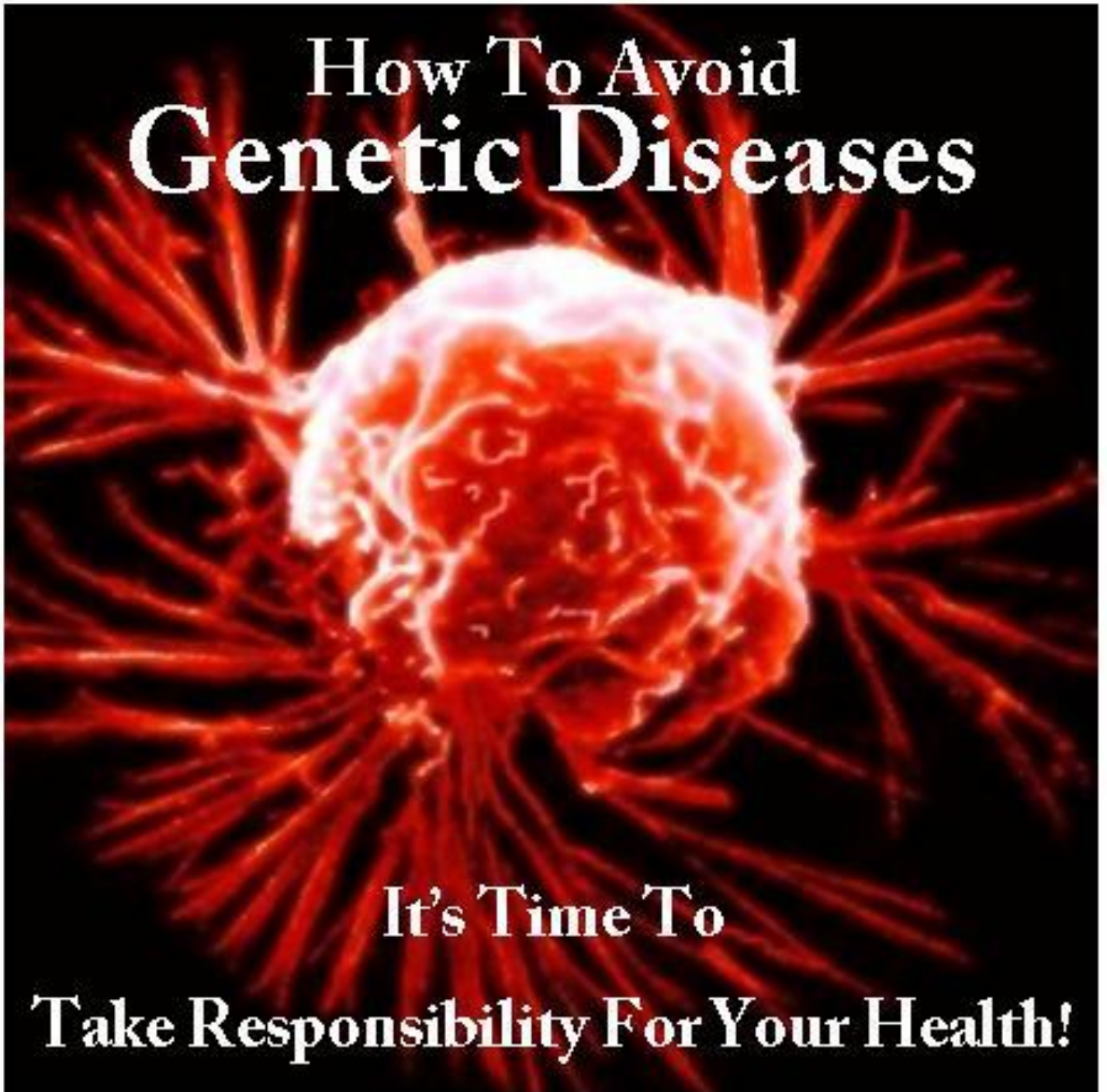


# How To Avoid Genetic Diseases



**It's Time To**

**Take Responsibility For Your Health!**

How to avoid genetic diseases: It's time to take responsibility for your health!  
www.BrettDSanders.com

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine or newspaper and has written approval prior to publishing.

