

5

to **THRIVE**

*5 power moves that
can change your life!*





Peggy Kraus
COACHING

Hi, I'm Peggy!

For the past 30 years, I've dedicated my life to helping thousands of people transform their health. And now, I can't wait to help you!

Imagine having a life where you're not just surviving day-to-day, but instead, **thriving** with energy and the freedom to enjoy it. That is, having energy for the people and activities that bring joy to your life. And freedom from prescription medications, constant worry, and limitations that defeat you. This is the life I want for you, and the life that you deserve.

I don't believe in simply managing chronic illnesses. I believe in preventing and reversing them entirely. It breaks my heart to see people who have settled for stents, pacemakers, glucometers, and long lists of medications. They're suffering, and they don't need to be. People have accepted that chronic disease, including being overweight or obese, is part of life, and that pain and memory loss are inevitable.

It doesn't have to be that way. Our bodies want to be healthy. They just need the opportunity to thrive. I can teach you how to take back control of your health and discover the true joy that lies in living life to its fullest.

I've been an exercise physiologist in cardiac rehab for more than 25 years. I'm certified as a diabetes care specialist and a plant-based nutrition educator. I'm in the business of teaching and empowering people to fix their health. I'm ready to help you begin to live the life you deserve.

Making the necessary lifestyle changes so that you can thrive can be challenging when you do it on your own. But I'll be here to guide you through it. And you'll see that it's easier than you imagined.

I have witnessed the incredible transformations that people achieve when given the right tools and guidance.



Meet Evan.

He's a great example of what my clients achieve.

"I was only 44, but I was a mess. My A1c was 12.1, and I weighed 429 pounds. I had type 2 diabetes, sleep apnea, high blood pressure, and high cholesterol. My doctor told me that I could have a stroke and end up in a wheelchair. I was scared. After I lost 210 pounds, my A1C dropped to 4.8, my blood pressure and cholesterol are normal, and I feel great! All without medications.

— Evan Purcell

Are you ready to go from surviving to thriving?

Let's renovate your body so that you can experience the joy that comes with a life filled with vitality and spontaneity. Let's take this first step TOGETHER!



5 to THRIVE gives you 5 of my best Power Moves. Things you can do every day to regain control of your health. You'll love eating the most powerful healing foods on the planet—beautiful, colorful, and delicious plant foods. And we'll go beyond the plate and learn how to nourish your body.

"I gladly followed [Peggy's] recommendations and found I loved the plan. I was able to eat foods I had denied myself on my low-carb diet. Since that time, I have lost 48 lbs."

— Susan N.

"Peggy's extraordinary passion and dedication make this program not only life-changing, but potentially lifesaving."

— Peter F.

Do you have
high cholesterol,
high blood pressure,
type 2 diabetes,
prediabetes, or
insulin resistance?

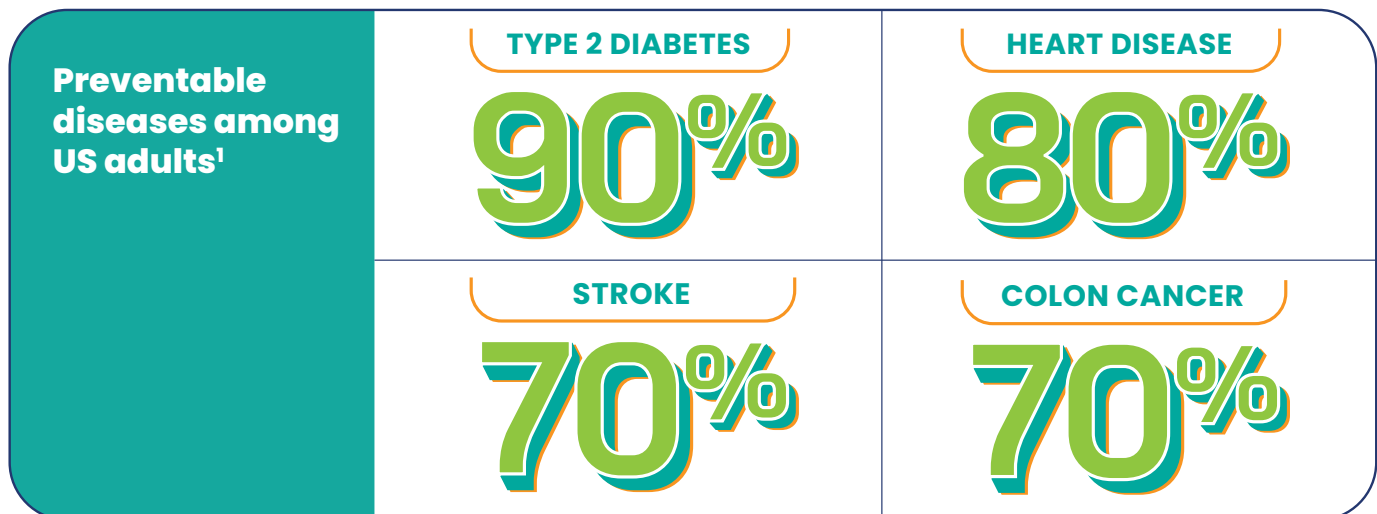
Do you
suffer from
painful chronic
inflammation?

