



STUDY GUIDE

Nourished for Your God-Given Purpose: Boost Your Energy and Overall Health through Holistic Nutrition

I. Foundational Questions

- A. Are you ready to discover how holistic nutrition can transform your energy, your stamina, your resilience, and your overall health?
- B. Are you ready to learn how holistic nutrition can empower you to unlock your full potential?
- C. What if the reasons you've been given for why you suffer with low energy, chronic pain and brain fog are wrong?
- D. What approaches have you used in the past to deal with your symptoms?
 - 1. Pain relievers?
 - 2. Steroid injections?
 - 3. Sleep aides?
 - 4. Anti-depressants?
- E. Have you become dependent on medications and experienced withdrawal symptoms when you tried to stop taking them?
- F. Medications do not offer lasting solutions.
 - 1. They don't deal with underlying root causes.
 - 2. They can mask symptoms of underlying conditions that will end up leading to organ damage and even disease.

II. Who Is Sandy Combs?

- A. I am a trained health professional:
 - 1. Board-Certified Holistic Nutrition Practitioner through the National Association of Nutrition Professionals (NANP).
 - 2. I am a Certified Brain Health Coach.
 - 3. I am a Certified Metabolic Balance Coach.
 - 4. I am a Certified Energetic Kinesiologist.
 - 5. I am Advanced Clinically Trained in Nutrition Testing.
- B. I have successfully helped countless numbers of clients at Master's Design Holistic Health Solutions, a business I started in 2014.
- C. I overcame my own health struggles by implementing the same principles that I teach and practice every day.
- D. I currently write and develop curriculum to train health professionals in my proprietary process.

III. Goals for This Webinar

- A. Help for people who want to reclaim their active lifestyle:
 - 1. Who don't want to live with limitations from chronic conditions.
 - 2. Who are tired of prescriptions that need more / higher doses every six months.
 - 3. Who are fed up with a medical system where:
 - a. No one can tell you what is causing your symptoms.
 - b. That only offers medicine as the solution.
 - c. That just covers up your real problems.
- B. I want to help Christ-followers who are ready to transform their health and energy so they can live out their God-given purpose.
 - 1. We are going to learn to understand Epigenetics.

2. I will discuss eight fallacies of Epigenetics and the truth of each one.

IV. Fallacies Concerning Health

A. **Fallacy 1:** People who *look* the picture of health are healthy.

1. When the body doesn't produce enough energy to deal with its external world *and* the internal world, the body always chooses the *external* world, just to survive. The internal body suffers as a result. People can actually be quite sick and just don't realize it.
2. That was true for me: My bloodwork was perfect, my data fit into the doctors' recommendations, but the chronic pain was discovered to be the result of having late-stage osteoporosis—at age 40.

B. **Fallacy 2:** We have a health care system.

1. We actually have a *sick* care system.
2. We have a symptom management system.
3. We have a disease-promoting system.
4. The costs involved with the top five diseases is far more than most anyone wants to spend physically, mentally, emotionally, financially.
 - a. Lifestyle and Environmental factors lead up to these costs.
 - b. The economic burden of poor lifestyle choices is no longer sustainable.
 - c. To treat the causes of these diseases and to be successful in prevention, a strong focus must be placed on lifestyle aspects.
 - d. Poor dietary patterns play a substantial role in disease.
 - e. Systemic inflammation underlies most chronic diseases.

C. **Fallacy 3:** Your current and future health is outside of your control and is based on the genes you inherited.

1. **Fact:** Your genes are not your destiny. There is a new vehicle!

2. **Your two options:**

- a. **The traditional medical vehicle**, which treats symptoms, one-size-fits-all.
- b. **The holistic health vehicle**, which focuses on the ROOT cause and prevention:
 - i. Lifestyle change
 - ii. Cellular healing
 - iii. Detoxification
 - iv. Customized and personalized
 - v. Proactive
 - vi. You are the *participant*, not the patient.
 - vii. Epigenetic control focus, not genetic predisposition.
 - viii. What is the body telling us about where things will likely go if changes are not made?
 - ix. In Epigenetics, the principles are straightforward and easily actionable. Our genes can be turned on and off. Lifestyle changes can have a profound effect on how genes operate.
 - x. Your health is not outside your control!!!!

