

Hello and welcome to Health and Wellness for Life. My name is Dr. Gina Wolf. It is my pleasure and privilege to have been asked by Jim Larsen to create this program for you. I have been in private practice in Spokane since 1993. I have spent much of my career answering questions about my patient's concerns for their health and listening to their reasons for being less healthy than they were meant to be. I have spent the last 7 years speaking to thousands of participants from all over the country in my live lecture series called CHOICES. Through this, I have witnessed incredible transformations in people's health by nothing other than their absolute desire to change.

I want you to know that I am not perfect about any of the things that I talk about. Nor do I expect you to be perfect either. I am not an expert, but have spent most of my career learning from the experts and breaking the information into understandable pieces for my patients.

I'm also a mom of two teenage daughters and totally I understand the challenges of our busy schedules and our fast food society.

Health and Wellness for Life is not about being perfect. It is about being *better*. It is about being healthy and well. Not just on the outside, not just what the world sees, but on the inside, mentally and physically.

I am so excited that Jim has had the vision and foresight to assemble and present this information for you. No matter what stage of life we find ourselves, Health and Wellness for Life will offer you some practical information about you and how your body works so you can be a little healthier every day. Thank you for joining us. We look forward to your comments and suggestions.