*"I was taking 7 medications
when I started. They were for high
cholesterol, diabetes, psoriasis,
and gout. Since [then], my doctor
has said that I no longer need any
of the medications."*

– Don R.

Most people end up managing disease with medications and procedures.

What would you say if I told you that most chronic diseases are not only preventable, but also reversible?



By and large, these are lifestyle diseases. In most cases, you can stop their progression and reverse the condition. I design my programs to optimize health through lifestyle change. Focusing mostly on optimal nutrition and exercise, I'll lead you out of the medication mess and into a healthy body.

Though genes are an important part of who you are, they don't have total control over your health. Lifestyle choices and the foods you eat play the biggest role.

Life is precious and short, don't wait to take control of your health. Every day matters.

**Good health doesn't come
in a box. You can't buy it.
You have to live it! Every
healthy choice you make
is an investment in your
future health. Are you
ready? Let's do this!**

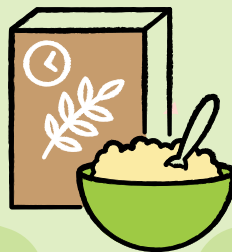
We can all improve our choices. Think about the people you love and the things you want to do. An ounce of prevention is worth a pound of cure. Get started TODAY making choices that are going to give you a big return on your investment.

If you've struggled to stick to a diet in the past, you've come to the right place. Thousands of people have benefited from my approach to establishing healthy eating habits.

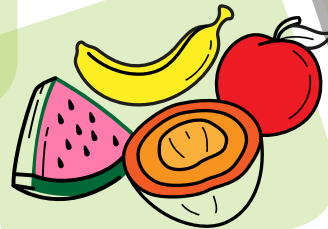
Peggy's **5 POWER MOVES**

My most successful clients do
these 5 things every day:

EAT OATMEAL



EAT 3 FRUITS



**EAT 2 RAW
VEGETABLES AND
2 COOKED
VEGETABLES**



**GET 7 HOURS
OF SLEEP**



**WALK FOR
10 MINUTES
AFTER
EVERY MEAL**



POWER MOVE 1



Eat oatmeal every day



Eating oatmeal can help you lose weight. It can also lower blood sugar, blood pressure, and cholesterol. It also helps with fatty liver disease.^{2,3,4}

In a study, people who ate 200 calories of oatmeal every day for 30 days lost 4 pounds. The weight loss lasted for a year as they continued to eat oatmeal. All because they ate oatmeal every day.³

Oatmeal is rich in fiber, which helps digestion and leaves you with a feeling of being full. Because it burns fat and increases muscle mass, oatmeal is an excellent addition to your diet.

When it comes to oatmeal and other grains, choose the grainiest ones you can find.

Steel cut oats are best. They have more fiber and nutrients than rolled oats do. Because they are only minimally processed, they need more time to cook or soak. To save time in the morning, soak your oats overnight. See the recipe for Overnight Oats.

Rolled oats are a good second-best kind of oats. Quick oats should be your last choice when it comes to types of oatmeal. Of course, quick oats beat out Cheerios every time.

