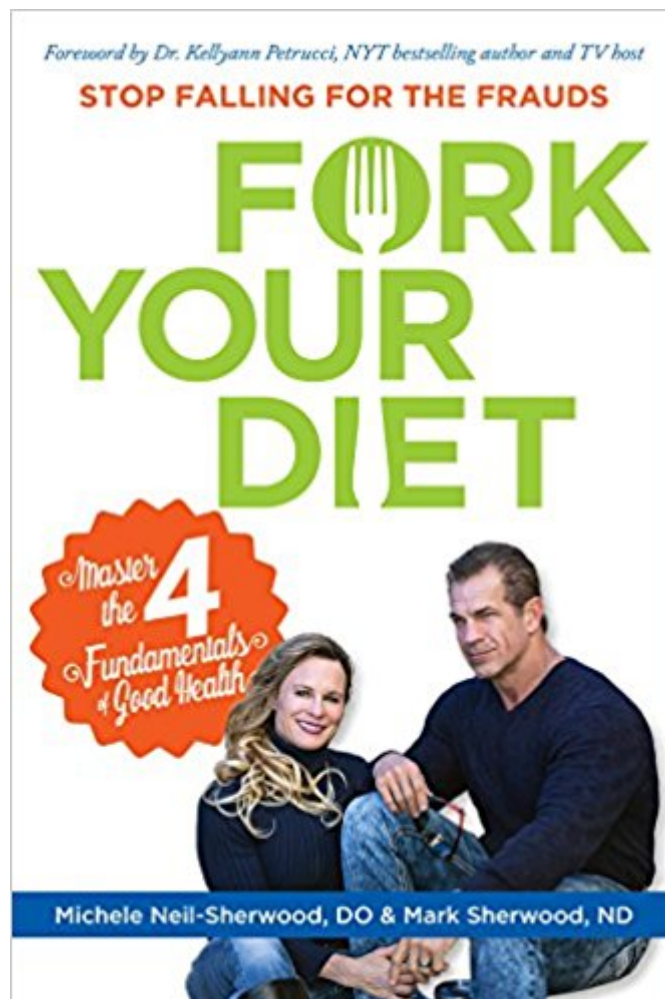




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# Fork Your Diet: Master The 4 Fundamentals Of Good Health



## Synopsis

Improve your health and improve your quality of life. Tired of endless cycles of diets and failure to improve your health? Drs. Mark and Michele Sherwood address very practical elements of overall wellness and include inspiring stories from their patients. You will discover:

- How FRAUD foods and attitudes are hurting you
- Reasons your previous diets probably failed
- Diseases we dread, and what to do instead
- How to prepare yourself for success
- What healthy accountability looks like
- How to choose the right wellness professional
- Practical ways to be well from the inside out

More than a diet or exercise book, this straight talk is a proven process for total-life transformation.

## Book Information

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## Customer Reviews

“Drs. Mark and Michele provide patients with knowledge and tools that are easy to understand and implement, so they can live well and live longer.”  
— Dr. Marc S. Penn, M.D., Ph.D.,  
FACC, Co-Founder and Chief Medical Officer, Cleveland HeartLab (Cleveland HeartLab)

Michele L. Neil-Sherwood, Doctor of Osteopathy (DO), has had a successful private practice since 2002. In her and Dr. Mark's private practice at the Functional Medical Institute, she adopts a whole person approach, which is outcome based looking at each individual's unique needs. Her aim is to obtain the highest level of function, and maintain it through a multi-disciplinary collaborative approach. Dr. Michele has been certified and trained through Cenegenics, BioTE Medical, Metagenics, Helms Medical Institute, and AMMG and provides the following medical services: Age Management Medicine, Naturopathic and Functional Medicine, Acupuncture, First Line

Therapy, Lifestyle Coaching, Certified in the Kettlebell Functional Movement Systems, and provides soft tissue modalities of Osteopathic Manipulative Therapy. Mark Sherwood, Naturopathic Doctor (ND), is on a mission to help you achieve wellness in every area of your life. Dr. Mark and his wife, Michele L. Neil-Sherwood, DO, have a successful medical practice, the Functional Medical Institute; also a television and radio program; as well as, provide resources, including their bestseller, The Quest for Wellness, nutrition plans, fitness instructional videos, and helpful mental and emotional steps to provide relief from stress and to help people form better habits so they can live well. Dr. Mark's passion for wellness motivated him to develop several wellness based courses, which he teaches to law enforcement professionals, corporations, and churches throughout U.S. and worldwide. He firmly believes that each person has an awesome destiny and purpose in life, which can be revealed only through the pursuit of total wellness. • Mark is a motivational speaker whose presentations are sought by audiences nationwide. His passion and experience for total wellness make him a versatile role model for people of all ages.

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