

FOOD AS MEDICINE

Important questions to ask yourself as you are considering making big dietary changes, or in the process of making dietary changes.

- Why is health important to you?
- What are your reasons to change?
- Why do you think you need to change?
- What would you like your life to be like in 5 years?
- How has your health stopped you from doing what you want in life?
- How are you going to get there?

Motivations for change:

- Fear is only a short-term motivator. Fear of dying or sustaining a serious medical event such as a heart attack or stroke for example, has only been shown to motivate behavior change for several weeks to several months at most. This includes people who have already sustained a heart attack or stroke.
- What has been shown to be sustainable is pleasure and joy. The joy of living. Feeling well.
- For example, Dr. Dean Ornish's lifestyle program has shown nearly 90% compliance that was sustained one year after the completion of the program.

"If it's pleasurable and meaningful, it's sustainable"

Dean Ornish M.D.

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