



Prime-Time Health is a scientifically proven plan that provides a roadmap to better health for both adults and seniors, with a focus on living a longer healthier life. As adults age or have neglected their health, they can encounter different health issues that they did not experience when they were young. The Prime-Time approach empowers individuals to take charge of their health and learn how to:

- ✓ Prevent disease and unhealthy aging
- ✓ Boost energy levels, reduce stress, sleep better and think sharper
- ✓ Use good nutrition to help decrease pain and inflammation
- ✓ Reduce the risk of cancer, high cholesterol, high blood pressure and arthritis
- ✓ Become fit, flexible and strong



Prime-Time Health provides sustainable tools and resources, that offer flexible options and deliver a plan that includes the following topics:

### Open Your Internal Pharmacy

Understand how the body works and what is taking place inside. Learn how our bodies make their own medicine and how to improve our health with the “pills and skills” approach.

### Make Health Your Hobby

Invest now to create a lifetime of good health, energy and vitality. Understand the health and wellness journey, how to set attainable goals and the importance nutrition plays in our overall health and well-being.

### Move Waste from Your Waist

Not all fat is created equal. Learn which types of fat are more harmful to our health and how to lose weight and keep it off through lifestyle, exercise, attitude and nutrition.

### Live Without Pain and Inflammation

Inflammation is the root cause of most health issues including heart disease, diabetes, arthritis, asthma, and many others. Learn simple ways to reduce inflammation and improve quality of life.



Health Coaches certified by the Dr. Sears Wellness Institute offer the Prime-Time Health program through interactive workshops, individual consultations, or group lectures. Clients and participants experience new ideas through hands-on activities, interaction, and expert instruction.

**William Sears, MD**, is one of America’s most trusted physicians, a nutrition expert, cancer survivor, author of over 45 books, including Prime-Time Health, and co-founder of the Dr. Sears Wellness Institute.

**Martha Sears, RN**, is a registered nurse and parenting and health consultant. She is the co-author of many of Dr. Sears’ books.