



# 10 SECRETS TO LASTING HEALTH

Good Choices \* Eat Healthy \* Time with Others \* Sunshine \* Temperance  
Air \* Rest \* Trust \* Exercise \* Drink Water

\*Includes a **code** for a free health assessment  
**Learn how your personality affects your health choices.**



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Larry E. Walters

Free health assessment



# FORWARD

In a world where quick fixes and instant solutions are often touted as the answer to better health, the true path to well-being is rooted in enduring, simple principles that nourish the body, mind, and spirit. This book, **10 Secrets to Lasting Health**: "Embrace a Healthier, Happier Life," is dedicated to sharing those principles through a faith-based wellness program designed to transform lives. The journey it offers is one grounded in making Good Choices, Eating Healthy, spending Time with Others, enjoying Sunshine, practicing Temperance, breathing fresh Air, getting Rest, Trusting in Divine Power, Exercising, and Drinking Water.

Writing this book has been a deeply personal journey for me. It is dedicated to my beloved mother, who passed away due to an unhealthy lifestyle. Her struggle with chronic diseases and the pain of losing her too soon inspired me to create this guide. My mother's experience taught me firsthand the devastating impact poor lifestyle choices can have on our health and well-being. It also sparked a deep commitment within me to help others avoid the same fate.

**Discover Better Health** is not just about physical health; it's about understanding the profound connection between our mental, emotional, and spiritual well-being. It's a roadmap for preventing and even reversing chronic diseases like diabetes, heart disease, obesity, and cancer—conditions that affected my mother and so many others. Drawing from scientific research, real-life case studies, and personal experiences, this book offers practical strategies for making meaningful and lasting changes.

As you explore these pages, I hope you'll find the inspiration and tools you need to embrace a healthier lifestyle. My mother's life and the lessons I learned from her journey have driven me to share this message with the world. May her story inspire you to make positive changes, take control of your health, and live the vibrant life that you deserve.

Let this book be the catalyst for your journey toward true wellness—where you **GET STARTED** on a path that honors your body, nurtures your soul, and enriches your life.

**Disclaimer:** *The content provided in this study guide is for educational purposes only and does not replace professional medical or psychological advice. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.*

# HI, I'M LARRY

Hello, my name is Larry Walters and for the past 20 years, I have been an agent of change as a Professional Health Coach. My clients have learned that taking ownership of their health is accomplished by achieving practical goals and building new habits.

Coaching others is a passion of mine because I was a caretaker for my mother for 20 years. This personal experience developed my drive for coaching others. As a result, **DISCover Better Health** was established. **DISCover Better Health** is a training model that blends fundamental health principles with DISC Personality Assessment for practical application.

I have seamlessly integrated this valuable tool into my coaching and speaking engagements. The ability to discern and appreciate diverse personalities has allowed me to tailor my guidance precisely, ensuring a personalized approach that resonates with individuals on a profound level.

In health coaching, understanding each individual's unique traits and preferences has been a game-changer. By incorporating DISC insights, I go beyond generic advice, crafting tailored strategies that align with an individual's distinct personality, fostering a more effective and sustainable journey to well-being.

In my public speaking endeavors, my expertise in **DISC assessments** has empowered me to connect with audiences on a deeper level. Whether addressing corporate teams, community groups, or educational institutions, I leverage this knowledge to deliver messages that resonate with diverse personalities, leaving a lasting impact.

My proficiency in DISC assessments is a testament to my extensive experience and commitment to holistic growth and understanding.

As I continue to weave together the threads of health coaching, public speaking, and personality assessments, the tapestry of my journey is marked by a relentless pursuit of excellence and a genuine passion for unlocking the full potential within individuals and groups alike.



# THE JOURNEY WITH MY MOTHER

In the blink of an eye, my world shattered at 18 when I learned my mother needed a liver transplant to survive. I chose to set aside my dreams to become her full-time caregiver for the next two decades.

Days blended into nights as I tended to her every need, sacrificing my own aspirations for her well-being. It wasn't easy. There were moments of despair, of uncertainty, where hope seemed like a distant memory. But through it all, a flicker of strength ignited within me—a determination to fight alongside her, no matter the cost.

After years of waiting and countless setbacks, the call we prayed for finally came—a donor had been found. As my mother underwent the life-saving surgery, I held my breath, praying for her recovery.

