

## INTRODUCTION

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# A Whole Life Plan

*Tell me and I will forget,  
teach me and I may remember,  
involve me and I will learn.*

— Benjamin Franklin

I have been compelled to write this book. I want to provide a non-conventional pathway to aging better and living fully. Our healthcare system has failed us. It is like a GM assembly line, not custom-built. We must take accountability and seek out education for safe, do-able options to heal and age better.

People fear aging and all the usual symptoms that come with it: fatigue, insomnia, weight gain,



brain fog, hair loss, depression, poor sex drive and life-threatening disease. Everyone knows someone close, or has personally endured cancer, diabetes, heart attack, obesity, stroke, Alzheimer's, high blood pressure or some other chronic disease. People are sick of taking tons of prescription medications every day without healing the disease or getting any better, but rather, sustaining the disease. Then, there are the side effects, which bring on a whole other set of medications to alleviate, just one after another.

The side effects of medications and the price of healthcare are astronomical. How do we feel better naturally? At every age, not just in our 20s?! How do we protect ourselves from these terrible medical conditions? How can we develop our own innate immune system to be so strong that it can combat existing disease, prevent new ones and live a long, healthy, youthful life?

In this age of massive information overload—internet, blogs, websites, I want to provide a simple yet powerful educational platform to transform your thoughts on disease and empower you to preserve your health and actually grow younger. I aim to provide a bird's eye view of health, looking at the forest, not the tree, kind of view. So many times, people focus on the minutia instead of the fundamentals of health. You have a *choice* every single day to engage in habits that grow disease and rob wellness or to engage in regenerating and preserving your stem cells and immune system.

People with multiple chronic illnesses and cancer often feel helpless and controlled by outside factors like medications and aggressive medical interventions. I will provide an intervention to existing illness to restore hope and help you gain control over your own health, so you can stop decaying and actually grow younger and healthier.

An important observation I made over my years of practice is that, generally, people tend to value money over their health. That is, until they lose their health. Then, they are willing to do whatever, and pay whatever, to fix their health. I remind my patients of what they already know—that good health is priceless.

I use the term “Bank your Health!”—just like people save money for retirement month-to-month and year-to-year, you should bank healthy habits day-to-day and month-to-month. It is important to understand that having daily, consistent healthy contributions to your “Health Savings Account” prevents disease, cancer and preserves long-term immunity and longevity! I will help you learn these healthy daily contributions to your health, so you can turn a state of helpless aging into a steady state of youthful agelessness.

I will introduce you to a powerful path to wellness and longevity. To heal and strengthen the immune system. A whole life plan! The topics I will discuss are all interconnected, a matrix of intentional wellness and earned health. You don't have to do everything or apply everything discussed. I am providing

healthy options to give you choices. Do as many things as possible; balance and alternate them.

This book is my interpretation of health, gained over my 20 years of helping thousands of patients. I will share what I did to transform their health. There are three most valuable things in this world: Time, Health and Love. We cannot buy any of them. We must value each one of these and remember that without Health, we will be limited in our time with our loved ones. I am providing a platform of education and alternative options, so, as Jonathan Swift aptly put it, "May you Live ALL the days of your Life."

I esteem my relationship with my patients as a sacred partnership, based on trust and teamwork. I enthusiastically invite you to partner with me on this wellness journey, together; I will help you feel empowered to be healthier, live longer and feel younger.

Be excited, open-minded and proactive! These methods work for my patients and they will for you too!

*Health and Happiness,*

—GOWRI REDDY ROCCO, M.D., M.S.