For extra benefit, sprinkle some cinnamon on top of your oatmeal. Research has shown that cinnamon accelerates weight loss and reduces blood sugar levels.⁵ Also, add berries or another kind of fruit to boost the fiber and antioxidant value. To reduce the calorie content, use water for cooking.

B E R R I E S

Berries contain nutrients and antioxidants that reduce inflammation and the risk of cancer. Berries contain antioxidants like anthocyanins, quercetin, and vitamin C.

Anthocyanins give berries their vibrant colors and may aid in arthritis. Anthocyanins work together with quercetin to help slow age-related memory loss. Quercetin can decrease symptoms of rheumatoid arthritis. Eat them straight up or add to oatmeal, smoothies, or salads.





Being healthy never tasted so good!

Power up your breakfast with these delicious and easy oatmeal recipes that will nourish your body and your taste buds!



Overnight Oats

Prepare tomorrow's breakfast tonight! This recipe makes two portions, but you can make up to four jars to save time later—they keep for up to four days. Enjoy for breakfast, for a meal, or as a snack. If you're new to steel cut oats, try using 1/2 cup steel cut oats mixed with 1/2 cup rolled oats. This will help you get used to the chewy texture and the added fiber content.

Ingredients

1/3 cup steel cut oats
1 1/4 cup unsweetened plant-based milk of choice or water

Optional (one or more)

1 Tbs chia or flaxseeds
1/4 tsp pure vanilla extract
1/4 tsp cinnamon
1/2 ripe banana peeled and smashed
1/2 cup berries
1/2 cup chopped fruit

Directions

Put oats, milk/water, and other ingredients in two lidded containers or jars. Mix together and cover. Place in fridge and leave overnight (or for at least four hours). In the morning, simply heat up on stove or in microwave for a minute or two. Then add any other fresh ingredients you'd like. Stir and serve.



Best Steel Cut Oats

This aromatic, healthy oatmeal recipe is anything but boring. You can change up the flavors and instead add raisins, cloves, or pumpkin pie spice. This recipe freezes well. Just heat and serve and add your favorite fruit or toppings.

Ingredients

1 cup steel cut oats
3 1/2 cups of your favorite plant-based milk or water
Cinnamon to taste
Nutmeg to taste
1 tsp vanilla extract

Directions

Bring the milk/water to a boil in a medium saucepan over medium-high heat. Add oats and reduce heat to low and cook 15-20 minutes, or until most of the water is absorbed and the oats are tender. Stir in cinnamon, nutmeg, and vanilla and remove from heat.



Cooking Tip
**OATS IN THE
INSTANT POT**

Instant Pots makes batch cooking quick and mindless. The Best Steel Cut Oats recipe can be prepared in the Instant Pot with these changes, and it'll still be the best.

Add all ingredients you are using to the Instant Pot. Stir well. Cover and use the manual setting for 3 minutes.

Once cooking is complete, do not open the release valve. Allow the Instant Pot to release naturally. This will take about 15 minutes. Once the red button drops, your oats are ready.

Make ahead of time, for the week. Doubling it is easy. But don't triple it; it will be too much for the Instant Pot.



Quick Apple Pie Oatmeal

This recipe also keeps well in the fridge over the course of a week. When batch cooking, you can leave out the apple pieces. Instead, add them to your fresh morning oatmeal. If you don't have steel cut oats, in a pinch you could use rolled oats but reduce the amount of liquid to 1 cup.

Ingredients

1/3 cup steel cut oats
1 Tbs chia seeds
1 tsp ground cinnamon
1/4 tsp ground ginger
Pinch of kosher salt
1 1/4 cup water
1 apple, peeled and cut into 1/2 inch pieces (Granny Smiths are great)
1 Tbs pure maple syrup plus 1 teaspoon more for drizzling
1/2 cup unsweetened applesauce
1/2 tsp pure vanilla extract
2 Tbs almond milk (optional)
2 Tbs chopped walnuts, for sprinkling on top

Directions

In a medium-size pot, mix oats, chia seeds, applesauce, water, syrup, cinnamon, ginger, and salt. Heat on medium. Add apple now or, if you're batch cooking, on the day that you're reheating. Stir well.

Heat over medium heat until boiling and then cover and cook on low for about 20-25 minutes, stirring often. When the mixture thickens and absorbs the liquid, it's ready. Stir in the pure vanilla extract and the almond milk if adding.

