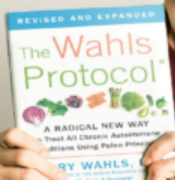


Introduction To The
Wahls Behavior Change™ Model

Adopting and Sustaining Better Health Behaviors
Your Guide to Greater Success

Dr. Terry Wahls
Best-selling Author, Physician, and
Founder of the Wahls Research Fund



Terry Wahls, MD
The Wahls Protocol