D. **Fallacy 4:** There's no proof that we can influence our genes and upgrade our health.

- 1. Food is information which communicates with our genes and influences their expression.
- 2. An effective nutrition plan is preventive—it helps avoid disease.
- 3. An effective nutrition plan is personalized, targeted and specific.
- 4. An effective nutrition plan is participatory—you **MUST** be equipped to make **educated** and **empowered** choices.
- 5. An NIH article confirms that a holistic health model addresses not only the root cause but symptoms, imbalances in interconnected biological networks, environmental toxins, , and addresses chronic diseases by delivering with precision.

E. **Fallacy 5:** The physical, mental, and spiritual parts of a person are separate and they don't impact each other.

1. We hear a lot about physical and mental aspects of health, but little about spiritual aspects affect our overall health.
2. Holistic health is about caring for the whole person, including the spiritual aspect, which affects all the other aspects.
3. Holistic health is a lifestyle. What you do every minute of every day determines your overall wellness.
4. An unhealthy mindset stuck in patterns of fear, insecurity, and shame is also part of the picture, indicating one is spiritually unhealthy.
 - a. It's easy to get stuck in the habit of doing things because they were the right thing to do.
 - b. That's good unless they cause us to miss out on God's real design for us—an abiding daily relationship with our Father in heaven, the place of real peace and healing.
 - c. My real purpose:
 - i. To illuminate royalty. We are children of God, heirs of royalty!
 - ii. As heirs of royalty, we are highly favored, equipped for every good work that God calls us to do.
 - iii. As we learn who God is and who we are in Him, we can impact our community and world as empowered Christians.
5. The spiritual aspect is the most important part. It must be our Command Center. Without the peace that God gives:
 - a. Anxiety disorders affect about 19% U.S. adults annually.
 - b. Every day about 110 Americans take their own life, and 3500 attempt to do so.
 - c. Your attitudes and thoughts are so vital to your overall health, they have the ability to turn genes ON and to turn genes OFF.

6. The physical aspect of holistic health, relating to proper nutrition and toxins.

F. **Fallacy 6:** No one knows the cause of metabolic imbalances that lead to disease.

1. **The truth:** Inflammation is the leading cause of disease.
2. **Inflammation** causes heart attacks, strokes, and even cancer.
3. Inflammation is the underlying cause of all disease.
4. Inflammation sets the stage for cardiovascular disease, most strokes, peripheral artery disease, and even vascular dementia.
5. Over 100,000 research articles confirm that inflammation is the underlying cause of disease, and that the underlying causes are:
 - a. Nutritional deficiencies
 - b. Environmental and bio-toxins
 - c. Negative mindsets
6. Do you have unresolved health issues?
7. Have you been to multiple doctors trying to find out how to be well again, with no success?

G. **Fallacy 7:** Your health issues are a normal part of how your body functions. You've been like this for a long time and there's nothing you can do about it.

1. Lifestyle changes in nutrition, physical activity, stress management, and toxic exposures are used to prevent, treat, and reverse the progression of chronic diseases by addressing their underlying causes.
2. Our bodies often have a remarkable capacity to begin healing themselves when we give them what they need, like proper nutrition.

H. **Fallacy 8:** I can eat a nutritionally LACKING diet but still be healthy if I exercise and take general supplements.

1. **This is not effective for real last health or avoidance of disease.**
2. Your health needs to be built on Proper Nutrition.

3. If you want to give your body the opportunity to heal and repair itself, you need to use real food as MEDICINE.

V. My Nutrition Program

- A. Main topic: Food and life choices that bring energy and overall wellness.
- B. Included topics:
 1. The building blocks of a healthy diet.
 2. Why gut health is important.
 3. How your gut is intimately connected with the health of the rest of your body.
 4. The greatest challenges confronting the human immune system.
 5. The importance of hydrating your cells and the best way to do it.
 6. The number one food that causes chronic inflammation and causes the leading disease that kills Americans, and why.
 7. Why you exercise regularly but can't get rid of unwanted body fat.
 8. How to stop feeding cancer cells.
 9. How to stop sugar cravings and not allow them to control you.
 10. A fungus that is growing abundantly in people (1 in 3 reported, and more that is not diagnosed), and why it is difficult to get rid of it. What you can do about it.
 11. Fats you need to avoid, and why. The ones you need to be consuming, and how much.
 12. Food allergies, and how to know if you are eating a food causing a delayed inflammatory response, leading you down a path of ill health.
 13. Foods that contribute to migraines, irritable bowel syndrome, weight gain, diabetes, ADHD, infertility, abdominal pain and bloating, et cetera.
- C. Most of the battle for your health is won with proper nutrition.
- D. **Change doesn't have to be overwhelming.** Don't ignore problems and wait until it is too late. Are you willing to do what it takes?