

1  **Eat to Live****Week 3:****Disease Prevention**2  **Fat**

- Refer to handouts (from last week)
  - Refer to "Fat" handout by Jordin Rubin
  - Refer to "Always Eat Egg Yokes" handout
  - Refer to "Coconut oil" handout
  - Refer to "Butter" handout
  - Refer to "The Skinny on Low-Fat Foods" handout

3  **Disease Prevention**

- There are many ways we can prevent disease and maintain a healthy lifestyle as we age.
- While God is in control of our lifespan, the quality of our lives and even possibly the longevity is affected by how we care for our bodies.
- There are some major issues we can address that will greatly assist us in disease prevention.

4  **Disease Prevention**

- Refer to handout "What is Candida?"
- Refer to handout "Inflammation" by Jonathan Benson
- Refer to handout "Disease Prevention"
- Refer to handout "How to Get Sick "
- Refer to handout "Supplements "
- Refer to chart for food sources