For information contact:

Brett Sanders

Website: <http://www.BrettDSanders.com>

**How to avoid genetic diseases:**  
**It's time to take responsibility for your health!**

Disclaimer

The information provided in this workbook is not intended as medical information or advice. Exercise, diet and lifestyle coaching is not intended as diagnosis, prescription, treatment or cure for any disease and is not intended as a substitute for regular medical care.

Further, Brett is not a licensed healthcare professional and provides Diet and Exercise coaching as a CHEK Institute qualified professional.

## **Contents**

How to study this workbook and audiobook programme.....	Page 5
1 Nutritional Stress .....	Page 6
2 Psychic / Mental Stress .....	Page 7
3 Physical Stress .....	Page 8
4 Chemical Stress .....	Page 9
5 Electromagnetic Stress .....	Page 10
Plan of Action .....	Page 11
Plan of Action Re-evaluation .....	Page 12
Recommended Education .....	Page 13
About Brett .....	Page 14

## **How to study this workbook and audiobook programme**

To maximise your learning potential, it is recommended that you study this programme using the following protocol:

- Listen to the audiobook once alone without following along in the workbook.
- Go through the audiobook a second time, this time with the workbook to hand, so that you may make any notes as the audio contains much more information than the book.
- During this second time of listening tick or cross the relevant boxes as to whether the factors that Brett teaches are essential for good health, are currently a part of your lifestyle.
- Go through each section without the audiobook playing, so that you can write down (at the back of the workbook) the key points that you are not currently doing in your life.
  - o If you have many points and are unsure where to start, starting at the top of the page and working your way down is the best way to prioritise your Plan of Action, and using the first section and working your way through to the last section, in order.
- Begin living a healthier and happier life!
- Listen to the audiobook, or read the workbook as many times as you would like to for increased learning and motivation.
- Periodically, each 3-6 months, repeat the above steps and re-evaluate your progress.











## Plan of Action

Date: \_\_\_\_\_

x

1.

---

2.

---

3.

---

4.

---

5.

---

6.

---

7.

---

8.

---

9.

---

10.

---

## Plan of Action Re-Evaluation

Date: \_\_\_\_\_

x

1.

---

2.

---

3.

---

4.

---

5.

---

6.

---

7.

---

8.

---

9.

---

10.

---

**Recommended Education**  
(Available at [BrettDSanders.com](http://BrettDSanders.com))

- 
- Nutrition and Physical Degeneration* / Weston A. Price (Book)
- 
- Fast Food Nation* (DVD)
- 
- Your Body's Many Cries For Water* / Dr Batmangheldij (Book)
- 
- The Metabolic Typing Diet* / William Wollcott (Book)
- 
- The Secret* / Rhonda Byrne (DVD)
- 
- The Four Hour Work Week* / Tim Ferriss (Book)
- 
- Goals!* / Brian Tracy (Book)
- 
- How To Eat, Move and Be Healthy* / Paul Chek (Book)
- 
- The Golf Biomechanic's Manual* / Paul Chek (Book)
- 
- Nourishing Traditions* / Sally Fallon (Book)
-

How to avoid genetic diseases: It's time to take responsibility for your health!  
www.BrettDSanders.com

## **About Brett**

Brett's aim is to "build health from the ground up", and focus on the fundamental causes of ill health. He is a CHEK-qualified Holistic Lifestyle Coach, Exercise Coach and Golf Biomechanic, looking at nutrition, lifestyle, stress management and conditioning. He is also a big fan of the freshest organic food, experiencing nature, rest and relaxation.

Website: <http://www.BrettDSanders.com>