

Switch 2 Survive



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Halt and reverse the lifestyle diseases: Diabetes, insulin resistance, High Cholesterol, high blood pressure, hormonal imbalance

What it takes to be in Optimal Health



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Food

Plant based diets can halt and reverse diabetes, high cholesterol, high blood pressure, insulin resistance. It will not only make your body happy but also help our climate and planet.

Physical Activity

Physical activity can switch off our disease-causing genes and help us ditch many disorders like obesity, diabetes, heart disease. Simple walking, Yoga, dancing strength training can do wonders.



Creativity

Creativity gives expression to our thoughts, improve neuroplasticity, makes us emotional more balanced and promote joy and happiness. Drama, storytelling, poetry, creative writing helps us to express and release our emotions safely and creatively.



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Love and Relationship



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Love and relationships have the capacity to help us overcome many challenges including physical and mental. They improve longevity and make us socially and psychologically more balanced and supported. Drama can be a useful tool to improve our relationship with self and others.

Faith and spirituality

Hope and faith and spirituality give structure and meaning to our behaviors, value system and experiences. They enhance our coping skills, reduce anxiety and depression and enhance recovery process from illness.



Join 6-week program to step towards optimal health and halt and reverse diabetes and heart diseases.