



40 DAY

HEALTH
TRANSFORMATION
PROGRAM

MAY 1 - JUN 5 2024



OUR CONVENTIONAL HEALTHCARE SYSTEM DOESN'T MAKE US HEALTHIER BECAUSE IT WAS ONLY EVER DESIGNED TO HELP US BECOME **LESS SICK**

SO WE'RE LAUNCHING THE 40 DAY TRANSFORMATION SERIES BECAUSE THE WORD "DOCTOR" MEANS "TEACHER", AND IT'S TIME THAT WE PHYSICIANS BEGIN EDUCATING OURSELVES—AND OUR PATIENTS—ON WHAT IT MEANS TO BE HEALTHY AND WHAT IT MEANS TO HEAL...AND ON WHAT LEVELS WE HUMANS OFTEN NEED TO HEAL.

OTHERWISE WE'LL ONLY EVER CONTINUE OFFERING TREATMENT FOR DISEASES, DISORDERS, AND DYSFUNCTIONS, WHILE LACKING A DEEP UNDERSTANDING OF HEALTH...AND WE'LL ONLY KEEP GETTING SICKER AS A CIVILIZATION.

WHILE THERE ARE MANY COACHING SEMINARS, TRANSFORMATIONAL PROGRAMS, NEW YEAR BOOTCAMPS, WEIGHT LOSS PLANS, AND HEALTH RESETS, MOST OF THEM ONLY ADDRESS A SMALL SLIVER OF THE NECESSARY COMPONENTS OF HEALTH. SO WE SET OUT TO DO SOMETHING DIFFERENT:

"TO IDENTIFY THE FUNDAMENTAL BUILDING BLOCKS OF HEALTH AND HEALING AND PRESENT THEM IN A COHERENT, WELL-ORGANIZED FRAMEWORK. THEN CURATE THE WORLD'S MOST POTENT MODALITIES, METHODS, AND TECHNIQUES FOR OPTIMIZING THEM ALL."

WE BRING THEM ALL TOGETHER USING BIOSENSORS, HEALTH TRACKERS, DOZENS OF MODALITIES, AND OUR "SALUTOGENESIS JOURNAL", TO KEEP TRACK OF "ALL THAT MATTERS" FOR OUR HEALTH. SO WE CAN EFFICIENTLY DISCOVER OUR OWN "USERS MANUAL" FOR OUR INDIVIDUAL HEALTH, AND TAP INTO OUR INNATE CAPACITY TO HEAL FROM WITHIN AND THRIVE IN ALL THE WAYS WE WERE MEANT TO. WE NEED TO DO THIS FOR OURSELVES. WE NEED TO DO IT FOR ONE ANOTHER. AND THE WORLD NEEDS US TO DO IT TOO.



BECOME A HEALTHIER HUMAN IN ORDER TO
HELP BUILD A HEALTHIER WORLD FOR ALL

WEEK 1– WELCOME & ORIENTATION. (May 1 2024 6-730pm)

WEEK 2– MY BODY (May 8 2024 6-730pm)

Cracking your metabolic code

Becoming immunologically anti-fragile

Finding your Achilles heel, and learning how to fix it

Voluntary control of HRV + stress

Breathing + Sleeping

WEEK 3– MY INTERIOR SELFHOOD (May 15 2024 6-730pm)

Waking up: *Who am I?*

Growing up: *What do I want?*

Cleaning up: *What's holding me back?*

WEEK 4– MY RELATIONSHIPS (May 22 2024 6-730pm)

What does the world need + what is mine to do?

Coherence in spite of Triggering / Multi-Perspective taking

The Golden Mirror

Group Work

WEEK 5– NATURE (May 29 2024 6-730pm)

From consumer to steward + custodian + guardian

Constellating the bright stars

Feeling closer to nature

Anti-fragile community health

WEEK 6– INTEGRATION (June 5 2024 6-730pm)

THE MISSION:

YOU ARE CORDIALLY INVITED TO JOIN OUR PROGRAM DESIGNED TO:

UNCORK,

UNLOCK,

& UNLEASH

YOUR INNATE, NATURAL-BORN CAPACITY TO BE **HEALTHY & TO HEAL!**

THE METHOD:

