

Participant Handout for Night #4
Free Lifestyle Program Based on the Video Series “Thirty Days to Natural Diabetes
and High Blood Pressure Control”

Tonight’s Theme: “For the Long Haul”

1. Why talk about “the long haul” when we are on a 30-day journey?
 - A 30-day program can be powerful, and you do not have to continue all your new behaviors indefinitely
 - If you just return entirely to your old lifestyle, you are not likely to have reaped any lasting benefits
 - Two stories: impressive changes vs unimpressive changes after 30 days

2. Bonus material:
 - a. Today’s video was entitled, “Be Humble.” Dr. DeRose encouraged you to be willing to reexamine the daily goals for the last three weeks and see where you might not have been bold enough.
 - Are you still struggling with getting your beans? Check out today’s recipes.
 - Were you struggling with other decisions—perhaps sugar intake, caffeine usage, exercise?
 - b. Day 22 will help us focus on the benefits of fasting. What are some of the types of fasts you might consider? (See Bonus Handout)

3. Are you really in it for the long haul? Day 30 is entitled, “Sign up for a marathon.”
 - a. Consider doing this program again on your own, or better, with someone else
 - Benefits of another 30-days right after this
 - Benefits of waiting until the new year
 - b. Why not use the Methuselah Factor curriculum? (All Methuselah Factor resources are on sale through November 2021 at www.compasshealth.net)

4. Your Questions and Answers