



12 Weeks to Life-Long Health

Core Curriculum



CORE CURRICULUM

3350 100th St. • Urbandale, IA 50322 • 515-327-0200 • Toll Free 877-535-6158

www.HealthyForLifeUniversity.com

1st Edition

© 2011 Healthy For Life University, Inc. All Rights Reserved.

3350 100th St. • Urbandale, IA 50322.

This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering legal, medical or other professional advice. If medical advice or other expert professional assistance is required, the services of a competent professional person should be sought.

- From a Declaration of Principles jointly adopted by a Committee of the American Bar Association and a Committee of Publishers and Associations.

Published by HEALTHY FOR LIFE UNIVERSITY, INC. For more information, please contact 515-327-0200.

Dear Healthy for Life University participant,

All of us at Healthy for Life University would like to begin by saying, **welcome!** The first step in transitioning into the world of healthy living is choosing to invest your time in learning. Congratulations on making that choice!

The passion we have at Healthy for Life University was sparked by circumstances that many of you can relate to. We have had struggles with health problems and have endured the loss of loved ones. In most cases, these problems and losses could have been **prevented**. These circumstances inspired us to research and learn more about the body, and motivated us to discover the truth. It is in loving memory of those we have lost, and our compassion for those who struggle with health problems, that we created the Healthy for Life University Core Curriculum. The course will empower you with knowledge about the wonderful creation of the body and the amazing intelligence with which it was designed, giving our bodies the ability to heal themselves. Created in the image of God, we have the potential to experience great health and the richness of life God desires for us.

The Healthy for Life University team has years of experience in medical, lifestyle, supplementation and whole food education. We have spent years working with patients and clients, seeing **amazing** results with health improvement and disease resolution.

We couldn't be more excited for you! Whether you are seeking to learn more about health and healing or working to resolve health issues currently affecting your body, this course **will** be of great value to you. Healthy for Life University will help you build a strong foundation of health for you and your family!

With love from the Healthy for Life University team,

Jake Velie, CPT
Chief Education Officer
Healthy for Life University

Brian Shattuck
President
Healthy for Life University

Jacob C. Velie

Chief Education Officer

Healthy for Life University

Jake's personal passion for health started when his mother, Wendy, was diagnosed with acute leukemia when he was only 7 years old. After four years of treatments and fighting, Wendy passed away, and Jake became curious about health and disease. After his mother's death, Jake became morbidly obese, weighing 290 pounds as a high school senior. Even though he participated in strength training and played football, Jake's weight was out of control, and he became interested in how he could change his situation. After being told he would be heavy for the rest of his life because "his family was heavy," Jake developed his own program and lost nearly 100 pounds. After experiencing amazing physical and mental change through lifestyle changes, research and hard work, Jake committed his life to helping others accomplish their health goals. Jake has now helped thousands of people and families realize their full health potential.

With a background in physiology, personal training and further self-studies in cellular/molecular biology, neuroscience and biophysics, Jake has been working and consulting in the health, wellness and medical fields for the past 10 years. He has worked with various physician groups and companies around the United States and internationally on health education, program and process design, product design and disease resolution strategies. Most recently, Jake spent five years as the founder and CEO of Preventative Health Group, an integrative medical clinic in Des Moines, Iowa, that provided family medicine, physical medicine, rehabilitation, lifestyle education and psychotherapy. Jake is known by physicians, company leaders and health professionals all over the nation as an expert in program design and patient education.

Table of Contents

 Lesson 1 - The Awakening 1-1
 Lesson 2 - Nutrition and You 2-1
 Lesson 3 - Shop Till You Drop 3-1
 Lesson 4 - Prepared and Dangerous 4-1
 Lesson 5 - Top Chef 5-1
 Lesson 6 - Smart Supplementation 6-1
 Lesson 7 - Your Environment 7-1
 Lesson 8 - Movement 8-1
 Lesson 9 - Natural Family Care 9-1
 Lesson 10 - Renew Your Mind 10-1
 Lesson 11 - Medicine Revisited 11-1
 Lesson 12 - Your Prevention Plan 12-1



The Awakening



Lesson 1



It has recently become understood that our genes are actually _____ in control of our health and our lifestyles, in the vast majority of cases.

_____ have a much more important impact on the quality of life and level of health we experience.

Gene Expression (Epigenetics)

This refers to how-when-why any specific gene would go through the process of being _____ (RNA).

The regulatory proteins in the body _____ this process through reading the needs of the body and the signals coming from the environment in which the body lives.

Not all genes are expressed, and some _____ are.

Even if you have genes that are “predisposed” to produce disease in your body, they _____ necessarily have to be expressed or copied, which would result in disease or disorder.

The top killers in the U.S. are _____.

List of top deadly diseases from Centers for Disease Control:

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Chronic Respiratory Disease
- Alzheimer’s Disease
- Influenza and Pneumonia
- Nephritis and Nephrosis
- Septicemia



Symptom _____ is better than symptom _____.

In conventional medicine, the idea of prevention is _____
or _____, which is not prevention at all.

Your body was built to _____ and be _____.

The Principle of Regeneration

You are _____ hundreds of millions of cells every second and replacing or recycling cells that are no longer productive.

The science of how - How body is supposed to work under ideal conditions.

The science of now - How your body is working now based on lifestyle.

Due to the rapid rate of cellular reproduction, your body's systems are being _____ at an amazing rate:

1. The lining of your digestive tract (mouth, throat, stomach, intestines, etc.) is being regenerated/replaced every 4-6 days.
2. Vital organs like the liver and kidneys are replaced every 6 weeks.
3. The body's largest organ, the skin, is replaced every 4 weeks.
4. The skeletal system is 98% new every 10-12 months.

Due to this process, all you need to do is change the _____
and _____ your body has and you will begin to see healing happen rapidly.



What Should I do Next



Answer Key

- | | |
|---------------------|-------------------|
| Yes | indication |
| holistic | suggestion |
| full life potential | sign |
| 2% | check engine |
| 98%+ | support |
| genetics | heal |
| not | resolution |
| Behaviors | management |
| copied | disease screening |
| control | early detection |
| never | heal |
| do not | healthy |
| preventable | producing |
| reversible | replaced |
| hope | environment |
| healthy | resources |
| departure | |
| treat | |