

# What is LEAF?

Wabash Valley LEAF (Lifestyle Education And Food) can help you to survive and thrive. In 8 weeks, you will learn how to eat healthy, low fat, low processed, high fiber, whole foods; exercise moderately; and practice stress management techniques in an atmosphere of friendly group support. These lifestyle changes have shown to improve, prevent and even reverse heart disease.

LEAF can also teach you how to reverse other chronic diseases such as diabetes, hypertension, gout and high cholesterol. For those of you with cancer, these changes have been shown to improve the quality of life, improve survival and reduce recurrence. We are excited to share this life changing information with you.

## What LEAF can do for you!

- Cholesterol levels drop an average of **10-20%** and as much as **40%**
- Weight loss averages **7-8 pounds**
- Diabetes and Blood Pressure medications are often **reduced** and sometimes **eliminated**
- Depression **recovery is high**
- Better sleep, **higher energy levels**, and **less joint and muscle pain** are commonly reported
- Research shows that coronary artery disease can be **reversed** with lifestyle changes

## The program includes

- Two screenings, including cholesterol, LDL HDL, triglycerides, glucose, weight, pulse, blood pressure, etc.
- Two clinical lifestyle evaluations
- Personalized counseling
- 8 dynamic health and lifestyle lectures
- Food demonstrations and samples
- Resource book by Neal Barnard, MD
- Program notebook with lots of recipes and bonus materials
- Grocery shopping education and tours of local stores
- FREE monthly alumni support meetings

*"LEAF offers hope and the education you need to help reduce heart disease and other chronic illnesses at a fraction of the cost of live-in programs. Lifestyle choices are powerful medicine."*

Kathleen Stienstra, MD

### Class Schedule

- |  |  |
|--|--|
| <b>Health Screen #1</b>                        | <b>#6 • Breaking the Food Addicti on</b>       |
| <b>#1 • Turning Over A New LEAF</b>            | <b>#7 • Bone Health</b>                        |
| <b>#2 • Healthy Heart &amp; Blood Pressure</b> | <b>Health Screen #2</b>                        |
| <b>#3 • Digestive Health &amp; Fiber</b>       | <b>#8 • Preventing Cancer &amp; Recurrence</b> |
| <b>#4 • Protein Myth</b>                       | <b>#9 • COMMENCEMENT CELEBRATION</b>           |
| <b>#5 • Healthy Blood Sugar/Diabetes</b>       |  |



The Maple Center for Integrative Health

[www.themaplecenter.org](http://www.themaplecenter.org)

