

**What Consumes  
Your Thoughts...  
Controls Your Life !**

Think about what you'd like to accomplish.

Then **Decide** what you **Want** to accomplish. It doesn't matter who you are or what you do, you absolutely, positively have the power to change your **Life**.

Think about waking up in the morning feeling great. Having the energy to take you from morning until evening. Gaining control of your health and your life.

If you're willing to make the commitment and take the steps recommended in this program, you'll make a giant leap towards gaining control of not only how you look and feel, but every aspect of your life.

Think of a better you...for YOU.

**YOU can accomplish  
Whatever YOU set out to accomplish...  
YOU can become  
Whatever YOU think of becoming.**



**Khalil Family**

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**YOUR POWER  
TO CHOOSE  
DRIVES  
YOUR ABILITY  
TO CHANGE**

*\* Why it's so hard to quit.*

*\*The Steps to  
Empowering Yourself*



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## Sure... It's Hard to Quit!

If it was easy...

You'd have already done it.

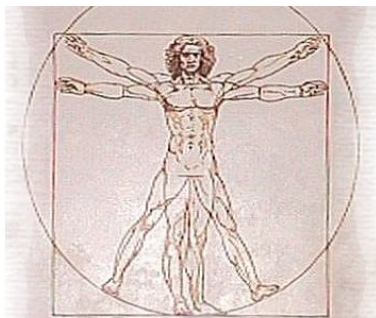
Most people are *physiologically addicted* to foods, tobacco and alcohol. Substances that seem to make someone feel calm and satisfied. It becomes routine to reach for something without even thinking about it. The more you consume the more it takes to reach a level of satisfaction.

*Mental and emotional stress* imbalances every hormone system in your body and contributes to ill health. Stress weakens your resistance, increases the chances of disease, contributes to fat gain and puts you on the fast track to aging.

Knowing your *personal triggers* is very important because that can help you stay away from the things that tempt you.

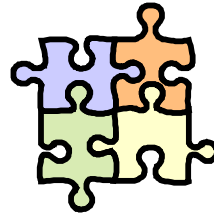
*Self awareness* can prepare you to overcome the urge to reach for that candy bar, that cigarette or that drink.

Proper rest and stress strategies will help to increase your health and vitality.



Mind. Body. Spirit.

## The Steps:



**The Program:** The 28 day program begins with in-depth assessment of your needs, utilizing Q&A Surveys, Thermal Scan/Nerve Scan, Pain Sensitivity, Range of Motion, Pulse Wave Profile and Saliva Testing to establish Nutritional needs. Protocols include Nerve Flow Balancing Techniques (TRT), Massage Therapy, Auriculotherapy, Nutritional Counseling, Individual Coaching, Group Therapy and Tai Chi.

**The Reasons.** Write down all the reasons you want to make a change. Determine what it is you want and what you would like to become from this moment on.

**Daily Affirmations.** Affirmations are positive statements that stimulate your mind with an attitude of expectancy.

**Eat Smart.** Eat three meals daily that contain low-glycemic, high-fiber carbohydrates, low-fat, high quality easy-to-digest protein and high-quality healthy oils

**Journaling.** Journaling is an ideal tool to assist you in identifying your behavioral triggers.

**Coaching.** Benefit from the advice of certified lifestyle coaches and the experience of others like yourself who've changed their lifestyles and regained control of their lives.

**I take full responsibility for me.**

## The Benefits:

- More Energy
- Better Sleep
- Improved Self Image
- Increased Health & Vitality
- Gain Control of Your Health
- Improved State of Well Being
- Lose Excess Weight
- Gain Control of Your Life
- Learn a Lifestyle for a Lifetime

## The Purpose:

The Purpose of this program is to provide you with the tools, techniques and strategies, and the support you need to make lasting and positive changes in **Your Life**.

**For more details and more information please call or visit us at:**



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