

HEALTHY LIVING CHOOSE HEALTH with Dr Peter Hill

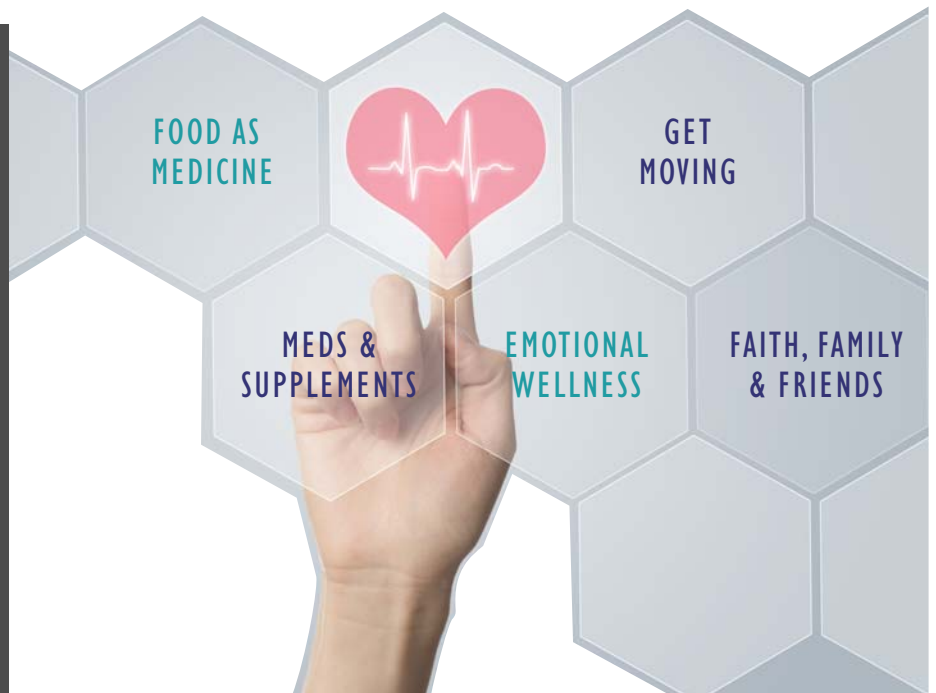
A 6 WEEK ZOOM COURSE THAT CAN CHANGE THE COURSE OF YOUR LIFE

Learn how to combat lifestyle-related chronic diseases such as being overweight or obese, being at risk for type 2 diabetes, high blood pressure, non-alcoholic fatty liver disease, most cancers, Alzheimer's and more.

Most available lifestyle-related interventions are focused only on either diet, or exercise or medication use, with little or no attention given to empowering the 'whole-person' to be able to care for themselves and their families. This 6 week Healthy Living programme is focused in helping you to improve your capacity for self-care across all five domains of what it means to be human: Physical, Intellectual, Emotional, Relational and Spiritual.

“ The top two causes of death, as well as five of the top seven causes (heart disease, cancer, cerebrovascular disease, Alzheimer's disease and diabetes) are related to chronic metabolic diseases. Over the past few decades, all these diseases have been on the rise. But why? You are about to learn that it all comes down to one root cause: insulin ”

Dr Benjamin Bikman, Why We Get Sick



WHY?

- It's never too late to change
- You deserve to live the best version of yourself
- You cannot do it alone
- Gain the skills and confidence to optimise your metabolic health



HOW

- 6 x 60min interactive online course
- Simple, easy to follow workbook
- Ongoing peer support
- Personal mentorship by Dr Hill



COURSE OUTLINE

- Problems & Causes
- Solutions: 5-Pillars of Chronic Disease Self-Care:
 - Food as Medicine
 - Get Moving
 - Meds & Supplements
 - Emotional Wellness
 - Faith, Family & Friends



COURSE OUTCOMES

- Self-assessing metabolic health
- Understanding the real 'reasons beneath the reasons'
- Keeping the main thing the main thing
 - What and when to eat
 - Planning meals and snacks for ALL occasions
 - Interpreting food labels
- Setting exercise goals
- Using medicines and supplements appropriately
- Addressing emotional triggers
- Tapping into ongoing whole person support

COURSE INFO

- DURATION: 6 WEEKS (1 x 60min online session per week)
- HOW: Once signed-up, you will receive your zoom link
- NO. OF PARTICIPANTS: 6 participants for every 6- week course (first come first serve basis)

Contact us for latest pricing and course start dates.



