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Preventative and habit transformation healthcare: Fat loss, focus, flow

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Statement of the Problem: It's a new age we live in, more and more intellectual individuals are realizing there's a new way to look at healthcare. Rapid preventative and habit transformation (RPHT) is that new way. To explain what preventative and habit transformation is, we need to explain what it is not. It is not conventional or alternative healthcare. You know the drill, you wait in a cold environment for a long time to see the doctor and then you get a one size fits all treatment. You leave with a prescription, drug sample or concoction knowing deep down inside this is not addressing the core issues. It's like having a fire in your home and the firefighters come and remove the batteries from the fire alarm. It's crazy I know but that's what we do with our health every day. We go get pain killers to numb the pain. Preventative and habit transformation is a customized approach addressing the core or underlying issue behind the disease. It uses "mind and health hacks" that are easy yet powerful solutions and lifestyle strategies. RPHT maximizes brain power, energy and peak performance while optimizing health and preventing disease. RPHT has 3 pillars. First pillar is the removal of toxicities. Second pillar is creating micronutrient sufficiency and third pillar is to inject a few peak performance habits in our daily lives. According to the cutting-edge Epigenome project, only 2%-3% of our genes predispose us to disease and we control our destiny by the decisions we make and the environment we surround ourselves with psychologically and physiologically. In other words, we inherit our habits not the genes that predispose us to disease, obesity and low performance.

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