

12 WEEKS TO DOUBLING YOUR ENERGY:

Discover The Habits To Have **More Energy** All Day Long

PHASE 1: ASSIMILATION

DAY 1

*THE PROCESS: OVERVIEW OF
THE BIOOPTIMIZATION BLUEPRINT*

I'm your host Wade T. Lightheart, Director of Education for biOptimizers. And I'm so excited to have you join us today. We're going to take you through an 84 step process that allows you to completely biologically optimize your body, whether you're looking to overcome maybe a serious illness and get your next level of healing, whether you're looking to reach another level of health and vitality with unlimited amounts of energy, or maybe you want to go to the next level, biological optimization where every cell in your body works like an absolute symphony. But whatever your state that you're in now I can guarantee you this. Over the course of these lessons we are going to take you through a process and teach you the habits that will lead you to optimize your body's physiology.

There are twelve specific habits that we're going to teach you on a week by week basis. In other words you will begin to integrate them each and every week. And don't worry. If you don't get all of them you'll still get many of the benefits.

I want to share with you some of my examples. Over the last 25 years I've had a great amount of experience sharing with thousands and thousands of my clients over the years. There was Dale who was a middle age hairstylist who was you know struggling to stay on top of his busy business and as a guest artist around the world. He started following these principles and over the last fifteen years he's now in his 60s and he's performing at a level that he never dreamed of. And he looks even better than he did years ago.

I'll share with you how Barbie, a middle aged burned out office worker completely transformed herself in just twelve weeks good enough to beat out 12,000 competitors in a transformation contest.

I'll also share with you how I was able to overcome lousy genetics and take my body through mentorship, coaching and applying scientific principles to reach the highest levels of physical expression without chemicals or drugs at the Mr. Universe contest.

And more importantly I'll also share with you how I've been able to serve with the American Anticancer Institute working with people with serious illnesses and allowing them to optimize their body so that they can help overcome their challenges.

Now stick with us over the next few weeks. What I'm going to break down for you is the three stages that you are going to go through on your transformation. I'm also going to share with you the seven key pillars to totally awesome health. These pillars will allow you to completely understand where to put your time, energy and resources for maximum benefit. And I want to encourage you to stay with the process, keep going over the lessons. You can burn through them really quickly or you can simply do them one each and every day. I'm going to be your guide and I'm going to hold your hand every step of the way.

So let's get started!