

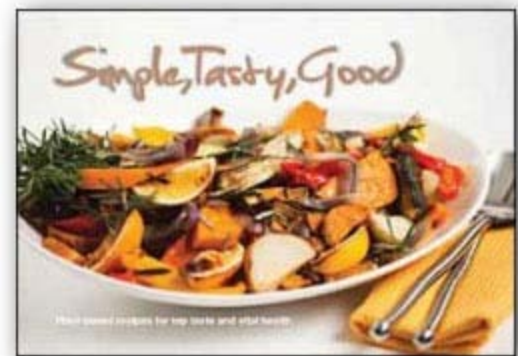


- Enroll in CHIP
- Real Results
- Medical CHIP
- Corporate CHIP
- Community CHIP
- Get Trained

- ✓ Many CHIP participants that are hypertensive at the start of the program dramatically reduce and sometimes eliminate their need for medication.
- ✓ 19.8% reduction in average total cholesterol in 30 days for those with baseline cholesterol of higher than 280mg/dl.
- ✓ 19.9% reduction in average fasting plasma glucose in 30 days for those with baseline fasting plasma glucose of higher than 125mg/dl.
- ✓ Participants report reduced BMI by the average of 3% within just 30 days and with long term adherence to the lifestyle resulting in achieving ideal body weight.

"In just 4 weeks my total cholesterol dropped nearly 100 points, I lost about 20 lbs without feeling hungry or deprived, and I have enjoyed a new lease on life! But there is more good news. I just had my annual physical [a year later]. I was successful in keeping those extra pounds off; my cholesterol is fantastic—lower than ever! And my blood pressure, which used to be good, is now absolutely great. Needless to say, my physician was impressed and most complementary. Following the Optimal Diet and the CHIP healthy lifestyle has been so rewarding! Thank you so much!"
 – T.C. (Teresa) Davis, Hearth & Home Realty (WA)

SAMPLE



Simple, Tasty, Good

edited by Nathan Brown

This recipe book is simple. That was the idea from the start – to create a collection of recipes that are plant-based, taste great, quick and easy to make from everyday ingredients – and that is what we have done. Every recipe is simple, quick, easy and healthy. You can buy all of the ingredients at your local supermarket or fruit-and-vegetable shop. For the photo shoots, each recipe in this book was prepared and styled using only the ingredients listed in the recipe. No tricks. No inedible items. Just fresh ingredients and great photography. The authors believe food should be simple, tasty and good.

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