And I knew every sacrifice had been worth it when she emerged, weaker but alive. Our journey wasn't over, but in that moment, we had triumphed over adversity together.

However, our story took a heartbreaking turn in 2010 when my mother passed away. Her loss left a void in my heart, but her memory continues to inspire me every day.

As a result of my journey with my mother, I became determined to learn how to help others with their health. I embarked on a new journey, dedicating myself to studying and understanding how to save someone else's mother.

Today, I stand before you, driven by a passion to make a difference in the lives of others. My journey involves love, sacrifice, resilience, healing, and a commitment to helping those in need.

Through it all, I've discovered the power of love and the unwavering human spirit. And now, I am determined to pay it forward and help save someone else's mother.



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# INTRODUCTION

# INTRODUCTION

Welcome to **10 Secrets to Lasting Health**: This book guides you in enhancing your health and well-being through a faith-inspired wellness program. At its core, it is built upon ten enduring health principles known as **GET STARTED**, which promote holistic health and joy: Make Good Choices, Maintain a Healthy Diet, Spend Time with Others, Enjoy Sunshine, Practice Temperance, Breathe Fresh Air, Get Adequate Rest, Trust in Divine Power, Engage in Exercise, and Stay Hydrated.

In today's fast-paced world, we are often bombarded with quick fixes and instant solutions that promise better health. However, true well-being comes from consistent, intentional lifestyle choices that align with our deepest values and beliefs. The **GET STARTED** program offers a comprehensive approach to health, emphasizing the interconnectedness of our physical, mental, and spiritual selves.

## Understanding Health and Wellness

Holistic health is more than the absence of disease; it's about achieving a balanced lifestyle that nurtures the body, mind, and spirit. The principles of **GET STARTED** provide a framework for making informed, positive choices that lead to lasting well-being.

### What You'll Learn

This book will guide you through each principle, offering practical insights and implementation strategies. You'll explore the fascinating research behind the world's **Blue Zones**, regions where people live longer and healthier lives, and learn how to apply their secrets to your journey. Additionally, you will discover how to incorporate **DISC personality** insights to personalize your approach, understanding how your unique personality type can influence your path to healthier habits, more meaningful connections, and sustainable lifestyle changes.


### Your Path to Wellness

Embark on this transformative journey with an open mind and heart. The path to a healthier, happier life begins with a single step. By adopting the **GET STARTED** principles, you can experience profound improvements in your physical health, mental clarity, and spiritual fulfillment.

**Let's begin this journey to embrace a healthier, happier life together.**





A close-up photograph of a person's torso and hands. They are wearing a white, textured, ribbed sweater. Their hands are clasped together over their chest. A soft, glowing red light emanates from the chest area, suggesting pain or discomfort. The background is a plain, light color.

# THE CHRONIC HEALTH CRISIS

# Diabetes: The Hidden Epidemic

In today's world, diseases are increasingly common, impacting millions worldwide. Chronic conditions like heart disease, cancer, diabetes, and respiratory illnesses are major causes of death and disability. Unlike infectious diseases caused by bacteria or viruses, chronic diseases are mainly associated with lifestyle factors such as poor diet, lack of physical activity, and chronic stress. These conditions are prevalent but largely preventable through lifestyle changes.

Among the most significant chronic diseases are **diabetes, heart disease, obesity, and cancer**. Together, they represent the leading causes of death and disability worldwide. This chapter delves into the nature of these diseases, providing science-backed statistics and case studies that highlight how lifestyle changes can prevent — and in some cases, even reverse — these conditions.

**Diabetes** is a chronic condition that disrupts the body's ability to convert food into energy. When we eat, food is broken down into glucose, a type of sugar that enters the bloodstream. Insulin, a hormone produced by the pancreas, facilitates the absorption of glucose into cells where it is used for energy. In individuals with diabetes, either the pancreas does not produce enough insulin or the body cannot effectively use the insulin it produces. This results in elevated blood sugar levels, which, over time, can lead to serious health complications such as heart disease, vision loss, and kidney disease.

## Prevalence and Impact

**Diabetes** is one of the fastest-growing chronic diseases globally. According to the International Diabetes Federation (IDF):

- In 2019, approximately **463 million adults** were living with diabetes, and this number is expected to rise to 700 million by 2045.
- In the United States alone, more than **34 million people have diabetes**, and nearly 88 million adults have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.



