



life school™

Module 4 – Physical Nourishment

Instructor: Dan McDonald with Nathan Crane

Title: The Energy of Life

Description: In today's class you will learn:

- How physical nourishment goes way beyond nutrients, minerals, proteins, and amino acids
- What "food" is really made of, and how it can impact your entire life
- How to break bad eating habits and regenerate your health
- What really causes dis-ease and what you can do stay healthy in a toxic environment
- Which water is safe to drink and how it can enhance your life
- How to have higher levels of energy, health, and vitality
- And a lot more!

Dan McDonald, also known as the "LifeRegenerator", is a Certified Detoxification Specialist and has been studying plant based nutrition for nearly two decades. Dan has over 1,200 free videos on his LifeRegenerator [YouTube channel](#) that are based around raw food nutrition, juicing, detoxification, fitness and spirituality.

He has been a tremendous inspiration and guide in helping people to take responsibility for their health in the simplest and most natural way - with the food we eat! With over 122,000 subscribers and over 24 million video views, he has truly made an impact on the health and well being of people's lives all over the world.

Worksheet 1 –

1. What started Dan down the path of nutrition and health?

2. What were the awakening moments Dan had?

3. What awakening moments have come to you as you listen to Dan's story?

4. What is the essence of food? What is food really made of?

5. How much of disease is related to diet?

6. How can you change their diet and eating habits almost immediately?

7. What can you do to make sure you are drinking healthy water?

8. What are 3 practical steps you can take in your daily life to experience higher levels of health and wellbeing?
