

“Conscientiously grown whole unrefined plant foods are to be revered; They are the most powerful disease-modifying tools available to the medical practitioner.” Ron Weiss, M.D

Our Lifestyle Foundation program gives you the tools to achieve optimal wellness by teaching and applying seven pillars of lifestyle medicine: six pillars from the American College of Lifestyle Medicine and one additional pillar unique to our practice.

Ethos Pillars of Lifestyle Medicine:

- Nutrition
- Fitness: Movement/Activity
- Emotional Wellbeing/Stress Reduction
- Sleep Health
- Avoidance of Risky Substances: Addictive substances and substances present in our environment due to industrialization processes
- Social Connection
- Connection to the natural world. (e.g., nature, microbiome)

Lifestyle Foundation includes core Education Classes and Real Life Experience Classes:

Education Classes - 12 education class videos, covering various aspects of healthy eating and mindful living. Each class will have a corresponding online live group session with a Lifestyle Coach. The participants have an opportunity to meet as a group to explore and learn. The order in which each participant will receive these monthly education classes will be as follows:

Education Class 1 - The Pleasure Trap: This class offers unique insights into the factors that make people vulnerable to dietary and lifestyle excesses and presents ways to restore the natural biological processes of the body, mind and spirit. You will understand the nature of the trap most of us fall prey to unconsciously, and how to liberate ourselves from the trap to create a life that is supported, not hindered, by our health.

Group discussion for this class is the 1st Tuesday of each month at 6pm.

Education Class 2 - Fats: Good versus Bad: This class offers an introduction to fats and explains the science, myths and controversies surrounding this essential macronutrient. Learn about the fats that enhance our health, as well as those that damage it.

Group discussion for this class is the 1st Tuesday of each month at 6:30pm.

Education Class 3 - Practicing to Succeed: This class gives many tips on how to stay on track with your health goals. You will learn how to plan, prioritize, and develop habits and practices to achieve success for your health.

Group discussion for this class is the 1st Tuesday of each month at 7pm.

Education Class 4 - Health: Prevention versus Maintenance: This session explains how

plant-based foods contribute to healing and health, how we remain connected to our childhood diets, and why disease prevention will always outshine disease treatment. Learn about the long-term benefits of a whole plant-based food diet and how it can help prevent many major diseases.

Group discussion for this class is the 1st Tuesday of each month at 7:30pm.

Education Class 5 - Special Occasions: Vacations, Family Events, and Parties: This class offers an in-depth discussion of planning, packing, and entertaining without compromising your health goals. Learn to manage expected and unexpected situations when you are not in your normal routine to keep health on track. Bonus: Increase your health per dollar spent by learning more effective ways to save money and invest in a healthy you.

Group discussion for this class is the 2nd Tuesday of each month at 6pm.

Education Class 6 - Common Myths about Nutrition: This class will focus on Protein, Calcium and Calories. It will dispel the many common myths that we have learned that cause us to make less than optimal dietary choices.

Group discussion for this class is the 2nd Tuesday of each month at 6:30pm.

Education Class 7- The Causes of Lifestyle Chronic Disease: This class offers an in depth understanding of the most common diseases that disrupt many lives. You will also learn how healthy lifestyle changes can work to reverse many common diseases.

Group discussion for this class is the 2nd Tuesday of each month at 7pm.

Education Class 8 - Methods of Cooking and Storing: This class covers basic cooking methods as well as the methods that retain and allow the most nutrients in your meals. You will also learn the benefits of several kitchen machines and gadgets that simplify your cooking experience. While there are no shortcuts to health, learn how the right tools can enhance efficiency, convenience, and taste.

Group discussion for this class is the 2nd Tuesday of each month at 7:30 pm.

Education Class 9 - The Importance of Exercise: This class features the importance of movement and fun activities for your overall well-being and health. Understand how exercise contributes to health in ways far beyond the obvious.

Group discussion for this class is the 3rd Tuesday of each month at 6pm.