### Case Study 1: The Diabetes Prevention Program (DPP)

One of the most significant studies demonstrating the power of lifestyle changes in preventing diabetes is the Diabetes Prevention Program (DPP). This large-scale study in the United States involved participants with prediabetes who were divided into three groups: one group received intensive lifestyle intervention, another group received the drug metformin, and the third group received a placebo.

#### Results:

- The lifestyle intervention group, which focused on a healthy diet, physical activity, and weight loss, reduced their risk of developing type 2 diabetes by 58%.
- Those over 60 saw a 71% reduction in diabetes risk.
- The metformin group also reduced their risk by 31%, but lifestyle changes were more effective.

This study underscores the profound impact of **healthy eating** and **lifestyle modifications** in preventing diabetes, even in high-risk populations.

#### Reference:

Knowler, W. C., Barrett-Connor, E., Fowler, S. E., Hamman, R. F., Lachin, J. M., Walker, E. A., & Nathan, D. M. (2002).

Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346(6), 393-403. doi:10.1056/NEJMoa012512.

## Case Study 2:

### Reversing Type 2 Diabetes Through Diet

A groundbreaking study conducted by Dr. Roy Taylor at Newcastle University in the UK revealed that type 2 diabetes could be reversed in some individuals through a very low-calorie diet. The study involved participants who had been diagnosed with type 2 diabetes within the past six years. These participants followed a diet that limited their intake to just 600 to 800 calories per day for a duration of eight weeks.

#### Results:

- After one week, participants' fasting blood sugar levels normalized.
- After eight weeks, the majority of participants were free from diabetes and could stop their medication.
- Long-term follow-up revealed that participants who maintained their weight loss were able to keep their diabetes in remission.

This study demonstrates the power of dietary interventions in not only managing but potentially reversing type 2 diabetes.

**Reference:** Taylor, R. (2012). Type 2 diabetes: Etiology and reversibility. *Diabetes Care*, 36(4), 1047-1053. doi:10.2337/dc12-1805.

#### The Role of Diet in Diabetes Management and Prevention

A diet rich in whole foods, especially plant-based options, is essential for managing and preventing diabetes. Such diets improve insulin sensitivity, lower blood sugar levels, and reduce the risk of complications.

#### Key Components of a Diabetes-Friendly Diet:

**Fiber-Rich Foods:** Whole grains, fruits, vegetables, and legumes are high in fiber, which helps regulate blood sugar levels and reduce the risk of heart disease.

**Healthy Fats:** Sources of unsaturated fats, such as nuts, seeds, avocados, and olive oil, help improve insulin sensitivity.

**Low Glycemic Index Foods:** Foods that have a low glycemic index, such as oats, lentils, and non-starchy vegetables, release glucose slowly into the bloodstream, preventing spikes in blood sugar levels.



## Conclusion

The rise in diabetes cases worldwide is alarming, but the good news is that it is largely preventable through lifestyle changes. By adopting a healthy diet rich in whole, plant-based foods, combined with regular physical activity, individuals can significantly reduce their risk of developing diabetes or manage it effectively if already diagnosed. The case studies presented demonstrate the powerful role that diet can play in not only preventing but also potentially reversing type 2 diabetes, offering hope and a path forward for millions of people.

### Sources:

- International Diabetes Federation. (2019). IDF Diabetes Atlas, 9th edition.
- American Diabetes Association. (2020). Economic costs of diabetes in the U.S. in 2017. *Diabetes Care*, 41(5), 917-928.



# HEART DISEASE:

## A Global Health Crisis

### Overview:

Heart disease remains the leading cause of death worldwide, with cardiovascular diseases responsible for 17.9 million deaths annually. Lifestyle factors, particularly diet, play a crucial role in both the development and prevention of heart disease. The Impact of Lifestyle on Heart Disease

### Statistics:

- According to the World Health Organization (WHO), 85% of cardiovascular disease deaths are due to heart attacks and strokes.
- A 2019 study found that adhering to a healthy lifestyle could prevent up to 80% of heart disease and stroke cases.

## Case Studies on Reversing Heart Disease Naturally

### Case Study 1:

#### The Dean Ornish Program

**Study Overview:** Dr. Dean Ornish conducted a landmark study demonstrating that comprehensive lifestyle changes can reverse coronary artery disease. Participants adopted a plant-based diet, exercised regularly, managed stress through meditation and yoga, and participated in social support groups.

