

StayingHealthyToday.com Presents...

# CHRONIC DISEASE REVERSAL SERIES

FRIDAYS, 6:00 P.M.

## MONTHLY FREE TALKS & PLANT POTLUCK

FEATURING KIRK HAMILTON PA-C



Reverse  
Diabetes Today

October 11<sup>th</sup>  
(March 20, 2020)



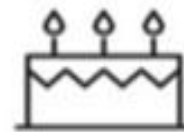
Reverse Heart  
Disease Now

November 15<sup>th</sup>  
(April 10, 2020)



Alzheimer's  
Disease

December 20<sup>th</sup>



You Can  
Live to 100

January 10<sup>th</sup>



Reversing  
Obesity

February 14<sup>th</sup>

**Course Description:** Chronic Diseases account for more than 85% of the United States' enormous health care expenditures yet are not only preventable, but also many times reversible with committed diet and lifestyle changes. Diets rich in whole plant foods are associated with prevention and reversal of chronic diseases and make up 90-95% of the diets of long-living Blue Zone cultures. This series is designed for those who want to REVERSE their disease with medically proven lifestyle approaches versus just trying to just "manage" their disease with modest lifestyle change and continued medical treatments. If you commit to these programs you will achieve results.

### Health Associates Medical Group

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Sacramento, CA 95825

**PLEASE TEXT OR E-MAIL IF YOU ARE COMING**

916-716-2295 or [krhammer@surewest](mailto:krhammer@surewest)

Kirk Hamilton is a practicing physician's assistant of more than 36 years in nutrition, prevention, integrative and lifestyle medicine. He has a passion to teach the prevention and reversal of chronic diseases through lifestyle change. Kirk Hamilton is the author of the book "Staying Healthy in the Fast Lane" and host of "Staying Healthy Today" show where he interviews key researchers and physicians on how to prevent and e chronic diseases and live long, healthy and functional lives. "Kirk's 21 Day Healthy Living Program" can be found at [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) as well as signing up for his "Healthy Living Tips".

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### "Plant Potluck" Vision

Food is the most powerful medicine. **REVERSAL** of heart disease, high blood pressure and cholesterol, diabetes, obesity, kidney disease, autoimmune diseases, depression, some cancers and memory loss have occurred by adopting a whole food, minimally processed, low allergy, plant-based diet (WFPBD). By individuals bringing a WFPB dish or single food item they are teaching and inspiring themselves and others how to live a more disease-free life in a community setting of support. "Regular people teaching people" how to reverse the major diseases of our lifetime by simply sharing WFPB dishes. (Participants are to bring a single plant food item or plant dish. Please dishes to be made with no animal products i.e. meats, dairy, eggs and made WITHOUT added oils).

## Chronic Disease “Reversal” Series 2019-2020

**October 11, 2019 & March 20, 2020 – “Reverse Diabetes Today By Reversing Insulin Resistance in Type 1 or Type 2 Diabetes!”** Insulin resistance is the accumulation of excess fat, especially saturated fat, in tissue like the muscle, liver and pancreas. These tissues were not designed to store excess fat. This fat “blocks” insulin’s ability to “push” sugar into the cell to be burned as energy and the blood sugar subsequently rises. Many doctors wrongly blame carbohydrates as the problem. An UNPROCESSED, carbohydrate RICH diet, that is low-fat (especially saturated fat from animals) and rich in fiber, will reverse type 2 diabetes and reduce insulin need in type 1 while protecting nerve, kidney, eye, brain and artery function.

**November 15, 2019 & April 10, 2020 – “Reverse Heart Disease Now!”** This class will review the causes of heart disease and use the best of the proven Esselstyn and Ornish program’s that have been shown to reverse the plaque and inflammation in your arteries. Along with diet... exercise, stress management and selected nutraceuticals will be reviewed. The use of “good fats” will be discussed. Learn what cardiologists and vascular surgeons say about REVERSING heart disease using whole food, plant-based diets and get started reversing the world’s #1 killer today.

