

HEALTH@ YOUR DOOR

Program Outline (Lessons 1-8)

Visit #1

Amazing Health (Go over first chapter – Nutrition, assign to read 2nd chapter)

Describe in home cooking demo (and give ingredients list)

Visit #2

Amazing Health (discussion of 2nd chapter – Exercise, and assignment of 3rd)

In-home cooking demo (entrée not an entire meal)

Cookbook Sale (optional)

Visit #3

Amazing Health (brief discussion of Ch 3, assignment of Ch 4)

Hydrotherapy demo

Natural Remedies/ Hydro Book Sale (optional)

Visit #4

Amazing Health (Discussion of Ch 4 -Sunlight, assignment of Ch 5)

Simple remedy demo (charcoal poultice, herbal tincture, etc.)

Natural Remedies/ Hydro Book Sale (optional)

Blood Pressure Check (optional)

Visit #5

Amazing Health (Discussion of Ch 5 -Temperance, assignment of Ch 6)

Immune Health Survey

Blood Pressure Check (optional)

Visit #6

Amazing Health (Discussion of Ch 6 -Air, assignment of Ch 7)

Deep Breathing exercise, balloon exercise, diaphragmatic speaking activity/ essential oils demo

Blood Pressure Check (optional)

Visit #7

Amazing Health (Discussion of Ch 7 -Rest, assignment of Ch 8)

Sleep cycle enhancement (7 Steps to a Good Night's Rest)

Blood Pressure Check (optional)

Visit #8

Amazing Health (Discussion of Ch 8, assignment of Amazing Facts Study #1)

Blood Pressure Check (optional)