Pour into a dish and sprinkle with chopped walnuts, a pinch of cinnamon, and a drizzle of pure maple syrup.



Eat 3 fruits every day



Eating 3 servings of fruit every day is an ideal amount for most people.

Fruits are rich in the essential nutrients that many people don't get enough of, such as potassium, vitamin C, and folate. Fruit contains fibers that can prevent digestive disorders like reflux¹² and irritable bowel syndrome. Likewise, fruit is a good source of water which makes the body run smoothly.

Plants contain different pigments, or phytonutrients, which give them their color. Choose various types of food that have different colors to get a variety of nutrients. Eat 1/2 cup of berries a day.

There's nothing easier than grabbing an already-washed apple and CRUNCH! biting in. Or peeling the skin on a fragrant banana and then – gone before you know it. Same with rinsing fresh berries and popping them into your mouth. For now, eat your fruit raw, bursting with flavor. Of course, cutting a few kinds into a bowl is a great idea.

You can make tasty treats with cooked fruit for parties or holidays. Some examples include apple tart or cherry cobbler. But, they often contain extra sugar and fat. In case you're wondering, if you're heating your fruit in your oatmeal, that's fine.

Frozen berries can be just as nutritious, if not more so, than fresh berries. Frozen berries are picked at their peak before they are flash frozen. The nutrient value remains high until you eat them even months later. Add your frozen berries to oatmeal or smoothies. Of course, berries that are freshly picked are best.

Crunching into a Granny Smith apple in the fall or into a perfectly ripe peach in summertime is more than delicious. Enjoy them all... Peaches. Pears. Pomegranate seeds. Melon. Pineapple. Clementines. Grapes. And the list goes on.

Don't worry about the sugar in fruit. Sugar is only a problem when it's been stripped from its source and then added to other foods. Sugar that comes as part of the whole food is fine.

For example, brown sugar on your oatmeal is not nearly as healthy as blueberries and raisins. In a 2001 study¹¹, researchers provided people with 20 pieces of fruit daily for a few weeks. It had no negative effects on weight, blood pressure, or triglycerides. Instead, there was a remarkable 38-point decrease in LDL cholesterol. Plus, their more regular trips to the bathroom were a welcome change.

C H E R R I E S

Cherries have anthocyanin, a plant pigment that reduces inflammation and joint pain. Cherries are also a good source of melatonin, which helps to regulate the body's internal clock and sleep-wake cycle. Drinking tart cherry juice has been shown to help improve sleep duration and quality.



**One serving
of fruit is a
medium-sized
whole fruit or
one cup of
cut fruit.**



*Eat 2 raw and 2 cooked
vegetables every day*



Vegetables are excellent for weight loss and overall good health.⁶
Aim to eat at least four servings daily (half raw, half cooked).

Eating both raw and cooked vegetables is important. Cooking⁷ destroys some nutrients but helps our bodies absorb others.⁸ So, take turns. You can eat broccoli in different ways, such as raw, steamed, roasted, or sautéed in water or broth. You can do the same with all your vegetables.

Go light on the oil. Yes, even olive oil. At 140 calories of pure fat per tablespoon, it's better to sauté in vegetable broth or water.

Leafy greens are king. Eat some every day. Salads are delicious mixtures of fresh greens, vegetables, fruits, beans, and grains. But strive to include a wide variety of colors. Raw vegetables encourage more weight loss than their cooked counterparts.

Fresh herbs bring your greens to life. Adding fresh herbs to recipes enhances flavor, adds a vibrant and aromatic element, and boosts nutritional value. You can use dried herbs instead of fresh herbs in many recipes. They have similar nutrient profiles.

Choose your salad dressing carefully. If you buy your dressing, choose one without oil. If you make your own, a handful of nuts or seeds can give you that creamy texture you love. Besides, nuts and seeds contain fiber and other nutrients that oil lacks. If you must use oil, a teaspoon of oil in the recipe spread out over 4 or 6 helpings would be acceptable.



SWISS CHARD

Swiss chard is a dark leafy green. Its stem has reddish-purple and yellow colors that have powerful phytonutrients. Swiss chard is low in calories and high in fiber. It's packed with antioxidants, which can help prevent cancer and heart disease. It also has a lot of magnesium and potassium. These vital nutrients help control blood pressure and stop osteoporosis.