ABOUT DR HILL

Dr Peter Hill PhD, earned a doctorate in patient behaviour in Type 2 diabetes mellitus at Rhodes University in South Africa. Part of his doctoral studies included undergoing training in Chronic Disease Self-Management at the Patient Education Centre at Stanford University in the USA.

His post-doctoral studies, practice, teaching and research are focused on the role of self-care in preventing and treating chronic diseases of lifestyle such as obesity, Type 2 diabetes, high blood pressure, etc. He taught a number elective courses focused on chronic disease self-care, conducted a number of self-care workshops and mentored more than 150 nurses and health coaches employed in the private healthcare sector in South Africa.

MORE ABOUT THE COURSE

You have probably heard the old saying, 'Prevention is better than cure'. The most important lesson that SARS CoV-2 should have taught us is that while our current treatment options are limited, each one of us can play a major role in preventing the spread of the virus. Prevention of lifestyle-related disease is almost 100% dependant on self-care. This is why the 6 week Healthy Living programme is focused in helping you to improve your capacity for self-care across all five domains of what it means to be human: Physical, Intellectual, Emotional, Relational and Spiritual.

Should you enrol for the series of 6 weekly interactive workshops, you will be a member of a small group of between 6 and 8 people meeting together over Zoom for about an hour once a week for 6 consecutive weeks.

Because the workshops are interactive, your participation in the various exercises will be vital if you are to be empowered to take better care of yourself, physically, intellectually, emotionally, relationally and spiritually. Between our weekly Zoom meetings you will have assignments to complete, and you are encouraged to work together in your group, sharing and learning as you go. The ethos of providing mutual support should extend well beyond our 6 weekly meetings as ongoing support is essential if the new healthy lifestyle behaviours which you will learn are to be adopted and sustained in the long run.

You will be provided with the relevant sections of the Healthy Living empowerment workbook each week, as well as all the necessary questionnaires and other forms. Ideally some basic blood tests should be done before the course begins and repeated after a period to allow for an assessment of any changes in biochemical disease-risk. However, these tests are not mandatory. All the material used in the development of the course as well as the application thereof is evidence-based. In other words, the course is based on current scientific evidence as well as on the practical experience of experts in the field.

COURSE PARTICIPATION

Course participation: Once you have emailed care@caleb.co.za and indicated your willingness to sign up for the 6-weekly Healthy Living programme, you will receive an email with the Zoom login details for the first workshop.

WHAT OTHERS HAVE TO SAY:

“ For the first time after 13 years I am wearing L size, I can find clothes in shops, and have lost almost 24 kg in less than a year. I know I'm never going to get it back because its a change in my behaviour. ...Like I said most people write about success stories of their weight loss. And that's it. It's called a success story because it is already over. It's like a trophy that they've earned after working so hard. While I really admire them for that, I also want to write about a life changing healthy style by not doing it alone. But by doing it with like-minded people who would be going through this journey with me for a life time.”

“ The effect of the applied selfcare lessons was visible and felt within weeks. Energy was back and we were emotionally feeling well in our bodies and mind. I was reminded of the following Proverb: A cheerful heart is good medicine, but a crushed spirit dries up the bones. The benefit of being followed up by a personal mentor on a regular basis, stirring up our spirit to move forward and achieving short term goals is matchless and Amazing. What was unbelievable was that I was losing weight without doing exercise as my physical condition did not allow me to do so but I was eating joyfully and enjoying my meals which was not the case with previous diets that we've tried before.”

“ Most of my adult life was spent in an overweight situation +/- 118kg at the age of 34. Now at the age of 74 I weigh 78kg. Nett loss of 40kg's. I battled for a long time with being Insulin Resistant. I was ready to give up when after being on Dr Peter Hill's programme, I started losing 1.5 kg of weight every month. My latest blood tests show a very low PSA & also all my other Blood tests are very good. I do this yearly & strongly recommend this to be done by all. If you are battling with Diabetes or Obesity contact Dr Peter Hill, he can help you.”

WORKSHOP BREAKDOWN

1 Workshop 1 Introduction to Healthy Living

We will discuss the rapidly increasing problem of lifestyle-related chronic diseases, such as obesity, Type 2 diabetes, high blood pressure, most cancers, etc. with a focus on the main causes of these metabolic conditions.

