



Prime-Time Health

DVD NOTES

Dr. William Sears, Pediatrician

1. Do you have an Individual Retirement Plan for your _____
2. Step 1: Make _____ your _____
3. Step 2: Keep your _____ _____
4. What is the largest hormone producing organ in your body? _____
5. Your ENDOTHELIUM functions as your internal _____
6. Step 3: _____
7. _____ keeps your endothelium pharmacy _____
8. Step 4: _____ on _____ food
9. Prime Time Foods are _____ foods, like salmon, blueberries, spinach, nuts, olive oil
10. Shop the _____ for young foods
11. Step 5: Reduce your _____
12. Step 6: Eat more _____
13. Seafood _____ build up of sticky stuff
14. Prime Timers should eat _____ mg of Omega 3 a week (eating 6 Oz of wild salmon twice a week will meet this requirement)
15. Step 7: Eat _____ fruits and vegetables
16. Aging is like _____
17. Step 8: Take your _____ _____
18. Juice Plus+ is the most _____ researched supplement on the market
19. Juice Plus+ _____ oxidation (rust/aging)
20. Step 9: Practice the _____ and Skills model. (less pills and more skills)