



What are people saying about CHIP?



CHIP Credentials



CHIP Coronary Health Improvement Project

CHIP RESULTS HAVE BEEN PUBLISHED IN

- Journal of the American Dietetic Association (2005)
- Preventive Medicine (2004)
- Journal of Occupational and Environmental Medicine (2002)
- American Journal of Cardiology (1998)
- Absolute Advantage:
Welcoa (Wellness Councils of America) dedicated its entire 64 page August 2004 issue of its national magazine to "The CHIP Prescription: Implementing Lifestyle Medicine."

CHIP IS ENDORSED BY

- Physicians Committee for Responsible Medicine
Washington DC, USA
- Center for Science in the Public Interest
Washington DC, USA
- International Nutrition Research Foundation
San Diego, California, USA

"For the past 37 years, I've been trying to get my triglycerides below 3. After four weeks of CHIP, they are now down to 1.7."

"I'm a nurse and I've had type II diabetes for 8 years, but medication couldn't bring my blood glucose within the normal range. Since doing CHIP 8 months ago it has been normal."

"Before CHIP, I was seriously considering having part of my bowel removed due to terrible constipation and irritable bowel syndrome. The pain was so debilitating. It felt like constant appendicitis! Now, my pain is gone, the irritable bowel syndrome has disappeared and I no longer have to take antibiotics for bowel infections."

"In four weeks my cholesterol went from 6.7 to 2.7 – a 60% drop."

"I've been a member of Overeaters Anonymous for years. Thanks to CHIP, I've got my eating under control and I'm never hungry!"

"Before CHIP, my blood pressure was 166/88, and that was with medication. CHIP brought it down to 117/48, and my GP has taken me off all my blood pressure medications. He is amazed and so am I. I also lost 7kg over the four weeks, and I feel like a new person!"

"My sleeping tablets were reacting badly with another medication. I am 81 and, thanks to CHIP, am now off all medications!"

"I have five stents in my heart and was due to have further heart surgery before CHIP. But after adopting CHIP lifestyle changes, my specialist told me that further surgery was no longer necessary."

"It's better in the bedroom since CHIP helped my impotence."

"As a doctor, CHIP is the best chronic disease prevention program I have seen. The program is compact, reproducible and scientifically valid. Its impact on the quality of people's lives is immense."

Phone or email NOW for details of the next CHIP program

Telephone 1300 85 15 25

or 0417 900 187

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www.livesmart.com.au

For more information on CHIP visit www.chipglobal.org



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healthy lifestyle solutions



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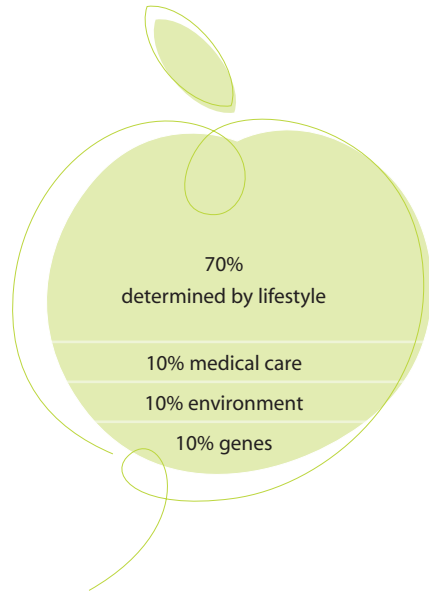
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CHIP PREVENTS, ARRESTS & REVERSES:

- Excess Weight
- Elevated Cholesterol
- High Blood Pressure
- Erectile Dysfunction
- Heart Disease

Also **DISARMS** Type 2 Diabetes



Lifestyle influences health more than all other factors put together!

According to the US Surgeon General, 70% of health status is determined by the lifestyle choices we make – what we eat and drink, whether we smoke and exercise, and how we love.

OUR MISSION

LiveSmart educates, motivates and empowers people to take charge of their lifestyles so they can enjoy their highest attainable standard of health.

CHIP aligns perfectly with LiveSmart's lifestyle emphasis philosophy, and we are proud to offer it to you.

LiveSmart is a licensed provider of the CHIP program.

What is CHIP?



CHIP Program Overview



CHIP is the Coronary Health Improvement Project, an educationally-based lifestyle intervention program that has taught more than 40,000 graduates in Canada, USA, Germany, India and Australia, the principles to achieve and maintain better health.

In 36 hours of factual and compelling instruction, CHIP establishes the principle of health as an absolute necessity rather than a trendy option. CHIP will not only show you why we need to make better lifestyle choices but also how to stop the 'good life' from killing us.

