



6 WEEK HEALTH CONTRACT WITH YOURSELF!

You must make a contract with YOURSELF to get anything done.

When I was the Body for life coach™ we made a contract over 12 weeks that the client had to “FOLLOW THE PLAN” for success.

The Client usually had tried everything else and failed and was ready to sign up and guess what **THEY GOT RESULTS! (Because they were ready)**

refer my 12 week transformations page of clients here:
<https://www.healyshealth.com/transformation-photos->

Now in the longevity and anti-aging page :
<https://www.healyslowerbackpain.com/longativity-anti-aging>

I CHALLENGE YOU TO FOLLOW THE PLAN FOR 6 WEEKS !

Just 6 weeks after all the failures and miscellaneous advise of the multitude of “experts” you have tried in the past **UNTIL NOW !**

These are my conditions or contract with you over 6 weeks FOR YOUR OWN GOOD !

1) I do not want you listening to any other “voices” or “advisors” (except your medical professional if required) but I’m talking about all the “Experts” that have led you down the garden-path with ZERO RESULTS! (Except maybe you spending a lot of money for nothing).
Will YOU IGNORE ANY OTHER VOICES FOR 6 WEEKS ?

YES/NO _____

2) ARE YOU PREPARED TO FOLLOW OUR SUGGESTED DIET and SUPPLEMENTS TO THE LETTER?

YES/NO _____

3) ARE YOU PREPARED TO NOT DRINK ANY ALCOHOL OF ANY DESCRIPTION OVER the FULL 6 WEEKS ?

YES/NO _____

(note any dose of alcohol is a poison clinically)

methylated spirits is the same alcohol (ethyl alcohol) that's in all wines, spirits, beer so it's a slow form of poison gradually toxifying every cell in your body . This cellular 'Creep' happened over years and affects the immune system and every other function until you go 'alcohol free' it's difficult to notice the gradual toxicity level building.

<https://www.theguardian.com/science/2011/mar/07/safe-level-alcohol-consumption#:~:text=Alcohol%20is%20a%20toxin%20that,in%20the%20UK%20can%20kill.>

Alternative to alcoholic wines are the non-alcoholic varieties (Same taste but zero methylated spirits added)



<https://edenvale.com.au/5-benefits-of-edenvales-alcohol-removed-wine>

IF YOU SAID YES TO ALL OF THE ABOVE WE CAN MOVE FORWARD otherwise you are wasting your time, my time , and Dr.Matt's Time unfortunately.

We are LIVING THE DREAM and APPLYING THE FORMULAS to OURSELVES and are happy to continue just to do that, (MAXAMIZING OUR OWN HEALTH) However, HELPING OTHERS WHO WANT TO BE HELPED is what we try to do, those who DO NOT WANT TO BE HELPED good luck with your continued search, let us know when you're ready to GET RESULTS and we will help you otherwise GOOD LUCK ! With your endeavours and we wish you all the best. It's as simple as that.

SO, ARE YOU READY TO PROCEED? YES/NO _____

YOUR 6 WEEK HEALTH CONTRACT

I (Print name) _____

Will follow to the letter all Instructions given to me without exception.

I have agreed with the first two pages of the contract and will be accountable to Graham Healy (Healy's Health /Healys lower back pain) for the full 6 weeks.

During the 6 weeks Graham Healy will:

*Suggest a supplement plan

*A diet plan and meal plan/suggestions

(You will get calorie counts to maintain of Protein, Fats(good fats) and carbohydrates)

If there are any other issues like lower back pain, shoulder pain, etc. then that will be treated separately, but it is noted that the Healy's nutritional plan may also help the physical issues as Healy's look at the whole body in synergy (for example if something physical is manifesting its root cause can be nutritional, neurology or even mental as the whole system is interconnected in a Mind, Body and Spirit synergistic TOTAL PERSON effect.

Healy's LOOK AT THE BIG PICTURE AT ALL TIMES .

As a Client of Healy's I ACCEPT THIS PHILOSOPHY over the 6 week Health contract .

*We Suggest you get a full blood test and copies of that blood test one copy to Healy's and one copy to your records for future reference (keep in plastic folder) we will supply, so that you can 'see the difference ' over time and have records of it.

*Down load the Australian diet diary on your mobile phone and USE IT daily as instructed.

https://play.google.com/store/apps/details?id=au.com.xyris.eddflutter&hl=en_AU&gl=US

*You will be given a list of supplements to purchase (note we do not make a great deal of money out of supplements it is more of a service for you as we have already navigated the marketing minefield and picked the best of the best for our clients)

You Agree to take the supplements as we advise, and with the appropriate timing we advise.

PHYSICAL PROBLEMS

muscular-skeletal issues will be treated separately, bearing in mind that nutrition and physical can affect each other as previously described above.(for example cramps, sleeplessness, aches and pains)

Muscular –Skeletal

www.healyslowerbackpain.com

COSTS /FEES:

*Call out sessions either PT or Muscular skeletal \$70 per 45 min

***At my clinic (you come to me) \$50 (45 min)**

***dry needling + \$10 extra**

***Tens machine +\$10 extra**

***Kinesiology taping (rock tape) +\$10 extra**

***Cupping + \$10 extra**

Supplements :

as per the list and costs/invoice given to you.(note prepayment required)

Note : All services will be all Invoiced and itemized

HEALY'S OBJECTIVE IS TO MAXIMISE YOUR RESULTS ON SEVERAL FRONTS OVER 6 WEEKS THEN SET THE START OF A LIFE LONG WINNING FORMULA IN PLACE we may have to 'tweak it ' along the way in getting the 'right balance' just for you but we WILL DO IT!

We Promise to deal with you with 100% transparency and Honesty nothing will be hidden or commercialized, Hyped, or dressed up, we will give the PLAIN TRUTH and the Medical-Facts and the latest research (Dr, Matt Bambling is a research scientist) to back up everything we say with evidence based latest reasarch.

YES YOU ARE HAPPY WITH ALL OF THE ABOVE and TAKE UP the 6 WEEK HEALTH CHALLENGE!

Sign below copy to you and copy to us.

Name : _____

Date: _____

Signature_____

**Witness/Date
(Graham Healy)**

Disclaimer

Before any program we always suggest full blood test analysis from your Medical GP (get copies for yourself) make sure Testosterone levels are checked (for men) and Estrogens levels (for women) .

Plus we need a full medical profile and approval from your Medical GP that it is ok to start a fitness and natural supplement program with Healy's (as you would with any Gym or health centre).

We have a duty of care to ensure you get all the relevant information to make informed decisions about your health and wellness future directions and planning.

If you are on any prescribed medications you must at all times cross reference with your medical GP for any adjustments to those medications (for example Blood Pressure medications) and follow safe guideline practices as outlined by your medical Doctor and registered health professionals .

please fill out our medical screen form and legal disclaimer

If you are commencing any exercise program with Healy's Health