REMOVE THE GIMMICKS, AND **BRING ON THE GAMECHANGERS.**

- LEARN THE 4 FUNDAMENTAL COMPONENTS OF HEALTH + HEALING
- HARNESS THE MOST POTENT TECHNIQUES FOR RAPID AND DURABLE HEALTH TRANSFORMATION
- TRACK YOUR RESULTS TO SEE WHAT'S WORKING
- LEARN TOGETHER AS A GROUP WHILE SUPPORTING AND HOLDING ONE ANOTHER ACCOUNTABLE FOR OUR EFFORTS
- JOIN US FOR A 40 DAY LIFE-TRANSFORMING PROGRAM STARTING IN JANUARY TO KICK OFF THE NEW YEAR 2023

HARNESSING THE WORLD'S MOST POWER TOOLS FOR:

FEELING BETTER

- MORE ENERGY, VITALITY, & LIFE FORCE
- OPTIMIZING FITNESS, BODY COMP & SUPPLENESS
- MORE EFFICIENT METABOLISM & KETO-ADAPTATION
- MORE IMMUNE RESILIENCE

THINKING BETTER

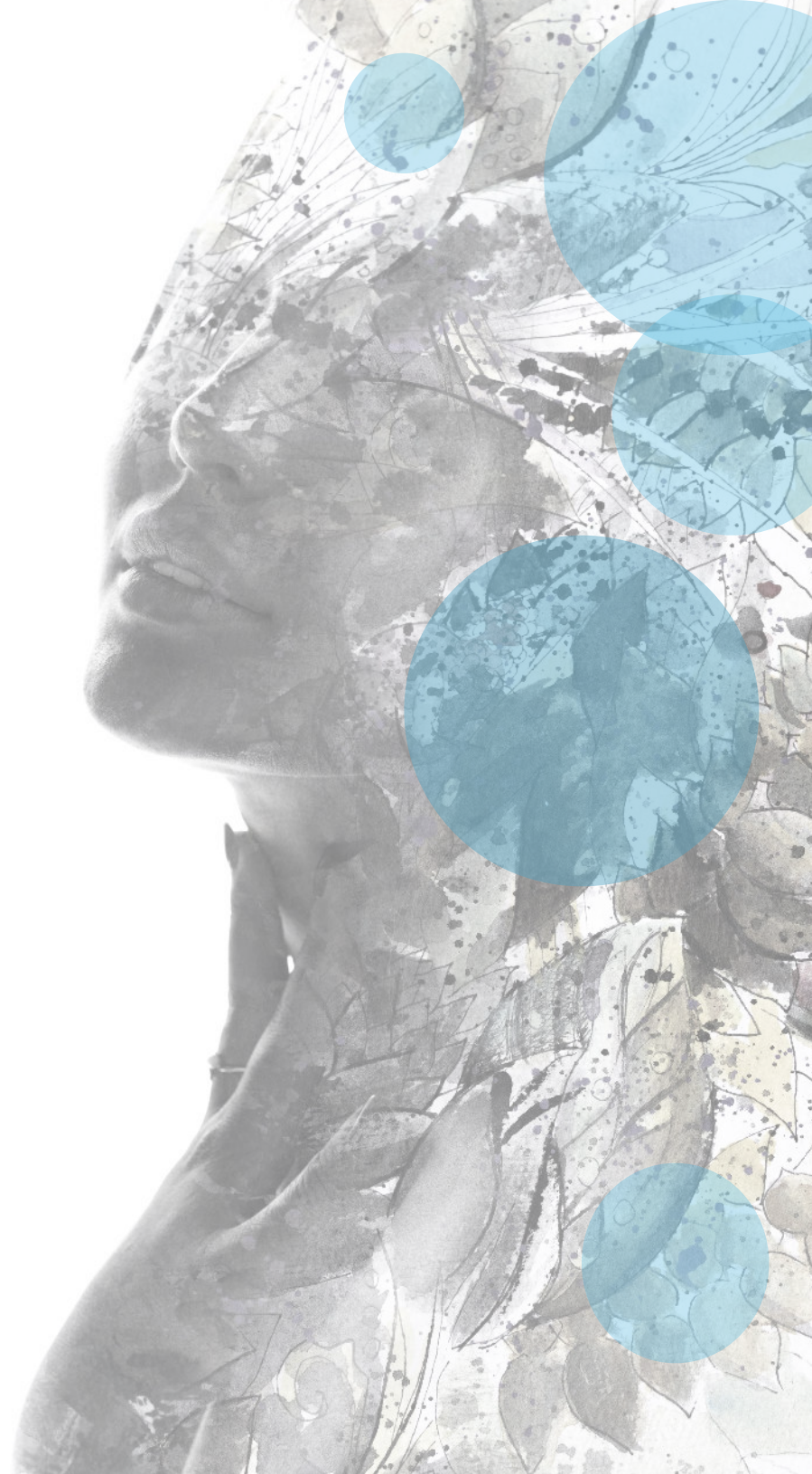
- GREATER FLOW WITH LESS OVERWHELM
- MORE FOCUS AND COGNITIVE CLARITY
- GREATER ABILITY TO SELF-REGULATE EMOTIONS
- ENHANCED CREATIVITY & INSPIRATION