You will learn how the self-assessment data you provided can be used to help you identify workable solutions that fit with your values and vision for your health. You will be introduced to goal setting and learn how to set personal health goals in arriving at solutions that work for you in practice and that will help you mitigate your health risks.

You will learn about the main drivers of the key chronic diseases of lifestyle from a whole-person perspective as you get to explore the 'reasons beneath the reasons'. Having a good grasp of the causes of disease is essential if evidence-based solutions are to be identified and implemented.

You will be introduced to the concepts of whole-person self-care and the '5 Pillars of Healthy Living', which forms the basis of the programme.

2 Workshop 2 Healthy Living Pillar No. 1

Every workshop will start with about 10-15 minutes for any questions you may have arising out of a previous workshop.

The first pillar of Healthy Living, Pillar No. 1, is "Food as Medicine".

Our food, i.e. what, how much and when we eat, is responsible for about 90% of our metabolic problems, whether its simply being overweight or being at risk for any of the serious the chronic metabolic diseases. If food is 90% of the problem, then it follows that it must hold the key to about 90% of the solution.

You will learn how to interpret food labels, what foods, beverages and food additives to avoid, and be given access to science-based nutritional meal plans that fit with your family's food preferences.

You will also learn how to plan healthy meals and snacks for all occasions, and be able to tap into the collective wisdom of nutritional and culinary experts.

3 Workshop 3 Healthy Living Pillar No. 2

After a brief time for Q&A we will discuss Pillar No 2, "Get Moving", which deals with exercise and physical activity in general.

You will learn that most people who put on weight and struggle to lose weight do so NOT because they don't exercise enough and eat too much. It's BEING overweight that causes people to eat too much and not exercise enough.

You will learn that contrary to popular belief, science shows us that being overweight and metabolically ill is not just an 'energy in exceeds energy out' problem but mainly a hormonal one.

Exercise, is however, a very important part of Healthy Living and you will get to explore options and set goals for yourself in this key area of whole-person health.

4 Workshop 4 Healthy Living Pillar No. 3

Healthy Living Pillar No 3 deals with any ongoing prescription medication or supplements which you may be using. In particular, you will learn how to ensure that medicines and supplements are used appropriately, and learn how to engage with your doctor and pharmacist in this regard.

You will learn about evidenced-based dietary supplements, including vitamins, minerals, probiotics etc., some of which can play an important part in supporting your nutritional health. You will also learn how to go about determining which supplements and brands to choose from.

5 Workshop 5 Healthy Living Pillar No.4

The 4th Pillar is one that often gets overlooked in traditional approaches to caring for ourselves, especially when it comes to metabolic disorders such as being overweight or having any of the other chronic metabolic disorders. There is growing body of scientific evidence that shows that our level of emotional wellness can have a marked influence on our overall physical, intellectual, relational and spiritual wellness.

We are emotional beings and you will learn how to identify and deal with emotional triggers which are otherwise able to derail your journey to better health.

6 Workshop 6 Healthy Living Pillar No.5...and more

This is an extended workshop (set aside about 2 hours) as not only do we get to discuss the 5th Pillar of Healthy Living, which speaks to the key roles that faith, family and friends are able to play in supporting health, but time will also be set aside for Q&A as well as for a brief self-assessment of the programme and to test what you have learnt over the 6 weeks (the 'test' is for your information only to help you identify areas that may need revision). Importantly, we will discuss ongoing support, especially the support to be provided by others members of your group with whom you will have interacted over the 6 weeks.

COURSE OUTCOMES

1. You will have an improved understanding of the nature and consequences of having lifestyle-related chronic conditions, whether it is simply being overweight, or being at risk for type 2 diabetes, high blood pressure, certain cancers or dementia.
2. You will be exposed to the latest evidence-based thinking on the causes of these conditions and diseases beyond what is available in the popular media. Importantly, the workshop format encourages you to identify and act on the 'reasons beneath the reasons'. Getting to grips with all the cause(s) is important if the right solution is to be found.
3. Having identified the barriers to self-care and understood the drivers, you will be able to develop tailored or personal solutions that work for you. By the end of the 6 week course, you will be able to adapt, adopt and apply your new empowering knowledge and skills in improving your health and that of your family.



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CHANGE THE COURSE OF YOUR LIFE

Book Now

by emailing

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