TOMATOES

The lycopene in tomatoes protects against heart disease. Eating tomatoes can lower LDL cholesterol and triglyceride levels in the blood, the lipids that are responsible for many cardiovascular diseases and fatty build-up in blood vessels. Studies have also shown that tomatoes lower the risk of stroke.



Power up your salad.

Salads have been unfairly relegated to the role of starter or side dish. They really deserve to be the main attraction. Go ahead! Make the salad the meal.



Berry Bliss Salad

Salad Ingredients

5 cups chopped baby spinach or other leafy greens
1 cup strawberries, hulled and thinly sliced
1/2 cup fresh raspberries
1/2 cup fresh blueberries

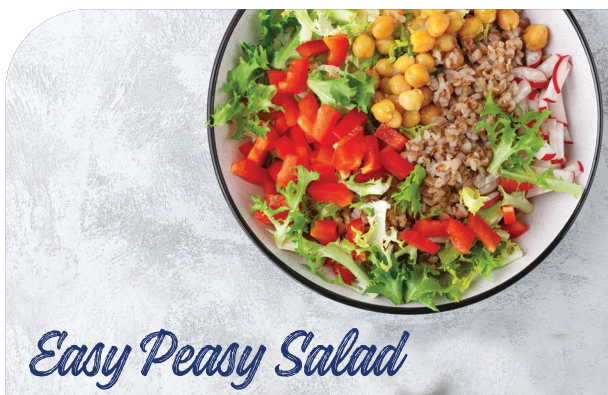
Dressing Ingredients

1 Tbs honey
2 tsp mustard
1/4 cup balsamic vinegar

Optional topping: 1/2 cup raw pecans, raw or toasted

Directions

In a bowl, mix the rest of the ingredients for your salad. Add any extra toppings you want. Drizzle with the remaining dressing.



Easy Peasy Salad

Ingredient

1 to 2 cups greens (spinach, arugula, romaine, spring mix, etc.)

Optional ingredients:

1 cup raw or cooked vegetables
1/2 to 1 whole fresh fruit, cut up
1 oz. nuts or seeds
1/2 cup beans
1/4 cup cooked quinoa or brown rice

Directions

Toss in a bowl with salad dressing of your choice (Recipes on next page).

Nothing can be easier than combining these few ingredients to make a super salad. You have a lot of leeway here. Use your favorites: Greens, fruits, nuts and seeds, beans and lentils, and grains. Go ahead and get crazy... add some more vegetables.

Alternatives to salad dressing

Lemon or vinegar

Salsa or Guacamole

Hummus

Fresh Fruit

(dried fruit can be used too, but look for those with no added sugars)



Healthy & delicious salad dressings

Each recipe below makes about 1 cup of dressing.



Lime Dressing

Ingredients

2 Tbs lime juice
2 Tbs low sodium soy sauce
1/4 cup rice vinegar
1 Tbs grated ginger

Directions

Blend all ingredients in a blender until smooth.



*Helen's
Avocado Dressing*

Ingredients

1/2 avocado
2-4 Tbs cilantro
1/8 red onion
2 cloves garlic
Juice of 1/2 lemon
Water
Salt and pepper to taste

Directions

Blend all ingredients in a blender until smooth. You can also use less water and make this a sort of dip for vegetables.



*Super Caesar
Dressing*

Ingredients

1/4-1/2 cup plain hummus
4-5 cloves garlic, minced
1 Tbs sweet miso paste
1 Tbs maple syrup
1 tsp spicy mustard
1 tsp salt
1/2 tsp pepper
1/2 tsp lemon zest
2 Tbs lemon juice
2 tsp capers
1 tsp nutritional yeast
1/4 cup warm water

Directions

Puree all ingredients together, slowly adding water as needed. Adjust flavors to taste, adding more salt and pepper, lemon juice, or minced garlic if desired. Use to top salads, roasted veggies, sandwiches, or any other foods you like!