**December 20, 2019 – “Alzheimer’s Disease and Memory Loss are Not Inevitable!”** Lifestyle practices like the “NEURO PLAN” can prevent most Alzheimer’s disease and cognitive decline. The “Bredesen Protocol” has helped early Alzheimer’s patients reverse their cognitive decline with lifestyle changes along with diet, nutritional supplements, hormone therapy, detoxification and treatment of infections. Explore the MIND Diet’s ten diet principles for Alzheimer’s prevention; the five NEURO Plan lifestyle practices to improve cognition; and the six pathways and metabolic “holes” that need to be optimized to reverse early Alzheimer’s disease in some patients using “Bredesen Protocol.”

**January 10, 2020 – “You Can Live to 100” - Lifestyle Lessons from the Blue Zones, “The Longevity and Fasting Mimicking Diets.”** Confused about diet and lifestyle? Then learn from the five longest living, most disease-free societies in the world, the Blue Zones. Understand the common points of their diets, physical activity, social structure, stress management techniques and mindsets and how to apply them to your busy lives. Learn about periodic fasting and Dr. Valter Longo’s “Longevity Diet”, “juventology” and his 5-day, anti-aging “Fasting Mimicking Diet.”

**February 14, 2020 – “Reversing Obesity” – Why All Diets Work! Safe & Rapid Weight Loss Without Counting Calories!** – Ever wonder why all diets work? Learn safe diet principles common to all diet programs so you can achieve lasting and permanent weight loss. Understand the value of “green” smoothies, raw vegetables, whole food carbohydrates and good fats combined with interval, resistance and circuit training to increase your body metabolism while reducing your cravings for rapid weight loss! You will learn about the “The Fasting Mimicking Diet” as well.

### “Heart & Chronic Disease Reversal” Action Steps

- 1) **Sign-up** for a “Chronic Disease Reversal Series” talk and share with love-ones or friends by Texting **916-716-2295**. Bring a plant-based item or dish to share.
- 2) **To Get Started Reversing Your Heart Disease Go to:** [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) → On **Menu Bar** click on “**Heart Disease Reversal**” page → Scroll down and look at the resources you think will help you with changing your diet to a heart disease reversal diet (i.e. journal articles, books, podcasts, coaching programs, “Quick Start” programs, meal delivery, free recipes, cooking courses, a healthy restaurant app, 5-18 day immersion programs, websites, videos, etc.). Other educational resource pages at [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) are “**Diabetes Reversal**”, “**Obesity Reversal**”, “**Alzheimer’s Prevention and Reversal**” and “**Living to 100**”.
- 3) **Sign-up** for Kirk’s “FREE” “**Healthy Living Tips**” at [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com)
- 4) **Get a FREE copy of Kirk’s book by** 1) Picking up a copy in the Health Associates waiting room. 2) Going to one of Kirk’s monthly talks. To get the most out of Kirk’s book - “**Staying Healthy in the Fast Lane**” – Flip through the book and look at the Table of Contents, Chapter Headings, Illustrations and Appendices. Then read the Foreword, Preface, Acknowledgements, Introduction and Conclusion. Then read areas of the book that interest you most.
- 5) Review the “**9 Simple Steps to Optimal Health**” several times per week on the insert card provided with the book. **Eat FROM** the food list (**BED Diet**) only on the back of the inserted card for 1 month if you do nothing else.
- 6) If unsure of how to get started Go To: [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) and start watching at least one video lesson each day of “**Kirk’s Healthy Living Program**” (Days 1 thru 23) and apply these lessons for a simple, gradual transition to a chronic disease preventive diet and lifestyle. You then can transition, if desired, to a more aggressive whole food, plant-based, Heart Disease Reversal Diet (or diabetes and/or rapid weight loss diet program) over the next 28 days.