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MAY HCT ONLINE MEETING

(HEALTH, NUTRITION, DIET Change, Support and Accountability TEAM/COMMUNITY)

www.maxfulfillment.com/sundayhealthmeeting/

5/12 6 to 8 pm

Webex meeting link:

<https://maxfulfillment.my.webex.com/maxfulfillment.my/j.php?MTID=mc571a64a18cae2b4d271a4d659c19d72>

But a **HCT meeting starts now, anytime in Forum, Discussion Board**

www.maxfulfillment.com/hctforum. So we can have what 2 meeting hours a month is not enough time for:

- ♥ Discussing, sharing, collaborating;
- ♥ Learning, applying, using;
- ♥ Changing, strengthening or improving, and
- ♥ Gaining any needed support, assistance and accountability.

That's **ongoing, non-stop, anytime.**

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Plus, Bonus, Special Presentation

How you make HEALTH CHANGES especially for Covid 19 protection you know must be done but aren't making---through hypnosis, hypnotherapy/subconscious analysis? That gets down to root cause or real reasons why no, little action.

By HCT Advisory Member Ryan Elliot MSW
Medical Hypnoanalyst, Neurotherapist

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AGENDA

How would you like to maximize your **VIRUS, DISEASE PROTECTION** and **offense/defense against Covid-19, “flu season”, diseases or sickness**

Especially when it may be really needed—states might be opening up too soon, people going out too early; not out of danger and possibly a reoccurrence!

You, we all can by:

- ♥ Making our **health, body** and immune system as **healthy and strong** as it can be;
- ♥ **Helping others** do the same—neighbors, family, friends, workplace, community groups/organizations that
- ♥ **Minimizes infecting** one another and is taking **social responsibility**.

NOTE, IMPORTANT: It's not only about whether you get a virus, disease or not, but **HOW WELL CAN YOUR BODY FIGHT** and move it out of your system. Just how good or not is your health and immune system.

Furthermore, having a weak, useless immune system can be due to **POOR HEALTH, NUTRITION AND DIET** and not just a compromised immune system because of some preexisting condition.

Just look at the **sorry, dreadful state/condition our health is** in (2 in www.maxfulfillment.com/healthpurpose/).

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So the hearts above must be taken seriously and implemented, and become a reality and part of our lives. How?

By taking action, doing something with the **Action Steps** below for **Getting Healthy and Strong** and maximizing VIRUS, DISEASE PROTECTION.

Think of them as a **menu**; start with any two or three. See if you can **team up** with someone and who might want to complete the same one (s) as you!

1 Start or continue **exercising**. For example, in a week, walk fast around the block every other day or walk up and down stairs 4X, or take the stairs instead of the elevator 3X times (SMART goal).

2 **Eat healthier**, such as 2 more salads a week and/or fresh fruit with breakfast or for dessert 2x a week (SMART goal).

3 Drink a glass or two of **water more** a day (SMART goal).

4 Take **multi-vitamin**, vitamins, minerals, supplements your particular health and body needs. (That may call for Health, Nutrition, Checkup www.maxfulfillment.com/healthcheckup/.)

For example, take a multi-vitamin and 7 Vitamin D drops daily (SMART goal).

5 Strengthen, **build up your immune system** applying, using one of the immune system tools or resources in www.maxfulfillment.com/healthresource/.

6 Learn something **new** or make a **change** or improvement or remove a **block/barrier** or excuse. See 4 in www.maxfulfillment.com/healthmodel/.

7 Give your **health a gift** it deserves—a fresh, new start www.maxfulfillment.com/healthnewyear/.

8 Have a Health, Nutrition, Diet **Checkup** www.maxfulfillment.com/healthcheckup/.

9 Do something with the HCT **Getting Started Menu** in www.maxfulfillment.com/healthbooklet/.

10 **Help others** with their health that helps you with yours. Do you know that making and keeping an agreement with someone else rather than yourself can be easier and more rewarding?! See 6 in www.maxfulfillment.com/healthmodel/.

11 Participate in a Health **community service or ministry** www.maxfulfillment.com/healthministry/.

12 **Other**, what would you add, suggest or would like?

*** Note: You can use SMART Goals, action plans or behavior contracts and other **change agents** (Resources www.maxfulfillment.com/healthmodel/) for achieving your chosen Action Steps to Get Healthy and Strong, and maximize VIRUS, DISEASE PROTECTION.

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2 How you make HEALTH CHANGES especially for Covid 19 protection you know must be done but aren't making---through hypnosis, hypnotherapy/subconscious analysis? That get downs to root cause or real reasons why no, little action.

By HCT Advisory Member Ryan Elliot MSW
Medical Hypnoanalyst, Neurotherapist

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3 OPEN FORUM

Not just in a meeting, but ongoing, anytime in the Forum, Discussion Board www.maxfulfillment.com/hctforum/.

A Bring up any questions, topics; problems, issues; challenges, blocks or excuses you want to ask about or discuss;

B Ask for any support, help/assistance or accountability you want, need;

C Provide any input, ideas or suggestions from completing any of the HCT Questionnaire www.maxfulfillment.com/sundayhealthquestionnaire/. It greatly benefits both you and HCT.

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4 NEXT MEETING; IN-BETWEEN MEETINGS

A – D can, will be included in the Forum, Discussion Board.

A Determine topic and panel for the **next meeting**.

B As a result of 1 and 2, what do you want to learn or know more about; to change, strengthen or improve? What's most **important, top priorities**?

C Use a health **behavior contract, SMART action plan** or action plan (Resources in www.maxfulfillment.com/healthmodel/) to achieve one or two top priorities;

D Gain any **support, assistance** and accountability you want/need.

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FACILITATORS, ADVISORY MEMBERS

Sunday Muniz

Nutritional Designs

<https://www.nutritionaldesigns.com/start-here-free-online-wellness-classes>

(See her Ultimate Nutrition webinar & workbook,
15 Workshops, 11 Recipes, Cooking Classes)

Randy Bennett Ed.D.

HCT (HEALTH, NUTRITION, DIET
Change, Support and Accountability
TEAM/Community)

www.maxfulfillment.com/healthbooklet/

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Super zealous, concerned health, wellness, well-being advocate. Out of all the health, nutrition, diet experts I studied or tried out, Sunday and her counsel and programs connected and helped me the most. They saved me health-wise; I was lost and then found. I am:

♥ Enthusiastic about others experiencing that and having OPTIMAL HEALTH, WELLNESS and PREVENTION, FREEDOM (free as possible from disease, sickness, “aches and pains”).

♥ Alarmed and passionate about addressing the sorry, dreadful state/condition of our health that shortens lives or makes it unpleasant to live. See 1 in www.maxfulfillment.com/healthpurpose/.

All of the above fired me up to create HCT and be inspired and committed to its Purpose, Goals (www.maxfulfillment.com/healthpurpose/). Come with me.

Kara Beck

Bounce Energy Healing

<https://www.alwaysbehealing.com/>

Ryan Elliott MSW

Medical Hypnoanalyst, Neurotherapist

www.thelighthousecenter.org

630 202-6401

Listen to Hypnotherapy Talk by Ryan first

<http://www.thelighthousecenter.org/hypnotherapytalkbyryan.html>

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Thank you! for **sharing** HCT May online meeting www.maxfulfillment.com/sundayhealthmeeting/ with neighbors to community groups/organizations. You just **don't know who might be interested**, and in turn, knows someone who has interest or need. And it's **giving the Gift of Health**.

For questions, further information, discussion;

support, assistance;

input, ideas or suggestions,

contact Randy 847 809-4821,

randy@maxfulfillment.com