Hearty & Healthy Soup

Soup is a terrific way to eat cooked vegetables! This hearty carrot soup will give your skin a healthy glow. The beta carotene in the carrots gives skin a deep, rich color and your eyes a bright sparkle. Be careful not to use more than the listed baking soda and curry powder in the recipe. There's a delicate balance that's perfect with the suggested ingredients. Don't forget to sprinkle with pistachios for the best flavor.



Salad Ingredients

5-6 large soup carrots, washed/peeled, chopped into ½-inch pieces
(If your carrots are organic, simply wash them. If they're not organic peel, them to remove pesticide residue.)
 2 large leeks, white parts only, washed, chopped
 1/4 tsp baking soda
 1/2 tsp curry powder
 2 cups water
 2 cups low sodium vegetable broth
 Salt and pepper to taste
 1/2 cup pistachios for garnish, shelled

Directions

Sauté carrots and leeks in a few tablespoons of water for 10 min over medium flame. Don't let the leeks brown. Keep adding water to prevent burning. Stir in baking soda and curry. Add water and broth. Simmer for 30 minutes. Puree until smooth. Sprinkle with pistachios when serving.

M U S H R O O M S

Mushrooms like white, cremini, Portobello, oyster, maitake, and reishi can fight cancer by protecting DNA and slowing down tumor growth. Eating mushrooms can decrease breast cancer in women before and after menopause. Studies show that women who ate a small mushroom, only 10 grams, every day had a 64% lower risk of breast cancer.¹³





Tomato Treats

People who eat tomatoes have fewer heart attacks and less plaque in their arteries. Researchers are studying tomato extract as a possible substitute for aspirin for the prevention of heart attacks.



This recipe is dynamite as an appetizer. If you're in a rush, bake the tomatoes for 20-30 minutes and then broil them until they caramelize. Broiling may cause the juices to release quicker than baking.

Ingredients

3-4 lbs. tomatoes (I love Campari tomatoes for this recipe), washed and halved
1-2 Tbs dried oregano
1-2 Tbs dried basil
1-2 Tbs garlic powder
Fresh basil for garnish
Crackers, flourless (Mary's Gone Crackers are perfect)

Directions

Line a rimmed baking sheet with parchment paper. Arrange the tomatoes on the baking sheet, cut side up. Sprinkle with oregano, basil, and garlic powder. Bake at 450°F for 30-45 minutes until the tomatoes are cooked to your liking. Roasting caramelizes the tomatoes and gives them added sweetness.

The tomatoes will release a good amount of juice as they cook and cool. Allow them to cool slightly so the juices don't make the crackers soggy. Carefully lift the tomatoes, one at a time, onto the crackers. Use a spoon or fork. Serve immediately.



This sauce has a deep Italian flavor. And you're going to love that you don't have to cook it! The whole thing is made in the blender. While the pasta is cooking, blend the sauce, and dinner is on the table in minutes.

Ingredients

1 clove garlic
Juice of 1/2 lemon
1/4 cup fresh Italian parsley
1 cup fire roasted tomatoes
3/4 cup slivered almonds, lightly toasted (Trader Joes makes them already toasted and slivered)
1 Tbs nutritional yeast
1 tsp smoked paprika
12 oz. of roasted red peppers (they usually come in 12 oz. jars, drain first)
1 package of brown rice or whole wheat pasta, cooked and drained

Directions

If you don't buy toasted almonds from Trader Joes, put slivered almonds in a medium pan and heat them. Toast for 3-4 minutes, stirring frequently. Set the almonds aside and return the pan to the heat. Put the nutritional yeast in the pan. Toast it for about 60 seconds. Stir it constantly. The nutritional yeast will become a darker brown, and more fragrant.

To make the sauce, put the ingredients in a blender and blend for 30-60 seconds until smooth.

You can add a little water to thin the sauce if it's too thick. A handful of sundried tomatoes is a nice addition if you have them. If not, the sauce is perfect as is.

Heat if desired. Serve immediately.



Get 7 hours of sleep every night



Many of us don't think much about sleep, but it is arguably the most important thing you'll do all day. Sleep has been described as a non-negotiable biological necessity.

Not getting enough sleep, less than 7 hours a night, increases the risk of obesity, stroke, diabetes, pain, cancer, Alzheimer's, depression, anxiety, and heart attacks.

