

Reversing High Blood Pressure Naturally
Night Two

1. What was the first FALSE nutritional association Dr. DeRose made: Taste GOOD - _____
for you!
2. What was the second FALSE nutritional association Dr. DeRose made: Taste BAD - _____
for you!
3. T/F You must exchange happiness for health.
4. T/F We can develop new habits with new enjoyments.
5. New habitual choices do lead to new _____.
6. T/F Taste buds are genetically fixed and can not be re-educated.
7. What “dangerous” word can undermine your efforts to develop a new habit?

8. What would you say is a “problem” food for you? _____
9. How much time does it take to develop a new enjoyment for a new habit?

10. I am committing to make the following lifestyle change/s.

