



A lifestyle for a lifetime

Introduced by Graham and Treena Kerr

The team that created the GALLOPING GOURMET INTERNATIONAL TELEVISION SHOW, the most widely viewed televised food program ever made. They invented the modern culinary phenomena on television... Now they have reinvented the genre once again...with 81 hour long episodes on a nine DVD set. It is the investment for a lifetime of wise choices for a person's better health and a more civilized world.

The seed idea...

Habits that harm can become the resources that heal

Our Common Problem...

We are currently living in an increasingly threatening world in which commercially generated larger "supersized" portions or upgrades are causing many chronic diseases that may have otherwise been avoided or delayed. Lifestyle #9 seeks to combine Science and the senses with compassion to meet your own individual family needs as well as those of your neighbors, both locally and globally, whom you see as suffering the agony of injustice and hopelessness.

A Question...

Can your present use of time and money cause you any personal, physical, emotional or spiritual harm...to become an effective solution for this desperate need? Only you can honestly answer this question.

Graham and Treena are the seed sowers, much as American pioneer Johnny "Appleseed" Chapman (1774-1845) did when he planted thousands of apple tree seeds as he traveled that grew into fruit bearing trees all ready for the pioneers that eventually settled on the land. The Kerrs call their seed idea OUTDULGENCE because it reverses the harmful

effects of indulgence and turns harming into healing... an act that could be described as the trees of righteousness with fruit for food and leaves for healing.

Helping with the Answers...

On each and every DVD, there is a standard 22 minute introduction in which Graham and Treena establish their seed idea. This is always repeated because you may wish to share the different individual subjects with family and friends who you know are in need to learn the content of the subject such as “Managing Diabetes” or “Weight loss”, then no matter what the need is, they will always have the opportunity to consider bringing their personal healing choice to someone else's needs. That is how we may begin to change our world for the better!!

Here are the nine DVD subjects covered...

Vol. 1. A Weighty Issue

Topic: The National Weight, What Works In Weight Loss

Vol. 2. A Family Affair

Topic: Nutritional Issues For An Aging Population

Vol. 3. Complimentary Nutrition Care Using The Alternative Pantry

Topic: Exploring Nutrition: Iron

Vol. 4. The Daily Olympics Of Life

Topic: Fidget Factor: The More You Move, The More Calories You Burn!

Vol. 5. Optimal Nutrition

Topic: Classic Chinese Cooking For Fun & For Health

Vol. 6. Think Before You Eat!

Topic: Examine The Five Stages Of Behaviour Changes

Vol. 7. A General Overview & Recommendations For Managing Diabetes

Topic: Diabetes Control & Disease Prevention That You Can Manage

Vol. 8. Food, Wine, Heart & Health

Topic: The Mediterranean Diet What Is It & What Does It Teach Us About Health?

Vol. 9. Sustainability

Topic: Cooking With The Seasons For Better Health, Better Flavor & Lower Cost

Vol. 10. DVD Recipe Collection

BONUS 11 Laminated Large Format Recipe Cards For The Entire Series

Why these Represent Wise Choices...

1. Our guests are Medical and Research Scientists with excellent credentials who do not propose short term fad or fashionable solutions.

2. Each guest is invited to share one to three simple ideas to help each of us to select a healthier way to life in our troubled times.
3. There are no strict rules to follow, only creative options for individual choices.
4. Graham cooks for each guest and fully explains what he had done to replace the threat levels of salt, saturated fats, trans fats, large portion servings of meats and “manufactured” carbohydrates with delicious new aromas, colours, tastes and textures that we love as dining individuals.
5. In other words, Graham has converted the threat quantity and reinvented it into a generous healing treat for others to enjoy.
6. At every level they seek to simplify, encourage and celebrate. That is why we call it wise!!

How to Order...

<http://www.lifestyle9.com>

The entire DVD series has been produced from the original “*Graham Kerr’s Gathering Place*” television series by Steve Thomson of Backstage Productions International in Toronto, Canada, in association with Braun Media Services Inc.

For more Information...

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