



TAKE BACK YOUR HEALTH

5 PROVEN STEPS TO GO FROM **SICK AND TIRED**
TO **ALIVE AND INSPIRED**

TERRI WARD

Have you ever thought,

“If only I knew exactly what I should and shouldn’t eat”?
If so, this might be the most important report you read all year.

Here’s why...

HAVE YOU EVER SAID ANY OF **THESE** THINGS?

- ➔ I wish I knew how to have more energy and less brain fog...
- ➔ I don’t know where to find a sustainable plan for recovering my health quickly...
- ➔ I don’t want to take drugs and/or feel like this forever...
- ➔ I wish I felt better after eating instead of worse

If you can relate to any of those, then this special report is going to be life-changing for you.

WHAT YOU’RE GOING TO **GET**...

In this report you are going to discover the top 5 ways to take back your health fast!

Before I unpack the specifics, I want you to consider for a moment the results of doing nothing. Ignoring a problem doesn’t make it go away. It makes the problem worse!

How bad could it get? Well, if you ignore your health, these are the long-term results you are very likely to get:

- ➔ Disease progression
- ➔ Increased fatigue
- ➔ Related diseases
- ➔ Poor health outcomes
- ➔ Increased pain



WHY SHOULD YOU LISTEN TO ME?

About twenty years ago, I knew something or some things I was eating were making me sick, but I didn't know what. I was in constant pain and although I looked healthy, I was so sick I had a hard time getting off the toilet to go to work in the morning. The stress of working tax seasons as a CPA exacerbated my symptoms. I remember standing in the kitchen in tears one day. My husband asked me what was wrong. I replied, "I'm afraid I'm always going to feel like this and you're not going to understand."

I went to several doctors and was finally diagnosed was fibromyalgia. My doctors offered prescriptions to suppress my symptoms and help me sleep. I knew the prescriptions wouldn't address the root cause of my issues, so I set out on a mission to find answers and true health.

Praise the Lord. I found the keys to breaking free from autoimmune disease, fibromyalgia, and other issues without drugs. When I started experiencing true health and abundant life, I knew I had to help others. So, with a new mission of helping others reclaim their health, I went back to school and earned a master's in human nutrition and functional medicine.

Now let's look at the 5 Proven Steps, which I've adapted from the 5 Rs of functional medicine, to reclaim your health. I've used these steps with numerous clients, and if you will apply these principles, you will soon be energetic, clear-headed, and ready to conquer the world.

1

REMOVE

If you have a rock in your shoe, your foot isn't going to feel better until you remove the rock from your shoe. The same holds true for foods and other factors that rob you of good health. The specific foods and factors are unique for everyone, and you won't get better until you remove them from your body. Together we can identify and remove the factors triggering *your* immune system and damaging *your* health.

When I met Ashley* she was reacting to almost everything she ate. She felt bloated all the time and frequently got sick with colds. She was taking medication for an underactive thyroid gland and had an overgrowth of bacteria in her small intestine known as SIBO. I connected with Ashley on a *Take Back Your Life™* Strategy Session where I meet 1-on-1 with people who have food allergies or autoimmune disease. I help them get clear about the health they desire, discover the essential building blocks for having their dream health, identify the #1 obstacle to achieving their goal, and map out a 3-step action plan to help them get motivated, energized, and pain-free.

Ashley almost didn't reach out to me because she had already been to multiple medical practitioners. In talking to Ashley, I discovered that her top constraint was her busy schedule. I recommended a specific course of action that fit her schedule. Ashley implemented the plan and got rid of her bloating. Now, Ashley feels great again. She feels strong and doesn't get as many colds because she removed the factors robbing her of her health. She told me she wished she'd met me years ago so she wouldn't have needed a tummy tuck.



2

REPLACE

There is a universal law known as the Law of the Vacuum. The premise of this law is that when a void is created, a vacuum is also created to fill the void. Thus, when you remove harmful foods, factors, and habits, it is critical to replace them with healthful ones.

It is also important to replace any deficiencies of things your body uses for digestion because if you can't digest and absorb your food, even the best diet in the world isn't going to help you.

This doesn't mean you have to feel deprived. One day I got a text message from a client describing to me the recipes in her meal plan as "seriously incredible...delicious and savory...amazing...perfect...simple and quick yet so filling and yummy!" She went on to say, "I don't feel like I'm being limited on foods at all!" Her challenges demanded the most restrictive plan I've ever prepared, but her family was still able to enjoy things like Cilantro-Lime Chicken Kebabs, Rainbow Salad Rolls, Dill-Caper Salmon, and more!



3

REINOCULATE



Hippocrates, who is known as the father of modern medicine, said, “All disease begins in the gut.”

The gut is almost always at the root of chronic symptoms even in the absence of digestive complaints. Whether it’s autoimmunity, allergies, skin problems, fibromyalgia, or recurring headaches, an unhealthy gut may be the cause. Thus, it’s critical to re-establish a healthy balance of gut bacteria.

Beth* is a young mom who struggled with stomach issues for 16 years. She felt isolated and alone because her family didn’t understand what she was experiencing and had grown tired of her suffering.

When I met Beth on a *Take Back Your Life*™ Strategy Session, she was at the end of her rope and thought she would have to live with her problem forever.

Beth almost didn’t reach out to me due to money issues. In talking to Beth, I discovered her top constraint was the lack of insurance coverage. She prayed about it and God provided. I made three simple recommendations. Beth implemented the plan and was pain-free for the first time in 16 years. Now Beth feels grateful, happy, and healthy because she is finally empowered with the knowledge that she needs to keep her gut healthy.

4

REPAIR

Healing your gut also includes repairing the gut lining, which can be severely damaged by inflammation, certain drugs, stress, trigger foods, environmental toxins, and other factors. This step is crucial because even the healthiest diet in the world won't make you healthy if your gut is damaged and you can't absorb or assimilate the nutrients you consume.

In addition, if large molecules that don't belong in your bloodstream are able to leak out of your gut, your immune system can see them as foreign and become overreactive.



5

REBALANCE

This principle addresses how your physical, mental, emotional, and spiritual health are deeply intertwined. For example, when you are stressed, your cortisol increases, throwing your hormones out of balance, which can cause weight gain. Additionally, studies show those who have spiritual beliefs heal better.

When I met Charles* he tired easily because of his autoimmunity. He was overweight and had elevated cholesterol. Charles almost didn't reach out to me because he ate a lot of meals with his girlfriend and fellow firefighters, and he wasn't sure they'd be on board for any dietary changes.

I met Charles on a 1-on-1 *Take Back Your Life*™ Strategy Session where I discovered that his top constraint was that he liked his beer. I helped Charles blueprint a sustainable game plan. He implemented the plan and lost 25 pounds. Charles also lowered his cholesterol levels and was ecstatic when his doctor took him off his statin drug.



If you want a clear mind, less pain, and more energy, implement these five principles. If you want to get these results even faster, I invite you to book a free 1-on-1 *Take Back Your Life™* Strategy Session with me.

On this fast-paced call we'll look at your background, experience, and current situation, and we'll see what's possible for you in terms of the health of your dreams in the next few months. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back from having the health you desire and map out a plan to get you where you want to go faster. You'll leave the call feeling clear, confident, and excited about taking your health and wellbeing to the next level.

To schedule your free "Take Back My Life™" Strategy Session with me,



*The names used here have been changed to protect client confidentiality.

