



KINGFISHER WELLNESS

HEADFIRST COACHING ALIGN WITH DESIGN

NEW YOU PRESCRIPTIONS
NUTRITION · EXERCISE · WELLNESS



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Health Science Awakening!

"It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical *guidelines*.



Over the past two decades the pharmaceutical industry has moved very far from its original high purpose of discovering and producing useful new drugs. Now primarily a marketing machine to sell drugs of dubious benefit, this industry uses its wealth and power to co-opt every institution that might stand in its way, including the US Congress, the FDA, academic medical centers, and the medical profession itself.

I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine." [Dr. Marcia Angell](#)

QUESTIONING THE SCIENCE™



[The Noakes Foundation](#) (Prof. Tim Noakes), a Non-Profit and Public Benefit Organization committed to promoting academic free speech, conducting independent scientific research and measuring truth's impact. We seek to question the accepted "science" whenever appropriate, especially as it applies to nutrition and healthy lifestyles.

Tad Doerr VanderVoort Jr. Dr.RE

Welcome! I'm the first Headfirst Coach at Kingfisher Wellness. My dad's favorite bird was the Belted Kingfisher. My favorite quote from dad was always,



"Everything is Connected to Everything Else!"

Our connections work best when our behaviors align with design—our design and the design all around us. There are many *guidelines* for health and wellness, but do they **align with design?**

Headfirst (the PATE)

PATE is the crown of our head and where we begin to work. We must unlearn generations of ubiquitous propaganda, cons, chaos, and falsely touted "facts and science." **Headfirst**, we'll rise above cons and chaos, gain real understanding, align with design, and revise our habits to take back our precious health and wellness.



PLAN



ACT



TRAC

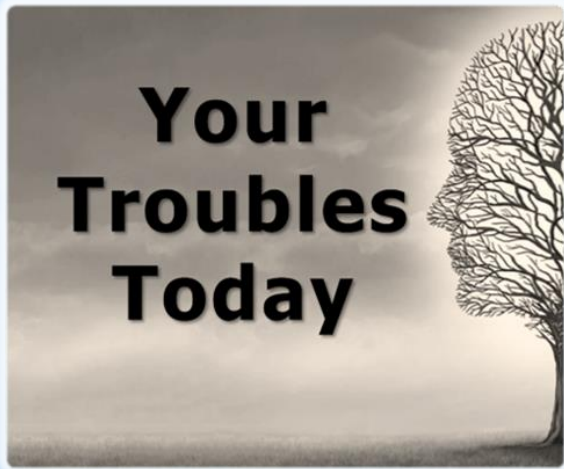


EVAL

NEW You Prescriptions

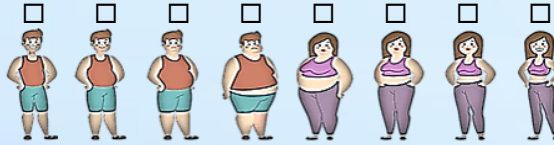
These personalized directives align with the real science in physiology and ecology. With centuries of demonstrated success, these directives produce much healthier people and a much healthier planet!

Name: _____



age: _____ phone: _____

THE METABOLIC SYNDROME



HEART DISEASE



LIPID PROBLEMS



HYPERTENSION



DEMENTIA



CANCER



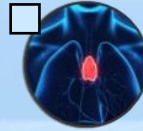
POLYCYSTIC OVARIAN SYNDROME



TYPE 2 DIABETES



NON-ALCOHOLIC FATTY LIVER



AUTOIMMUNE DISORDERS

Risks:

- excess inflammation
- poor mobility/sedentary
- addictive behaviors
- poor emotion management
- cognitive decline
- poor athletic performance
- belly fat
- poor sleep quality/habits
- GI problems
- water retention/edema
- high blood pressure
- immunocompromised
- high blood sugar
- inadequate muscle & bone
- allergies
- medication interactions
- depression
- chronic pain/neuropathy
- bacteria, viruses, and fungi overgrowth
- Lyme / Borreliosis complications (stages 1,2 & 3)
- _____
- _____



referral from: _____

Let's get started, send a snapshot of this form:



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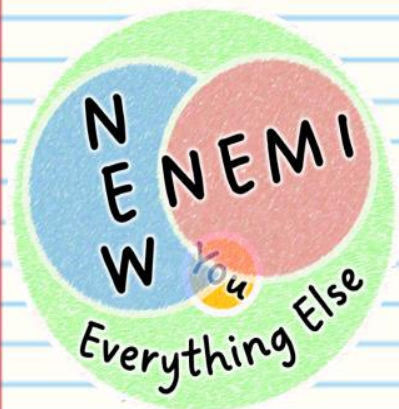


Results:

- healthier & happier
- improved relationships
- reduced inflammation
- reduced chronic pain
- less acne/better skin
- reduced carb cravings
- less fat/more muscle
- improved mental health
- reversed T2 diabetes
- improved athletic activity
- reversed PCOS
- improved emotion mgmt
- reduced medications
- improved immune system
- reduced GI problems
- improved SLEEP quality
- balance microbiome
- reduced water retention
- fewer allergies
- fewer migraine attacks
- _____
- _____

HEADFIRST - ALIGN WITH DESIGN

Headfirst is revising our knowledge, cues, habits, and identity! Our **physiology** (internal community of systems) **works best** when our **behaviors** (external conduct) **align with design**.



