

Participant Handout for Night #3

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

1. Are There Shortcuts to Better Health?
 - It depends what “short cuts” you are looking for
 - Are lifestyle changes short cuts compared to surgery?
 - Are any supplements or group of supplements as powerful as lifestyle?
 - Importance of the “therapeutic window”
 - Particularly dangerous supplements
 - Supplements of potential benefits (includes preparing you for next week with magnesium [Day #20])

2. Bonus material drawn from the past week’s topics:
 - a. Bonus video (from *The Methuselah Factor* series): <https://youtu.be/gDHq6T1butS>
 - b. Sleep right – Sleep hygiene principles (on previous handout)
 - c. Concerns about sleep apnea (on current handout)
 - d. Note: You can find 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>

3. Other bonus material in preparation for the upcoming week
 - Recipes to help you avoid hidden sugars (Day #17)
 - “Rest and Refresh,” “Seek Spirituality” and the spiritual dimension
 - Tonight’s double feature: “The Question of Theodicy” with Pastor Doug Batchelor
 - If you can’t join us, check out Lesson #3 at PanoramaOfProphecy.com

4. And don’t forget... Program Mechanics
 - a. Are you keeping your medical providers in the loop?
 - b. Are you tracking your progress?
 - c. Are you watching the daily videos?
 - d. Are you complementing your viewing with reading from either “Thirty Days to Natural Blood Pressure Control” or “The Methuselah Factor”

5. Your Questions and Answers