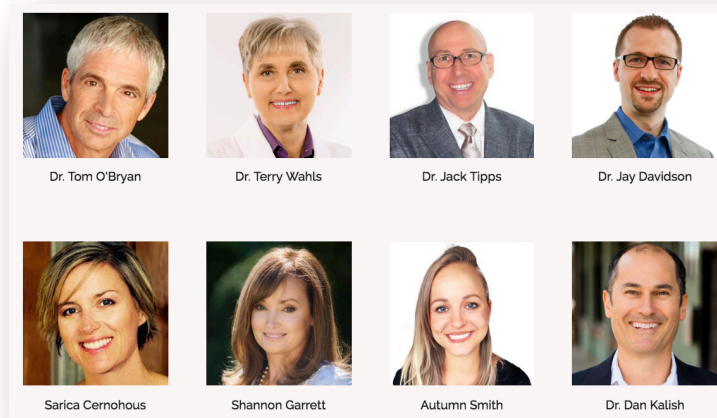


# The Woman's Vitality Workbook!

## Day 2 — September 6

**Day 2!** Remember to **SCHEDULE** each day to absorb as much of the information as you can – and then continue to create your plan to implement it. A life of vitality is not what we think or how we feel – it is what we **DO**. Do this and live **BETTER**.



### Dr. Tom O'Bryan: The Autoimmune Fix

Dr. O'Bryan is considered the 'Sherlock Holmes' for chronic disease and metabolic disorders. He is a clinician par excellence and we are so lucky to have him on The Woman's Vitality Summit. On our interview, Dr. Tom shares insights from his critically acclaimed, ground-breaking book, 'The Autoimmune Fix' and shares the step-by-step tools to identify our dis-ease process **years** before the symptoms are obvious. Do NOT miss this one.

#### QUESTIONS from this interview?

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#### ACTION STEPS from this interview:

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**Dr. Terry Wahls: Freeing Yourself from Autoimmune: Simpler than we Thought?**

If you have been lucky enough to see Dr. Terry Wahls' TED talk, you know she is an AMAZING speaker. Dr. Wahls shares insights from her own journey with MS and autoimmunity and how she restored her health using a diet and lifestyle program she designed specifically for the brain. This is a Radical conversation food and autoimmunity and being GOOD to yourself to HEAL yourself. Vitality 101.

**QUESTIONS from this interview?**

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**ACTION STEPS from this interview:**

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**Dr. Jack Tipps: Love Your Guts! Understanding the Vitality Connection**

Dr. Jack Tipps has dedicated his career to advancing the application of natural health practices and bringing to bear the latest research in his own clinic as well as passing on his vast knowledge to others. In our interview, Dr. Jack cuts through the scientific chatter to speak about and intimately share the true essence of the latest natural health research on the gut connection to health, energy and vitality.

**QUESTIONS from this interview?**

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**ACTION STEPS from this interview:**

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### **Dr. Jay Davidson: Recovering (Your Vitality) from Lyme Disease**

Dr. Jay Davidson is a doctor focusing on a natural functional medicine approach. He is also a VERY popular speaker and #1 international bestselling author. Dr. Jay is admired for his ability to bridge the gap between the scientific health community and the rest of humanity. His vision to see all the details and recommend simple straightforward instructions to his clients has gained him tremendous respect among colleagues – and the woman's vitality community. This info is game changing to anyone with a Lyme diagnosis (or who suffers from symptoms of Lyme Disease).

#### **QUESTIONS from this interview?**

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#### **ACTION STEPS from this interview:**

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### **Sarica Cernohous: The Fun-ky Kitchen – From Table to ABLE**

This is one of my favorite interviews of our whole series. Sarica Cernohous is a nationally-certified practitioner of Traditional Chinese Medicine and Chinese Herbal Medicine, and practices Japanese-style acupuncture. She is an instructor on traditional food preparation methods, through her program, "Fresh, Fun and Flavorful in The Funky Kitchen", and is the author of The Funky Kitchen: One Soccer Mom's Favorite Traditional Food Techniques and Recipes, sharing with both the public at large, and to other health care practitioners. Enough said? Our interview was fun, loaded with great tips and strategies, and great info on flavor! A win for the Vitality community, for sure. Get your workbook ready for this one!

#### **QUESTIONS from this interview?**

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#### **ACTION STEPS from this interview:**

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### **Shannon Garrett: Thyroid Q&As on Autoimmune Hashimotos Thyroiditis**

Shannon Garrett, is a thyroid & autoimmune women's wellness & recovery nurse and holistic health & lifestyle consultant, among other credentials! She is deeply passionate about guiding and supporting women in reversing the symptoms of thyroid disease and help them discover what it feels like to get their life back. She uses her background in nursing, human development, nutrition, environmental toxins, anxiety and stress to help women everywhere start thriving again too. Definitely an interview worth sharing with those you love!

#### **QUESTIONS from this interview?**

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#### **ACTION STEPS from this interview:**

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### **Autumn Smith: Taking the Junk Out of Snacks-Finding Vitality in Your Food**

Autumn Fladmo Smith founded Paleovalley and on our interview, showcases their mission is to GIVE AWAY as much excellent nutritional information as possible, to fuel a global shift of knowledge around food and energy. This interview is solid, valuable info on the do's and don'ts of snacks, meals and ALL food, leading each day toward more energy and delicious vitality.

#### **QUESTIONS from this interview?**

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#### **ACTION STEPS from this interview:**

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**Dr. Dan Kalish: Weight Loss and Neurotransmitters – From Head to Toe**

Dr. Daniel Kalish believes that physical health is our platform for emotional and spiritual growth - and that we each have the ability to fully heal ourselves. Wow, right? In our interview, Dr. Dan opens the kimono on what REALLY drives weight loss and how we can participate with it from the inside out, rather than the outside in!

**QUESTIONS from this interview?**

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**ACTION STEPS from this interview:**

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