reinforce:** Learn More textbook Chapter 17

Action: Get a chance to be featured in our CHIP Newsletter. Share your CHIP story with our editor and help inspire those who need a push towards optimal health.



SLUMP, YOU'RE NOT IN FOR
MUCH FUN. UN-SLUMPING
YOURSELF IS NOT EASILY DONE."

— Oh The Places You'll Go
Dr. Seuss

Discuss

Session 17:

Fix How You Feel

TRY SOME OF THESE TIPS...

Five things that can fix how you feel:

- Eat highly nutritious foods
- Move dynamically
- Go natural (remove chemical products from your home)
- Rest well
- Look up

In which two of these areas do you need to invest additional time?

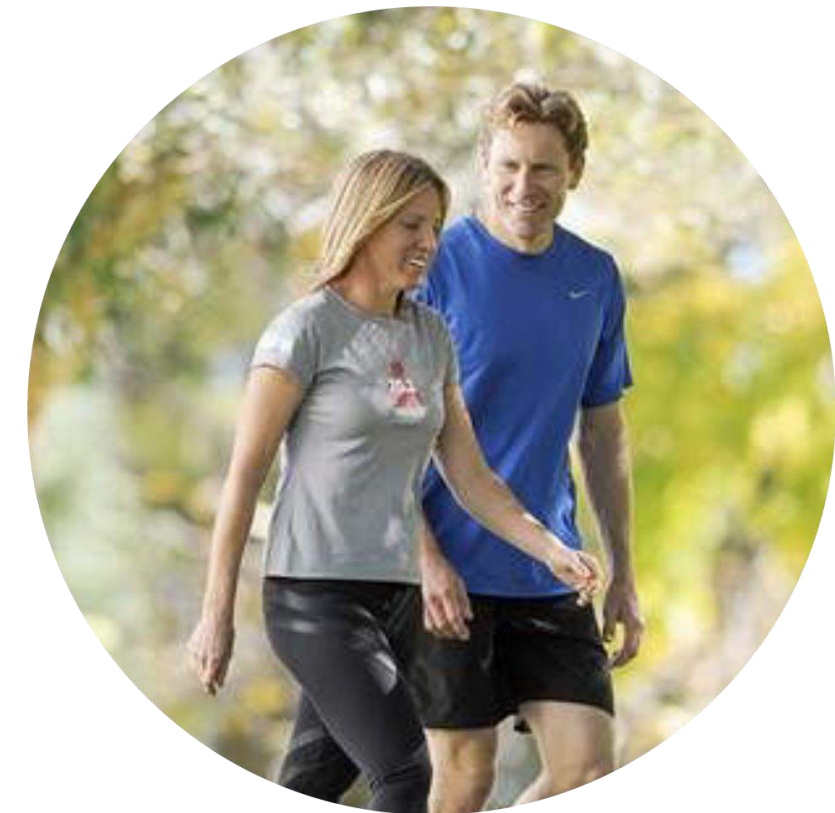


Discovery Questions

FIX HOW YOU FEEL

Let's Discuss:

- What three things have you learned?
- Did you find it interesting to learn that people who lacked exposure to nature were more prone to anxiety and depression? Explain.
- What two elements of the natural world are described as being the most important?
- How does the law that “you reap what you sow” apply to your emotions?



GOALS FOR OUR NEXT CALL

1. **Watch:** Session 18 – From Surviving to Thriving
2. **Complete:** Quiz & Live More workbook Session 18
3. **Reinforce:** Learn More textbook Chapter 18

Action: Next week is the commencement session.





Discuss

Session 18:

From Surviving to Thriving

DISCUSS...

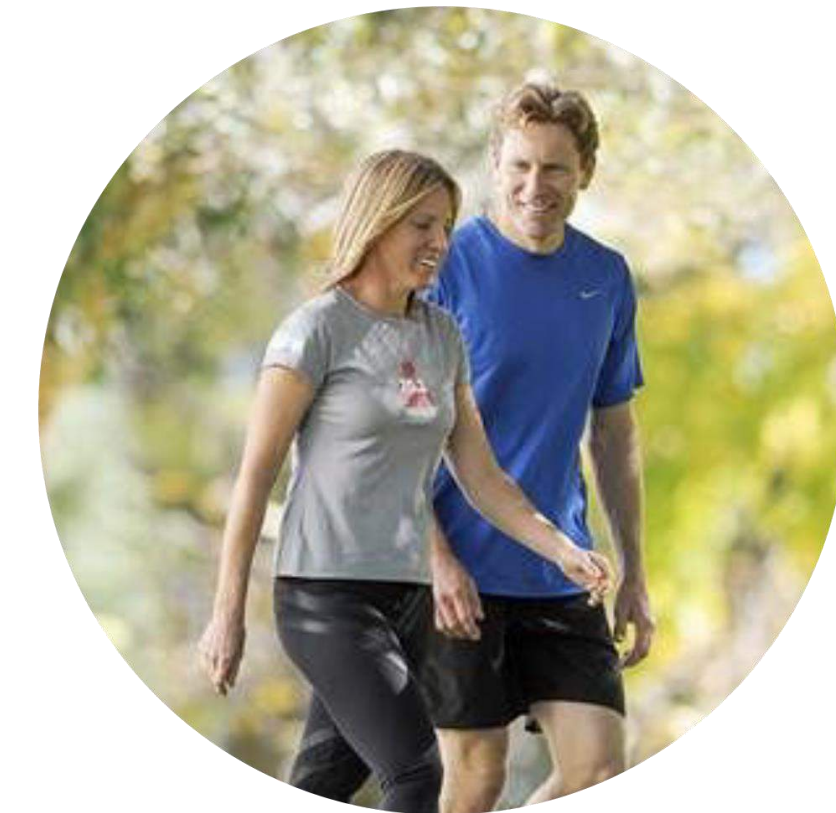
Three significant achievements
you've made on your CHIP journey.



FROM SURVIVING TO THRIVING

Let's Discuss:

- What three things have you learned?
- In what way did Dr. Michael Norton (Harvard Business School) find that money could buy happiness? Was the amount of money significant?
- List the five domains that constitute a life that truly flourishes:
 - P
 - R
 - E
 - M
 - A



In what ways do you have meaning in your life?
What gives you meaning in life?





Henry David Thoreau

**“GO CONFIDENTLY IN
THE DIRECTION OF
YOUR DREAMS! LIVE
THE LIFE YOU’VE
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LIFESTYLE
MEDICINE
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