What would you be willing to do in doable doses to align with just your own design?

✈️ Align with Design

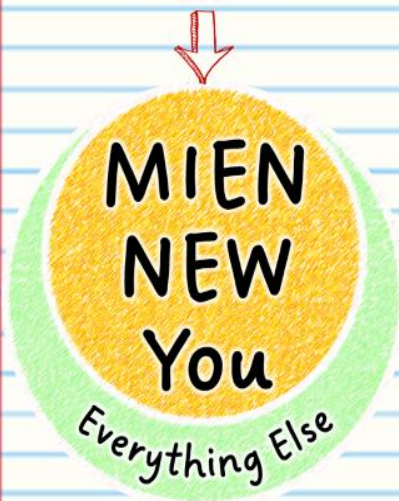
Personal Physiology

- Metabolic System
- Immune System
- Endocrine System
- Nervous System

Personal Behaviors

- Nutrition
- Exercise
- Wellness

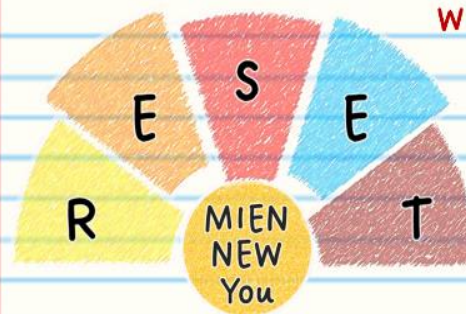
Can **You** imagine this alignment as part of your MIEN NEW You Identity?



What we know in error clouds our reality and contorts us. The more we know that's wrong, the more we're **out-of-whack!** By challenging beliefs, questioning science, and studying history, we revise what we know and do to better **align with design**.

NEW YOU PRESCRIPTIONS

The MIEN NEW You journey has personalized prescriptions based on your **NEW VIP CARE** Portfolio appointments. Moving forward you may utilize our community, content, and coaching.



Where do your thoughts go before doing what's next?

What do you spend too much time doing today?



Rest

Harmonize Your Behaviors



Exertion

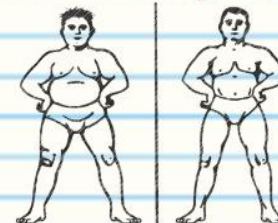


Stress

Heal Your Physiology



Eating



Time mgmt

RESET as *a discipline* is restorative to health and wellness, and preventative to sickness and disease. We can work many areas, but RESET is a prudent start. Once well acclimated, RESET becomes *a way* for progress and upkeep as **STEER!**

Nutrition

We're on top of the food chain! Yet, we are still confused about what to eat. We're stewards of the planet. Yet, we've abused our soil, water, air, animals, children, and ourselves.

Why do we overeat? Chronic snacking can be catastrophic, especially when low-nutrient, anti-nutrient, and toxic carbohydrates that heighten cravings and inflammation are chosen.

How do we truly turn corners and get healthy? As your Nutrition Coach, I'll expose the cons, help you align with design, and get healthy.

When we choose to nourish and fuel, our bodies and brains can be adjusted for the better. Getting in sync with the **feedback** from our own body clocks, hormones, neurotransmitters, and social connections help us

Feel Great! Again and Again!

What we choose to nourish and fuel our brains and bodies with is crucial to a

Better Quality of Life.



Exercise

We obsess over weight loss! But ample muscle is independently linked to a reduced risk of all-cause mortality, including cancer and heart disease.

Muscle Protects Us!

At Kingfisher Wellness, we embrace our differences. With personal and small group coaching, we all work together through body-balancing functional modalities of exercise with personal modifications:

1-ON-1

As an Exercise Coach, I tailor functional pattern exercises to improve posture, balance, stability, muscle mass, strength, flexibility, and mobility. We engage with education, energy, encouragement, and *endurance* to stoke

The Fires Inside Us!

Proven exercise processes spark NEW identities! Together, we'll ignite the fire of endorphin desire that compels you to show up ready to go, or

Drag Yourself Outside!



Wellness

Modern manners and choices do damage to our personal and communal wellness. **Our behavior** (the constant care, neglect, and abuse we give our internal and external connections, pathways, and systems) defines and measures **our wellness**. Our wellness connects us to everything else: nutrition, spirituality, even the universe!

For many of us who just want a reprieve, our wellness infrastructure must need key repairs. Repairs that work? **Shutting down** modern-day behaviors we've been duped into and **starting up** good ways and old paths from simpler times.

As your Wellness Coach, I am ever mindful that a tool that works for one person may not work for another. The good news is that we can all begin to **heal our wellness** by using behavior and emotion management **tools that work for us**.