If weight loss is a concern, you'll want to be sure that you're getting enough shuteye. Lack of sleep increases ghrelin, the hunger hormone, and decreases leptin, the satiety hormone. A lack of sleep can prompt you to eat 200–400 more calories at meals because you feel hungrier and less satisfied. Plus, you'll be looking for food in between meals more so than had you slept well.

Below is a list of simple strategies for getting more—and higher quality—sleep:

UNPLUG | The glow from your laptop, iPad, smart phone, or other electronics on your nightstand may pass through your closed eyelids into your hypothalamus—the part of your brain that controls sleep. The stimulating effects of electronics can also impact our ability to fall asleep. Avoid use before bed or if you wake up in the middle of the night.

GO DARK | Invest in room-darkening shades, turn off that light in the hallway, etc.

STICK TO A SLEEP SCHEDULE | Though it may be difficult at first, try to go to bed and get up at the same time every day, even on weekends and holidays.

EXERCISE REGULARLY | Exercise helps us fall asleep faster and sleep more deeply. Bonus points if you exercise outside in the morning. Getting sunlight in the morning for 30 minutes helps regulate our internal clock. Our internal clock controls alertness and sleepiness based on light.

AVOID CAFFEINE AFTER 2 PM | It stays in your body for around 8 hours. This can stop you from having deep sleep or from falling asleep at all.

LISTEN TO A BEDTIME STORY | Choose an audiobook that you know well. It should distract your attention until you fall asleep.

REVIEW YOUR MEDICATIONS | Some drugs used for high blood pressure and anxiety/depression can cause insomnia. Ask your doctor to assess how the medicines and/or supplements you use might be impacting your sleep.

COOL IT | Keep your bedroom temperature between 65° and 75°F. But, consider how you feel under the covers. Cool sheets can make your body feel cooler, which tells your body to make melatonin for sleep. That's why taking a warm bath or hot shower before bed can also be helpful. Both raise your body temperature. And then, when the dry cool air lowers your body temperature, you feel sleepy.

**Don't forget
to hydrate!**



Water is essential for good health and most of us drink far too little. Try to drink a large glass of water multiple times a day. Add fresh fruit, mint, or cucumber to make it more exciting. People love pairing lemon with blueberry, raspberry with mint, watermelon with basil, and citrus splash with lemon, lime, and orange. If it doesn't contain caffeine, sweetener, or bubbles, it counts as water.



*Walk for 10 minutes
after every meal*

Moving your body is critical for good health. When you move, you stimulate your body to grow and to heal. Movement feeds your immune system and your brain.

Without movement, there is no spark. The result, as Henry S. Lodge, MD, describes in his book, *Younger Next Year for Women*, is decay.

Without movement, you lose muscle mass and bone density. Exercise reinforces your blood vessels. Your heart and circulatory system become stronger when blood rushes through your arteries.

When you don't move, your sleep quality declines, and it becomes harder to manage stress.

Thinking about adding exercise to your busy day can be exhausting. But when you are doing only 10 minutes at a time, it seems a lot more doable. When you add it up, 30 minutes a day is a respectable amount of daily exercise.

Did you know that walking 10 minutes after every meal is a game changer for your metabolism?

Walking after meals:⁹

- Burns the calories that you've just eaten. If you sit still after eating, your body stores the calories you've just consumed. Staying active after meals helps prevent extra fat from being stored and aids weight loss.
- Uses those carbohydrates for ready energy instead of letting them pile up in your bloodstream as glucose.
- Stimulates the stomach and intestines. This can help food move through the digestive system more rapidly. It can also help reduce bloating and constipation.
- Speeds up the rate at which your body burns calories – the calories come from the meal you've just eaten, plus the calories stored from previous meals. You'll burn more calories if you walk after meals than if you didn't.



DAILY CHECKLIST

Check off your daily items as you go. Get at least the indicated number of servings each day for each group. You can eat other foods and beverages too, but be sure to get these foods, plus movement in the recommended amounts every day.

