

Participant Handout for Night #1

Free Lifestyle Program Based on the Video Series “Thirty Days to Natural Diabetes and High Blood Pressure Control”

1. Dynamics of Behavior Change. Key messages:
 - you don’t have to sacrifice enjoyment in life to enjoy health
 - you can develop new enjoyments
2. Changed Lives: Real-life stories.
3. How the Program Works.
 - a. The difference between our thirty-day lifestyle journey and a treatment program.
 - b. Make sure your medical provider is aware of your enrollment. This is especially important if on medications for blood sugar and/or blood pressure.
 - c. Make sure you have the “30 Daily Lifestyle Goals-Fig-15” handout. (Available on-line at www.compasshealth.net under the “Methuselah Factor” section of “Resources.”)
 - d. Access your daily videos:
 - The easiest way is to sign up to be notified by text. You will receive a daily link to each daily presentation (average length: 6 minutes)
 - Other options:
 - www.TimelessHealingInsights.info takes you directly to the playlist.
 - Navigate via the www.compasshealth.net webpage, choosing the “Free Videos” option under “Resources,” then locate the playlist entitled:
 - e. Pairing Up With a Partner – One key to your success
 - f. Why meet weekly?
4. Example of a key topic: Be Big on Beans.
 - What happens if beans don’t agree with me?
 - Bean recipes
 - Demonstration/Discussion
 - Link to sprouting video: https://youtu.be/YXKa_YZY_wY
5. Other Resources:
 - Blood pressure handout: available from your local support group (also emailed to all program registrants in advance of the program)
 - Methuselah Factor videos:
 - Overview videos:
https://www.youtube.com/playlist?list=PLW2SvLyeNKrSaLYIMBzfbIMNHQ_PwTbPw
 - Examples of daily program videos:
<https://www.youtube.com/watch?v=fsBITZoV14o&list=PLW2SvLyeNKrQIZ0YvzAxkaLoTgnQ83-N8>
6. Your Questions and Answers