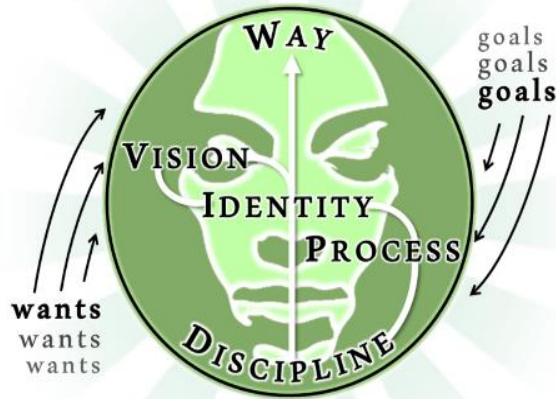
NEW You is a pursuit of better wellness and

Better Behaviors!



NEW VIP CARE Portfolio

CARE: Consultations and Assessments are used to plot out Roadmaps and Expectations based on your Nutrition, Exercise, and Wellness past, present, and plausible future. These portfolios contain more than personal prescriptions; they contain tailored material and profound insights.



We're **V.I.P.** (Vision, Identity, Process) beings; it's part of the **feedback** system that shapes who we are and who we become next. We use VIP to guide our discipline, modify our identity, and change our ways! Working this loop, while we align with design, we attract new wants and goals and stop pining and toiling about old ones. Stacking good habits brings us joy and gratitude as we mature and achieve. Success excites us as we turn each corner. Proficiency here brings a love for what's good for us, courage for what's next, and vitality to **live our dreams!**



NEW You is a DISCIPLINE and WAY
(not a destination and weight!)



How would it feel to finally have the discipline and way to start clearing your high hurdles?



Headfirst VIP Coaching

You are the HERO of your NEW You practice. NEW You is a **DISCIPLINE** and **WAY** (not a destination and weight)! And when we work together, you'll say - **"I truly understand."**

This isn't easy; I've recovered from erroneous recommended guidelines, and I've helped others! If you let me, I will help you too—headfirst with knowledge, alignment, vision, identity, process, discipline, way, resources, and **celebrations!**



Tracking (mindset, process, metabolic state, etc.) is part of adjusting the dials on the lamps used to illuminate your NEW VIP discipline and way.

Light (progress and success) from one lamp gives us wisdom and clarity to help light other lamps.

Proverb 6:23 "For the commandment *is* a **lamp**; and the law *is* **light**; and reproofs of instruction *are* the way of life:"



HEADFIRST CHECKUP 101

Indicate your current belief for each statement below.

True
or
False

1	Eating fat, especially saturated fat from animals, leads to high cholesterol, obesity, and heart disease.	
2	Eating carbs and burning them off with exercise is great for staying fueled and fit; this doesn't lead to type 2 diabetes or heart attacks.	
3	High cholesterol levels in your blood increase the risk of having a heart attack. You should eat less saturated fat and take cholesterol medicine to lower your blood cholesterol if your cholesterol level is above normal.	
4	Wheat is a healthy food that is very good for your body. If able, everyone should eat multiple servings of whole-wheat foods every day.	
5	The USDA Food Pyramid and MyPlate models were designed to keep you healthy by helping you make food choices. If you follow them, you will have better health.	
6	Eating salt increases your risk of having high blood pressure, which increases your risk for heart attack and stroke. You should eat a low-salt diet as much as possible to prevent heart disease.	
7	The amino acid profile of protein sources doesn't matter much, so we should use plant proteins for the health and betterment of mankind and the planet.	
8	All human breast milk is deficient in needed vitamin D, fiber, fluoride, and more. Babies who are exclusively breastfed should be given vitamin D drops, fiber, fluoride, and other supplements.	

9	Fiber is good for you, and you should try to get the recommended fiber in your diet as often as possible. Fiber will help with constipation and irritable bowel syndrome (IBS). Fiber will help prevent diverticulitis and probably even colon cancer. We must eat fiber!	
10	Red meat is not good for you, and eating more than a single small serving daily will increase your risk of colon cancer or increase your cancer risk overall. Cows themselves are a big part of the climate change crisis.	
11	You must eat plenty of carbohydrates for your brain and body to function properly. You should eat carbs daily.	
12	Processed meats, such as bacon, sausage, bologna, and hot dogs, contain high levels of nitrates and nitrites which will cause you to have cancer.	
13	Drinking milk is good for you and helps keep your bones strong with all its good Calcium and Vitamin D.	
14	Eating six small meals a day is ideal for managing diabetes, weight loss, and even optimal health.	
15	Fructose (fruit sugar) is BAD for diabetics, dieters, and healthy eaters alike!	
16	Butter is BAD and we should be eating processed seed oils and margarine instead.	
17	We need to eat at least five servings of fruits and vegetables a day to reap the strongest health benefits. Fruit and vegetables are highly nutritious.	
18	Graze – eat little and often, 3 meals, and 3 snacks a day is the way to be incredibly healthy.	
19	Breakfast is the most important meal of the day; eat early for energy.	
20	An apple a day keep the doctor away.	

Score