	SUN	MON	TUE	WED	THU	FRI	SAT
OATMEAL <i>Extra credit for adding berries</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRUIT <i>3 medium sized fruits or 3 cups cut fruit</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RAW VEGETABLES <i>1 cup leafy greens, 1/2 cup chopped</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COOKED VEGETABLES <i>1/2 cup cooked</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SLEEP <i>8 hours in bed, 7 hours asleep</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WALK <i>10 minutes after every meal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Some things to think about:

Going forward, it may be helpful to ask yourself these questions:

- What am I committed to right now? Why is that important?
- How does what I'm doing/eating align (or not align) with my goals?
- What will life be like in five years if I don't stay connected to my goals?
- What do I need most right now in terms of support?

Congratulations!

Great work on incorporating Peggy's 5 Power Moves into your routine!

You've taken the first steps to claiming vibrant health. I hope you're enjoying fueling your body well, moving it regularly, and resting it sufficiently—and that you're already experiencing benefits.

If you're craving more of my Power Moves and if you're ready to go deeper, let's work together! I've shown thousands of people how to lose weight and how to achieve optimal health, and I'd love to show you!

"Today after only 8 months, my cholesterol has dropped 40 points, and I have lost 28lbs. I feel so much healthier and live my life without medication!"

– Barbara M.



"With Ann cooking, it was easy for me. I ate what she put in front of me. Delicious. Within 9 months, I lost 106 lbs., and my cardiologist stopped my statin and my 3 blood pressure meds."

– Dan B

Update:

As of today, Dan has lost a total of 120 lbs. Ann has lost 30 lbs., herself.

What's next for you?

Are you tired of
being overweight
& taking
medication?

Have you had too
many unproductive
days just because
you're too tired to
tackle your to-do list?

**You deserve to feel good.
You have the right to
vibrant health.
All you have to do
is reach for it.**

erasing DIABETES

ERASING DIABETES is the program for you if you've been diagnosed with:

- **Prediabetes**
- **Polycystic ovarian syndrome (PCOS)**
- **Insulin resistance**

These conditions are like type 2 diabetes. They have similar causes and similar treatments. Erasing Diabetes incorporates strategies that restore your body's normal function so that you can improve and even reverse prediabetes, PCOS, insulin resistance, and type 2 diabetes.

Erasing Diabetes is created from cutting-edge research and clinical practice experience. The right mix of diet, exercise, and other lifestyle behaviors can send your glucometer and your diabetes medication into the trash.

In spite of what you've heard, type 2 diabetes is temporary. It's not a life-long sentence—if you know how to get rid of it. High blood sugar is just a sign that your diet and exercise program need work.

Imagine life without finger sticks. Imagine a life where you don't have to worry about high or low blood sugar and what might happen because of it. Imagine a life without expensive medications that have side effects.

*Let me help you fix your high blood sugar... so you can toss the
glucometer and the meds for good.*

Peggy Kraus COACHING



Peggy Kraus Coaching helps adults who want personalized guidance and support to lose weight and improve their health through 1:1 coaching.

Losing weight helps lower cholesterol and blood pressure. Expert accountability leads to fast and lasting success.

Research shows that people are much more likely to achieve their goals if there's someone to hold them accountable for their choices.

Do you ever think it's pointless to weigh yourself when no one is there to see or help you when you don't make progress?

Do you have someone to support you when things go well, but also give you tough love when necessary?

To be successful, you should have someone check your weight and give you advice on effective strategies. These strategies will help you make lasting changes and reach your goal. Accountability can be informative, rewarding, and even exhilarating.

**CHOOSE THE RIGHT PROGRAM FOR YOU:
3, 6, or 12 months.**

Here's what you can expect...

- A simple plan for achieving what you want
- Video/phone coaching to provide effective advice and non-judgmental feedback
- Email contact for questions and comments in between calls
- Facebook group support featuring helpful tips and practical, vetted research reviews
- Access to videos which reinforce key points
- Handy charts outlining what to eat and what to avoid
- Guidance for building your individualized exercise program
- **Optional**—Ultimate accountability using a cellular device (scale, glucometer, or blood pressure cuff) that transmits your progress directly to me

DO THIS TODAY!

Scan this QR code. Let me know that you're ready to... GO!

To sweeten the deal, I have a special discount for you when you contact me.



Nothing feels as fabulous as great health and the freedom to live the life you want. I'm here and ready to support you wherever you are on your wellness journey.



Peggykraus.com



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