



Maximized Living Life Management Programs

How To Increase Your Energy By 300%

Do you know someone who needs 4 cups of coffee, 2 pills, and a kick from their spouse to get moving in the morning? Learn ways increase your current energy levels in 5 easy steps

Foods That Heal – Foods That Kill

We all have a pretty good idea of which foods are good for us and which foods are not. Yet the food choices we struggle with dictate whether we thrive or break down. Why is it difficult to consistently make good food choices? More importantly, how do our food decisions impact our health over time? Learn nutrition strategies to optimize health for you and your family.

How To Build A Titanium Immune System

Why do some people survive the flu and cold season symptom free while others are victims of it? Learn which are the best immune system building foods and supplements to choose, and other practical strategies to prepare you for the upcoming season. This workshop is a must for individuals with chronic ailments or disease

The Ultimate Stress Workshop: How To Reduce Stress To Increase Your Life

The # 1 Cause of Disease is Stress...Physical, mental, emotional, and even spiritual issues can destroy your body. While most of us realize this is an issue in our lives, many do not know the source of their stress, or even worse, how to control or correct it. This stress management workshop will give you answers to overall health and relate it to specific problems such as... headaches, digestive problems, poor immune system & body breakdown, loss of sleep, low or no energy -Inability to stay focused on daily life activities ... all due to stress

The Superwoman Syndrome Workshop (For Women Only)

Women are taught to do it all, and women are doing it all, but at what expense? This workshop provides practical solutions for women that experience stress, lack of time, unrest, hair loss, digestive troubles, anxiety, failing to meet fitness goals, or frequent illness.

Stress Management Vs. Peace Management

Physical, mental, emotional, and even spiritual stress can destroy your body. While most of us realize this is an issue in our lives, many do not know the source of their stress, or even worse, how to control or correct it. Creating daily habits and rituals to counter the unavoidable stressors in your life is more effective than "just dealing with it". This life-transforming workshop equips participants to learn how to effectively incorporate daily actions that promote internal peace and equip your body to adapt to unavoidable stress.

Sugar Busting: Maximizing Cellular Healing With Insulin Control

Learn how to retrain your body to decrease insulin resistance at the cellular level to

- Maximize Detoxification & Liver Cleansing
- Reduce & eliminate lifetime dependency on meds
- Improve your metabolism for effective weight loss
- Kick-start cellular regeneration and tissue repair with the right healing foods & supplements
- Provide symptomatic relief for chronic pain...naturally
- Stop and reverse the symptoms associated with Type-2 Diabetes



The Healing Diet: Nutrition for Maximizing Cellular Healing and Weight Loss

This workshop provides a roadmap of how and what to eat for cellular regeneration to regain insulin control, lower blood pressure, lower cholesterol, effective weight loss, and eliminate chronic inflammation. This workshop teaches specific dietary steps toward living with Maximized Health and healing without medications.

Nutrition For Chronic Pain

"Let food be thy medicine, and medicine be thy food" –Hippocrates

Learn the specific foods & supplements that promote your body's innate healing response, and the foods/chemicals that prevent healing from the "inside-out". This workshop will benefit those who suffer from fibromyalgia, Chron's disease, irritable bowel syndrome, osteoarthritis, rheumatoid arthritis, and other chronic pain conditions

The Ultimate Sleep Workshop

Do you toss & turn? Do you wake up feeling tired? Does it take you a long time to fall asleep? Have you ever wondered if you were normal? Are you on sleep medication and wondering is there a better solution. This workshop covers the fundamentals for optimal sleep – how to achieve it and transform your health

How to Maximize Healing Foods and Supplements Into Your Family's Grocery Bill

The workshop covers the following

- Valuable tips for buying fruits, vegetables, dairy, meat, snacks, and everything in-between
- Avoid "fake" health foods
- Secrets the food industry does not want you to know
- Reversing and prevent disease through living foods