

COMMUNITY HEALTH SERIES
CHRONIC DISEASE REVERSAL SERIES

MONTHLY FREE TALKS & PLANT POTLUCK

FEATURING KIRK HAMILTON PA-C



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.

Lundquist Institute, CDCRC Building – First Floor Conference Room

1124 West Carson Street, CA 90502

PLEASE CALL OR E-MAIL DUE TO LIMITED SEATING AVAILABILITY

310-803-5657 or info@calciumscan.com

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 reverse chronic diseases and live long, healthy and functional lives. "Kirk's 21 Day Healthy Living Program" can be found at www.HealthyLivingforBusyPeople.com as well as signing up for his "Healthy Living Tips".

Chronic Disease "Reversal" Series 2019-20

October 9, 2019 & March 18, 2020 – "Reverse Type 2 Diabetes Today and Reduce Insulin Resistance and Insulin Requirements in Type 1 Diabetes!" Intact, whole, fiber-rich, low glycemic carbohydrates in the context of a low-fat diet are the treatments of choice for REVERSING type 2 diabetes, reducing insulin resistance and improving insulin sensitivity. Following these principles will reduce (type 1) or eliminate insulin use (type 2), eliminate or drastically reduce diabetic medications and preserve nerve, kidney, eye and vascular function in both type 1 & type 2 diabetics.

November 13, 2019 & April 8, 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. Common tests (scans & blood) to assess your progress in stopping or reversing heart disease will be discussed along with diet...exercise, stress management and selected nutraceuticals will be reviewed. The role of oil and 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 11, 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 15, 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 12, 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 calling 310-803-5657.
- 2) **To Get Started Reversing Your Heart Disease Go to: 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 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
- 4) **Get a FREE copy of Kirk’s book by** 1) getting a Wellness Consult at the Diagnostic and Wellness Center (DWC) 2) Asking for a copy at the DWC front desk or 3) 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 Foreward, Preface, Acknowledgements, Introduction and Conclusion. Then read areas of the book that interest you most.
- 5) **Follow Kirk’s “12 Step” 21 Day Healthy Living Program** in this handout. If you do nothing else eat FROM the Food List (BED Diet) only for 1 month.
- 6) **To get started Go To: 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. 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.

Rev 10-31-19