### Findings:

- Health Improvements: Participants showed significant improvements in heart health, including reduced arterial blockages and improved blood flow.
- Medication Reduction: Many participants were able to reduce or eliminate their need for medications such as statins and blood pressure drugs.

**Reference:** Ornish, D., Scherwitz, L. W., Billings, J. H., Brown, S. E., Gould, K. L., Merritt, T. A., Sparler, S., Armstrong, W. T., Ports, T. A., & Kirkeeide, R. L. (1998). Intensive lifestyle changes for reversal of coronary heart disease. *JAMA*, 280(23), 2001-2007. doi:10.1001/jama.280.23.2001.

## 1. Plant-Based Diet:

A plant-based diet rich in fruits, vegetables, whole grains, legumes, and nuts has lowered cholesterol levels, reduced inflammation, and improved overall heart health.

- **Fiber:** High-fiber foods help reduce cholesterol and improve heart health. Aim for at least 25-30 grams of fiber per day.
- **Antioxidants:** Fruits and vegetables are rich in antioxidants, which help protect the heart from damage.

## 2. Regular Exercise:

Regular physical activity, such as brisk walking, swimming, or cycling, for at least 150 minutes per week can improve cardiovascular health.

- **Cardio Exercises:** Running, swimming, and cycling improve heart and lung function.
- **Strength Training:** Incorporating strength training exercises helps build muscle and reduce body fat.

## 3. Stress Management:

Chronic stress contributes to heart disease. Techniques such as progressive muscle relaxation, deep breathing exercises, and engaging in hobbies can help manage stress and improve heart health.

- **Progressive Muscle Relaxation:** This technique involves tensing and then slowly relaxing each muscle group in the body, which helps reduce physical tension and stress.
- **Deep Breathing Exercises:** Deep breathing exercises like diaphragmatic breathing can help lower blood pressure and reduce stress hormones.
- **Engaging in Hobbies:** Participating in enjoyable activities, such as gardening, painting, or playing a musical instrument, can provide a healthy outlet for stress and promote relaxation.

# Natural Interventions to Reverse Heart Disease

## 4. Adequate Sleep:

Getting 7-9 hours of quality sleep per night is crucial for maintaining heart health. Poor sleep is linked to high blood pressure, obesity, and diabetes.

### Sleep Hygiene:

Maintain a consistent sleep schedule, create a restful environment, and avoid caffeine and electronics before bedtime.

## 5. Smoking Cessation:

Quitting smoking is one of the most effective ways to reduce the risk of heart disease. Smoking damages the arteries and increases the risk of plaque buildup.

### Support Programs:

Utilize smoking cessation programs, counseling, and medications if necessary.

## 6. Maintain a Healthy Weight:

Obesity is a major risk factor for heart disease. Maintaining a healthy weight through diet and exercise can significantly reduce the risk.

- Body Mass Index (BMI): Aim for a BMI between 18.5 and 24.9.
- Waist Circumference: Keep waist measurements below 40 inches for men and 35 inches for women.

## Conclusion

The burden of heart disease is immense, but the evidence shows that it can be prevented and even reversed through natural, lifestyle-based interventions. By adopting a plant-based diet, engaging in regular physical activity, managing stress, getting adequate sleep, quitting smoking, and maintaining a healthy weight, individuals can significantly reduce their risk of heart disease and improve their overall health.



# THE NATURE OF CANCER:

## Understanding and Preventing a Global Health Crisis

### Statistics on Cancer

#### 1. Global Incidence and Mortality Rates

- **Breast Cancer:** The most commonly diagnosed cancer, with approximately 2.3 million new cases in 2020, accounting for 11.7% of all cancer cases.
- **Lung Cancer:** The leading cause of cancer death, with around 1.8 million deaths in 2020, representing 18% of all cancer deaths.
- **Colorectal Cancer:** The third most common cancer, with 1.9 million new cases and 935,000 deaths in 2020.
- **Prostate Cancer:** Approximately 1.4 million new cases in 2020, making it the fourth most commonly diagnosed cancer.
- **Stomach Cancer:** About 1.1 million new cases and nearly 770,000 deaths in 2020, highlighting its high mortality rate.

#### Regional Variations

High-income countries: Generally see higher incidence rates of breast, prostate, and colorectal cancers due to better detection and reporting systems.

#### Regional Variations

Low- and Middle-Income Countries: Experience higher mortality rates for cancers such as cervical and stomach cancers, often due to late diagnosis and limited access to treatment.

