



Welcome **valued member!**

Congratulations on your decision to take charge of your health.

We are team **Y.O.U!** Together **WE** are going to tap into the innate intelligence your body has to heal itself. Everything that you are facing today is an expression and symptom of underlying inflammation. We are dedicated to uncovering the main factors that are driving this inflammatory response in your body. We are so excited to see your success through this program, and we want you to know that we are here for you, and value your journey.

We know that your friends and family are going to be seeing and hearing much change in you over the next few months, so we want to give you as much information as possible to explain to them what it is you are enjoying so much! In this folder you will find forms that will assist you in your new lifestyle! Please print them, fill them out, and bring them with you to your first appointment. Remember; lifestyle changes happen in the mind first, so we encourage you to keep a positive outlook by focusing on all the new things you are learning and trying.

Trust me; changes in the body will soon follow the changes in the mind.

Our mission is to first and foremost bring you the message of **HOPE**. Additionally, we believe your body is created to **heal itself**, therefore, we give your body the support it needs to do so.

Congratulations.....your journey has begun.

Yours in health,

Dr. Jeff Tanzar, PSc.D

and the Genesis Health Solutions Team