

WholeLifeRx Training

“The WholeLifeRx system is a powerful way to lead people into a lifestyle transition.”

Many of you know that Biotics has a lifestyle program that can be used virtually or in the office called WholeLifeRx. We've highlighted the program's merits in several Tuesday Minutes.

I just got off the phone with one of my clients who went through the WholeLifeRX program, and he shared how he lost 80 lbs. in a 240-day period. We conducted his sessions virtually since he lives 3 states away. He started out stuck at 280 pounds, and now he's a solid 200.

He said, “I know I keep saying this, but you literally saved my life. For example, I have a ridiculously small yard and yet I could only cut the grass in the front yard before I would get so exhausted, I would have to stop and take a nap before I could cut the back yard. Now I cut both front and back, weed the garden and look for more projects to do before I feel fatigued.”



Now, that may not seem like a lot to you, but when a guy is in his Mid-60's, on 5 different medications and experiencing extreme fatigue every day, life is hard. Add diabetes, hypertension, extreme pain, and feeling stressed out all the time, and life seems empty.

Now he is completely pain free, exercising daily, off all medications and a walking testimony what natural healing can do.

Now everybody is not going to get those results every time, but the WholeLifeRx

system is a powerful way to lead people into a lifestyle transition.

In fact, I don't know of another system that covers all the metabolic bases like WholeLifeRx. So, considering my successes, I decided to put together some training tools on how to implement WholeLifeRx. Imagine me coming to your office and holding your staff's hand as we go through each step. Of course, you as a clinician will already know some of the things I will be sharing. But I promise you there will be at least 2 or 3 new clinical

pearls in each session for you to think about and give you that “ah haaa feeling”.

I particularly share some of the things that sabotage one’s results. Clinicians and patients alike forget that the people who are entering these wellness programs are not healthy. Patients have a multitude of issues that complicate the success of the WholeLifeRx program like: compromised digestion, leaky gut and hormone issues, suffering from blood sugar issues and weight problems, and living on coffee and processed foods.

I’ve broken the trainings into 3 segments. The first one focuses on a two-week cleanse using NutriClear Plus. The second session focuses on a four-week microbiome restructure and



nutrients to support dysglycemia using the Metabolic Biome Plus kit. Session three discusses how to develop a personalized nutritional program based on the WholeLifeQ questionnaire.

I hope you enjoy them. I know you are aware that health care is rapidly changing. Nobody knows the direction it is headed. Maybe it's time to expand your range of services. I want to encourage you to consider taking an afternoon a week and becoming an expert in the WholeLifeRX program. It will change a lot of people's lives and enhance your wellness presence in your community.

Thanks for watching, I look forward to being with you again next Tuesday.