

# HEALTH SCIENCE AWAKENING!

"It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical **guidelines**.



Over the past two decades the pharmaceutical industry has moved very far from its original high purpose of discovering and producing useful new drugs. Now primarily a marketing machine to sell drugs of dubious benefit, this industry uses its wealth and power to co-opt every institution that might stand in its way, including the US Congress, the FDA, academic medical centers, and the medical profession itself.

I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine." [Dr. Marcia Angell](#)

# QUESTIONING THE SCIENCE™



[The Noakes Foundation](#) (Prof. Tim Noakes), a Non-Profit and Public Benefit Organization committed to promoting academic free speech, conducting independent scientific research and measuring truth's impact. We seek to question **the accepted "science"** whenever appropriate, especially as it applies to nutrition and healthy lifestyles.

# HEADFIRST COACHING

Welcome! I'm Tad VanderVoort, the Coach of Team**MEAT**ing.org. "Everything is Connected to Everything Else!"



Our connections work best when our behaviors align with design. There are many **guidelines** for our wellbeing, but do they **ALIGN WITH DESIGN?**

## Headfirst

We must unlearn generations of ubiquitous cons, chaos, propaganda, and falsely touted "facts and science." Headfirst, we'll rise above cons and chaos, gain real understanding, align with design, and revise our habits to take back our health and wellness.

## NEW You Prescriptions

These personalized directives align with **the real science** and design in physiology and ecology. With centuries of established success, these directives produce much healthier people and a healthier planet!



Society of Metabolic Health Practitioners  
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# Team MEATing.org

Restoring Performance Nutrition  
Every Coach · Player · Meal Maker



# NEW YOU

## Saturday Summer Classes

Nutrition • Exercise • Wellness



**St. Peter Lutheran Church**  
1079 Riverside Drive  
Battle Creek MI 49015



# NEW YOU Summer Classes

All classes Saturdays 10:30 am - 12 noon

@ St. Peter Lutheran Church

RSVP & Calendar ➤  
[TeamMEATing.org > Classes](#)



**HEADFIRST 101** Sat. June 14<sup>th</sup> 10:30 am

An introduction to the generational cons, propaganda, and falsely touted "facts and science" that have created today's crises of physiological and ecological pathologies.

**ALIGN WITH DESIGN 101** Sat. June 21<sup>st</sup> 10:30 am

Our behaviors change when the processes of our physiology and ecology align with design. Learn why we fail and decline by continually trying to change without aligning with optimal designs.

**NEW You RESET 101** Sat. June 28<sup>th</sup> 10:30 am

Nutrition, Exercise, and Wellness take on new value with "Headfirst, Align with Design" revelations! Our efforts towards optimal design can quickly move what we once considered external crises to our internal control!

July Classes: Sat. 10:30 am

**Keto for Health** 12<sup>th</sup>

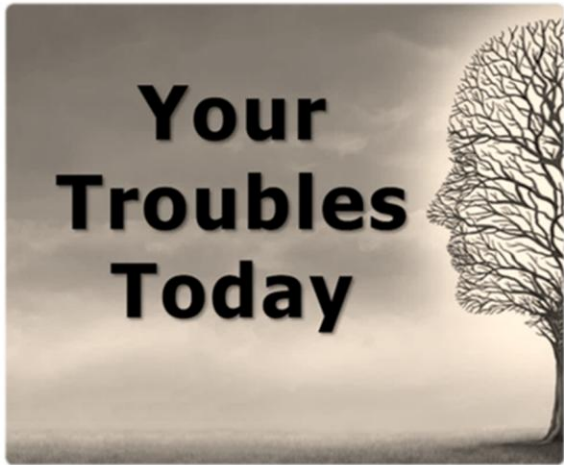
**Nutrition and the Immune System** 19<sup>th</sup>

**\*Sports Nutrition (intro only)** 26<sup>th</sup>

\*CME Accreditation - 15 hours with completing the full course

August Classes **9<sup>th</sup>** **16<sup>th</sup>** **23<sup>rd</sup>**





Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



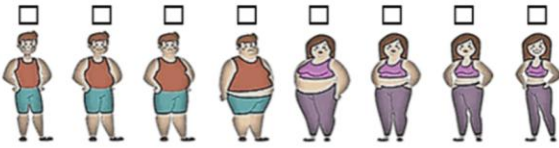
Let's Start Now! Send a Snapshot of this form:



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## INSULIN RESISTANCE



HEART DISEASE



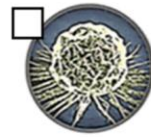
LIPID PROBLEMS



HYPERTENSION



DEMENTIA



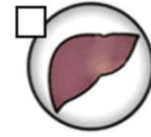
CANCER



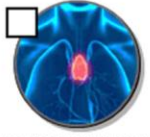
POLYCYSTIC  
OVARIAN  
SYNDROME



TYPE 2 DIABETES



NON-ALCOHOLIC  
FATTY LIVER



AUTOIMMUNE  
DISORDERS

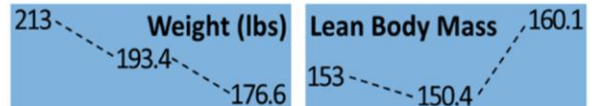
## Risks Factors:

- ☐ excess inflammation
- ☐ poor mobility/sedentary
- ☐ addictive behaviors
- ☐ poor emotion management
- ☐ cognitive decline
- ☐ poor athletic performance
- ☐ depression
- ☐ poor sleep quality/habits
- ☐ GI problems
- ☐ allergies/sensitivities
- ☐ chronic illness
- ☐ chronic pain/neuropathy
- ☐ migraines
- ☐ inadequate muscle & bone
- ☐ water retention
- ☐ thyroid/hormone issues
- ☐ Scoliosis (any osis)
- ☐ immunocompromised
- ☐ bacteria, viruses, fungi, LPS/Endotoxin overgrowth
- ☐ Lyme/Borreliosis complications (stages 1,2 & 3)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Align with Design Results:

- ☐ healthier & happier
- ☐ improved relationships
- ☐ reduced inflammation
- ☐ reduced chronic pain
- ☐ less acne/better skin
- ☐ reduced carb cravings
- ☐ less fat/more muscle
- ☐ improved mental health
- ☐ reversed T2 diabetes
- ☐ improved athletic activity
- ☐ reversed PCOS
- ☐ improved emotion mgmt
- ☐ fewer medications
- ☐ improved immune system
- ☐ fewer GI incidents
- ☐ improved SLEEP quality
- ☐ balance microbiome
- ☐ reduced water retention
- ☐ fewer allergies
- ☐ hormonal equilibrium
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

NEW You is a DISCIPLINE and WAY  
(not a destination and weight)!



**Team**  
**MEAT**  
ing.org

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Every Coach - Player - Meal Maker