



# Transform your health with Lifestyle Medicine

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## *Lifestyle Medicine is:*

- Highly evidence based - recommended by doctors worldwide
- Holistic - looks at ALL the areas of your life that affect health
- Sustainable - teaches you how to put knowledge into action, for longterm measurable changes



## Health courses

Our 6 week online course teaches you what you need to know to Reboot your health.

Including plant focused nutrition, physical movement, stress reduction, restorative sleep, habit change, beating addiction, meal plans, workouts and more



## 1:1 Support

We also offer private consultations, where we take a detailed look at your current health and future goals and create a personalised plan, based on core Lifestyle Medicine principles.



visit: [www.yourlifestylemedics.com](http://www.yourlifestylemedics.com)

