

# Optimal Health One Day At A Time



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**Optimal Health is a journey taken one step, one habit, and one day at a time.? -  
Dr. Wayne S. Andersen**

If you could choose Optimal Health, would you? This sounds like a question any of us would answer with a resounding YES! But what do you do? Is there a pill? Diet? Cream? Juice? Bar? How about surgery? There are many products on the market that help us lose weight. But without changing our mind and our habits, we are destined to yo-yo back to where we were. Only now, when we gain the weight back to where we were, we have more fat than before. This is worse than not losing any weight in the first place! The best way to have success, on any program, is with the help of someone who has done it before and maintained that loss. Find yourself a "Health Coach". It can be your doctor, neighbor or even your family member who has been certified to guide you on your journey to Optimal Health. Use them for Life long results!

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