Education Class 10 - The Importance of Mental Health: This class discusses some of the causes of stress and discomfort and offers an introduction to mindfulness meditation. Our thoughts create our feelings, and our feelings drive our actions. You will be introduced to ways to channel your thoughts and feelings in a positive way.

Group discussion for this class is the 3rd Tuesday of each month at 6:30pm.

Education Class 11 - The Role of Supplements: This class will answer important questions such as “Where do nutrients come from” and “Which ones do we need and why?” At times, we may need to “supplement” our whole food, Plant-based diet. Learn why, when, and how.

Group discussion for this class is the 3rd Tuesday of each month at 7pm.

Education Class 12 - Connecting the Health of Humans, Plants and the World Around Us

This session explains the relationship between our health and that of our planet, positioning participants as a steward of both.

Group discussion for this class is the 3rd Tuesday of each month at 7:30 pm.

Real-life Application:

Real-life Application 1 - Grocery Tour Video: Your grocery store is the heart of your health, and learning to maneuver your cart toward health-advancing food is the message. This virtual tour will illuminate the hidden, must-have ingredients to create the foods you love at home. Participants will explore foods they never knew about. Gain insight into what to avoid, and how to scrutinize nutritional/ingredient labels.

Real-life Application 2 - Let’s Toss in Person Class: Yes, it’s all about the salad. Participants will learn how to craft fresh, easy, and nutrient-packed meals, and will get to experience how they can be delicious, too. Suddenly you will look at salads completely differently and look forward to making this an integral part of your lifestyle. Please note, you can only take Let's Toss once. Plan to take this class after your detox. If you do not plan to do the detox then take this class after you complete the EC1

This class will be every other month on the fourth Tuesday.

(February, April, June, August, October)

Real-life Application 3 - Dining Out In Person Class: This experience will allow participants to enjoy a restaurant meal with like-minded people with similar health goals. More importantly you will learn how to make healthful choices while maintaining your social/professional travel needs. Please note, you can only take Dining Out once. Plan to take this class after you complete the Lets Toss class

This class will be every other month on the fourth Tuesday.

(March, May, July, September, November)

Ethos Primary Care’s goal is to continue to strive, evolve, promote, and share the best in evidence-based therapeutic health and culinary programs with an ever-growing group of people. We strive to give control of health back to the individual through supportive, engaging, hands-on educational sessions. The beauty of ‘Lifestyle Foundation’ is its sophisticated simplicity and universality. Success on a whole, unrefined plant food regime as purported by Dr. Weiss has nothing to do with one’s economic status, nationality, education, social standing, professional training, or career choice. It has nothing to do with past childhood memories or experiences. And it has nothing to do with religious backgrounds or affiliations. A key component to success is one’s

mindset; what you understand and believe to be true, and then the way in which you act upon that truth. You no longer accept the belief system of the status quo - the moderation myth from physicians, counselors, influential leaders, friends, co-workers, or relatives; you no longer accept the notion that eating for health is extreme, selfish, expensive or impossible. Instead, you understand the cause of disease. You no longer feel sorry for yourself, or allow others to feel sorry for you for choosing whole plant foods to combat disease. And thus, as your mind changes, your body will transform and become free as well.

- Adapted from Emily Boiler and modified to suit 'Lifestyle Foundation'

Please check Patient Fusion appointment section by logging into <https://login.patientfusion.com/> a week after submission of this form to verify the dates. You will see all the education class appointment in the following format

Week Day, Month Day, Year 6, 6:30, 7 OR 7:30 pm indicates GROUP discussion of prerecorded class scheduled prior.

Group class

All reminder emails for the above classes will be coming from Ethos Primary Care

donotreply@updox.com with *SUBJECT: Upcoming Appointment Reminder*, please add in your safe email address list.

Discussion meeting Link for all education classes is [Click here to join the meeting](#)

OR

<https://www.microsoft.com/en-us/microsoft-teams/join-a-meeting>

Meeting ID: 290 977 760 291