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Welcome to this website. I'm hoping you will find the answers you may be seeking that brought you to the site. First, allow me to introduce myself. I'm Lynda Pasqua, working in the field of health and wellness for over 25 years with specialties in nutritional support and addictive behaviors.

I also want to introduce the concepts of lifestyle care medicine and lifestyle care coaching for those who may not be familiar with the terms. These terms have become popular with the need for a different focus on how to help the millions of Americans struggling with their health.

Chronic disease is the leading cause of death and disability in the U.S. Rates of chronic disease have never been higher along with the cost of chronic conditions. 86% of all healthcare dollars are spent on chronic conditions. Chronic disease is so common that more than half of U.S. adults have at least one condition. According to the World Health Organization, 80% of heart disease, stroke, type 2 diabetes, and 40% of cancer could be prevented, primarily with improvements to diet and lifestyle choices. It's time to place more focus here.

Lifestyle Medicine physicians have set forth an evidence-based approach shown to prevent and treat disease. They treat underlying *causes* of disease rather than its symptoms. By treating the causes and not just symptoms, it's possible to change the health outlook for millions of Americans as well as save spiraling health care costs.

Lifestyle medicine's evidenced based approach treats and reverses disease by replacing unhealthy behaviors with positive ones. Lifestyle Medicine interventions—include a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as primary means to prevent, treat, and often reverse chronic conditions. While Lifestyle Medicine physicians still use

medications and medical procedure they also focus as much on important lifestyle issues.

As a lifestyle care coach, I work with individuals and healthcare patients to use their strengths to bring about successful results for the changes they want to make. I focus on the pillars from Lifestyle Medicine along with additional areas. For my practice, I have named them "*risk factors that can make you sick.*" Together with my clients or their healthcare providers, we determine which risk factors may be preventing a healthy lifestyle. A custom program is outlined for each client depending upon their intentions and readiness for change in any area.

The risk factors include nutritional balancing along with elimination of excess sugar and carbohydrates, a key area for anyone with diabetic tendencies. Internal GI tract detoxification is often necessary, to cleanse and mend a delicate digestive system overrun with bacteria, yeast and other fungi, parasites, or toxic metals. Some clients struggle additionally with food allergies or food intolerances. We look to medical testing results to rule those out. Our brain chemistry hormones, our neurotransmitters too, are often undernourished causing mood swings and addictive behaviors. Underlying metabolic issues often result in obesity and diabetes. Emotional/binge eating and inability to manage the stress-response on our bodies can be eased with several strategies that clients find that resonate with their needs. And of course, physical inactivity has no place in a healthy lifestyle.

By remedying causes and not just symptoms, with lifestyle care we can influence patients/clients to change the path of their future health. Please consider how this perspective may assist you in doing that for yourself. Feel free to contact me at any time. I look forward to meeting you. For more information, please visit www.lifestylemedicine.org.