

### **Additional information**

Our partners we can use information from their website if we need any data. I have a written permission for that.

- <https://wildwoodhealth.org> — Building on 75 years of experience
- <https://chiphealth.com.au> — based on Lifestyle medicine & 40 scientific research papers
- <https://piviohealth.com> — This is the program we use

Adventist

From the Adventist - America's only blue-zone

- <https://adventisthealthstudy.org/studies>
- <https://www.bluezones.com/exploration/loma-linda-california/> — we are adventist the Americans only bluestone the longest living people on the planet Wildwood Health Institute, etc.

### **Coaching explanation:**

coaching skills are important in health because we need to do more than just give information. Health information alone does not change people, if you did we would not be where we are right now with the pandemic of non-communicable disease worldwide.

So we need to do more than give health information we need to help people apply that information to their lives and to be able to make and sustain positive healthy changes.

So the goal for this program is really best described with the use of a metaphor we are very familiar with role of a travel agent that gives us information maybe book our tickets for travel provides us brochure about where we are going to go and helps us with the logistics of the trip.

But there is another way of helping in Travel and that is the tour guide on the tour guide is different because they are with you on the journey that I've been there before the intimately know each stop and they give you insight and guidance that you wouldn't get otherwise.

### **People that are doing similar program**

- <https://www.masteringdiabetes.org>
- <https://www.usa.twinhealth.com>
- <https://us.twinhealth.com/partners/>
- <https://www.breathewellbeing.in/blog/>
- <https://carolynteaguefnp.com>
- [https://healthyhabits.com/CPA/SDBSIVSL/?AFFID=Internal&AFID=PVI&utm\\_source=GS&utm\\_medium=C\\_17473269255&utm\\_campaign=AG\\_138879419498&utm\\_term=reverse%20diabetes&utm\\_content=p&qclid=Cj0KCQjwidSWBhDdARIsAloTVb0-1uu1pjMrPMTrdHqvKEeyyn2fz3FUNitv-ZW0FXpQfstLqxbYuP8aAhO2EALw\\_wcB](https://healthyhabits.com/CPA/SDBSIVSL/?AFFID=Internal&AFID=PVI&utm_source=GS&utm_medium=C_17473269255&utm_campaign=AG_138879419498&utm_term=reverse%20diabetes&utm_content=p&qclid=Cj0KCQjwidSWBhDdARIsAloTVb0-1uu1pjMrPMTrdHqvKEeyyn2fz3FUNitv-ZW0FXpQfstLqxbYuP8aAhO2EALw_wcB)
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<https://www.pritikin.com>

Here is the drive with the files that will help you as well.

<https://drive.google.com/drive/folders/1RfYmvZDFk8MmJmHxXBEaEN6Mrpyl6pCv?usp=sharing>