WHY IS CHIP SO AMAZING?

CHIP has been demonstrated to:

- Lower **cholesterol**. In just 30 days, CHIP lowers cholesterol an average of 15-20%. This means a 25-50% decrease in your risk for a heart attack after only 4 weeks!
- Lower **weight**. CHIP participants lose an average of 3kg in 4 weeks, with ongoing support available to reach ideal weight.
- Disarms **Type 2 diabetes**. In about 50% of participants the need for insulin and hypoglycaemic agents to manage blood sugar levels is often dramatically reduced or even eliminated, under GP supervision.
- Normalise **blood pressure**. Most people being treated for hypertension can decrease or even eliminate their need for medication.
- Reduce **stroke** risk. A stroke is often more disabling than a heart attack.
- Decrease the risk of **osteoporosis**.
- Improve **performance, productivity** and enhance the overall **quality of life**.

• FREE INFORMATION SESSIONS

An opportunity to have the program explained, ask questions, register, and sign up for Heartscreen 1.

• HEARTSCREEN 1 (Pre-test)

Includes a review of medications, fasting lipid profile and blood sugar, lifestyle assessment, height, weight, blood pressure, and a heart-healthy breakfast.

• 16 DVD-BASED CHIP LECTURES

Classes meet for 2¼ hours, 4 times a week for 4 weeks (twice a week for 8 weeks for Corporate CHIP). Hans Diehl, DrHSc, MPH, FACN, is the dynamic lecturer in this compelling DVD series, complete with superb graphics, illustrations and humorous stories. Certified CHIP Facilitators provide live interaction, heart healthy recipes and tastes and lots of fun. Participants receive 3 textbooks, workbook, CHIP bag and water bottle.

• SUPERMARKET TOUR

Learn valuable food shopping tips and how to save \$\$\$s.

• HEARTSCREEN 2 (Post-test)

Measures the changes in lifestyle, clinical outcomes and medications over the 30-day period.

• GRADUATION

Invite family and friends to this celebration of progress! Receive your Heartscreen 2 results, diploma, CHIP pin and kitchen knife.

• ALUMNI

The Alumni meets on a monthly basis for ongoing support, encouragement and motivation. 12-month Alumni membership and CHIP Chat newsletter subscription included in course fee. Some Alumni activities will attract a cost.

DVD CHIP Lecture Topics



WEEK 1

1. **Modern Medicine: Miracles, Medicines & Mirages**
The limitations of high-tech medical approaches in dealing with lifestyle-related diseases
2. **Portrait of a Killer: Onslaught from Within**
Atherosclerosis, the culprit in many lifestyle diseases
3. **Stalking the Killer**
Reviewing the risk factors for coronary heart disease
4. **Eat More and Weigh Less**
Basic guidelines for healthy, sustained weight loss

WEEK 2

5. **Going up in Smoke**
Smoking – the most controllable risk factor for coronary heart disease
The Magic of Fibre
The role of fibre in preventing and reversing lifestyle diseases
6. **Disarming Diabetes**
Lifestyle factors that can arrest or reverse diabetes
Reversing Hypertension
Changing the major risk factors for high blood pressure
7. **Effective Cholesterol Control**
Dietary factors that prominently affect blood levels of cholesterol
8. **Fats in the Fire**
The role of excessive fat intake in lifestyle diseases

WEEK 3

9. **Fit at Any Age**
Benefits of regular exercise in preventing and arresting disease
10. **Boning up on Osteoporosis**
Causes and prevention of this disabling disease
11. **Lifestyle Health & Disease Reversal**
Clinical studies that demonstrate how lifestyle choices are related to health
12. **The Optimal Diet**
Positive dietary guidelines for the prevention and reversal of Western diseases

WEEK 4

13. **Diet and Cancer**
Dietary factors in the development and prevention of common cancers
14. **Atherosclerosis of the Mind**
The importance of adaptability in achieving and maintaining optimal health
15. **The Gift of Forgiveness**
How a spirit of forgiveness enhances emotional and overall health
16. **Building Self-worth**
The development, preservation and role of self-worth in a healthy person

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PRICES

\$995 Single

\$895 Spouse/family member (\$100 discount off single price).

If required, easy payment plans can be arranged.

Rebates available for HBF and Medibank Private Package Bonus members. Contact your health insurance provider for details.

METHODS OF PAYMENT

Cheques and money orders (made payable to LiveSmart), direct deposit, credit card.

REFUNDS

Refunds can be requested up until 10 days prior to commencement of the CHIP program, less \$50 administration fee.

CHIP IS PROUDLY PRESENTED

BY LiveSmart

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