

# Dr. Ilya Skolnikoff's Path to Health

**The Process.** Through our transformational system of healing, we are able to understand what the body needs and how to give the body what it needs so that it will do what it needs to do—function as a healthy body. Doing the right things in the right order for the proper amount of time always leads us to the results we are seeking. Understanding the process charted below will allow you to understand how your body will heal.

**Custom Tailored & Personalized Program.** Because everyone is different everyone needs a different program. The program you are being given goes through these 3 phases charted out below.

**The System.** Everything we do is designed to give you the best results possible with the least number of challenges & changes on your end. Dr. Skolnikoff has found that his Path to Health diagram in combination with Dr. Hawkins' MAP OF CONSCIOUSNESS synergistically helps you to quickly & safely go through the healing process that moves you from symptoms such as moodiness, fuzzy thinking, headaches and belly fat to integrated wellness.

*Here is the Goal! Healthy, happy and living a great life! The healthy habits are natural now!*