RELATING BETTER

- LESS REACTIVITY, MORE PATIENCE & COMPASSION
- DEEPER CONNECTION WITH OTHERS
- GREATER SENSE OF PURPOSE & MEANING

HARMONIZING WITH NATURE BETTER

- MORE COHERENCE WITH THE RHYTHMS OF NATURE



PROGRAM OVERVIEW:

WE BEGIN WITH DETAILED TRACKING OF:

- FOOD / NUTRITION / HYDRATION
- GLUCOSE LEVELS WITH CGM
- SLEEP QUALITY WITH SLEEP TRACKER
- BLOOD PRESSURE MONITORING
- HEART RATE VARIABILITY (HRV) MONITORING
- OXYGENATION STATUS. MONITORING



NEXT WE IMPLEMENT OUR AM & PM ROUTINES:

- JOURNALING / DATA TRACKING
- BREATH WORK
- COLD THERAPY
- SUPPLEMENTATION REGIMEN
- INTERMITTENT FASTING
- POTENT / SHORT-FORMAT EXERCISES



THEN WE ADDRESS OUR RELATIONSHIPS WITH OTHERS:

- YOU WILL BE PAIRED WITH AN ACCOUNTABILITY PARTNER
- UNDERSTANDING IKIGAI AND INTER-BEING
- UNDERSTANDING OUR ATTACHMENT TO OTHERS
- LEARNING EMOTIONAL SELF-REGULATION



THEN WE ADDRESS OUR INTERIORS:

- KNOWING OUR PERSONALITY (ENNEAGRAM, 5FM, GENE KEYS)
- AWARENESS OF OUR PERSONAL EMOTIONAL TRIGGERS
- UNDERSTANDING THE COMPONENTS OF OUR IDENTITY
- UNDERSTANDING OUR CORE WOUNDS



THEN WE ADDRESS OUR RELATIONSHIP WITH NATURE:

- MOVING FROM:
COMFORT, CONVENIENCE, CONSUMPTION, COMPETITION
- MOVING TOWARD:
STEWARDSHIP AND CUSTODIANSHIP



HEALTH
HEALING
THRIVING
FLOURISHING



MY HIGHEST SELF

MY TRUE ESSENCE

MY BODY

MY PHYSICAL SELF

ONE ANOTHER

MY RELATIONSHIPS

NATURE

MY INTERACTIONS WITH THE PLANET

IMAGINE YOUR FUTURE SELF

40 days will go by fast.

But that's plenty of time to:

- *Optimize your metabolism*
- *Supercharge your immunity*
- *Fix your muscular weak link*
- *Self-regulate your emotions*
- *Discover who you are*
- *Discover what you want*
- *Identify your core wounds*
- *Stop perpetuating your trauma*
- *Live in more harmony with nature*

DATES: JAN11 - FEB15 2023 | WEDNESDAYS 6-730PM MST

SUPPLIES:

- CONTINUOUS GLUCOSE MONITOR - (APPROX. \$70)
- HRV MONITOR - (VARIABLE COST: FITBIT, WHOOP, APPLE WATCH, GARMIN, ETC.)
- PULSE OXIMETER (APPROX. \$25)
- BLOOD PRESSURE MONITOR (APPROX \$30)
- SLEEP TRACKER - (VARIABLE COST: FITBIT, WHOOP, APPLE WATCH, GARMIN, ETC.)
- COLD WATER
- OPEN MIND
- OPEN HEART
- SALUTOGENESIS JOURNAL - (INCLUDED IN REGISTRATION)

COST: \$299 CLOUD MEMBERS - (\$549 COUPLES)

\$399 NON MEMBERS - (\$699 COUPLES)

OUR INTENTION:

“To discover what our bodies need in order to function optimally on a cellular level. To discover what we truly want in life and why we were born. To be present with one another and say, “I see you and I feel you, both as a singularly unique individual as well as a human being with whom so many commonalities are shared”. To relate to Nature as both a “mother” who provides all of our needed resources, as well as a “lover” who requires our care and devotion.

These are the pathways to health, to healing—and for falling in love with being alive. There are many useful tools, skills, and practices which can help us along our journey. It’s time to bring them together into a coherent methodology”

