



FIX 55

Lessons to FIX your health for a Lifetime

CORPORATE WELLNESS TOPICS

1. Starting Successfully
2. SMART Goals
3. WHY's
4. The Gift of Time & The Cost of Health
5. Time-Saving Tips
6. Dining Out Pointers
7. Healthy Cooking
8. The Pre-Cleanse Cranberry Drink
9. 30 Day Bone Broth Gut Repair
10. Vegetables & Good Fats
11. Dirty Dozen/Clean 15
12. Guidelines for Eating
13. Dealing with Cravings
14. Understanding Cholesterol
15. Importance of Vitamin D
16. Abdominal Breathing
17. Stress Management
18. Mechanics of Eating
19. The Skinny on Fats
20. Organic Foods & Healthy Meats
21. Restoring Your Gut
22. The Truth About Reflux
23. Optimizing Brain Function
24. Importance of Quality Sleep
25. Addressing Antibiotics
26. Detox Allowed Foods
27. Demystifying Detox
28. After the Detox: Now What?
29. Pitfalls of Processed Grains
30. What's Next for My Nutrition
31. Basics of Blood Pressure
32. Principles of Exercise
33. Key Points for Working Out
34. Developing a Long-Term Nutrition Plan
35. Nutrition Principles
36. Tips for a Successful Lifestyle
37. Enjoy Your Food
38. Understanding Carbohydrates
39. Understanding Proteins: Complete & Incomplete
40. Understanding Fats: The Best & Worst
41. Target Weight & Calories
42. Water & Long-Term Supplements
43. Importance of Balanced Hormones
44. Male & Female Hormones
45. Insulin & Diabetes
46. Understanding Thyroid Hormones
47. Adrenals & The Stress Hormone
48. Hormone Replacement Therapy & Other Options
49. Self-Care & Your Nervous System
50. 4 Principles of Self-Care
51. Do's & Don'ts of Cookware
52. The Dirty Truth About Cleaning Products
53. Dangers of Fluoride
54. Proper Personal Hygiene Products
55. Best Sunscreen for Your Skin