



# The CREATION Health Breakthrough

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## INTERVIEW QUESTIONS

1. What is creation health? What living creation healthy?
2. Most people can't find the time for diets and health regiments. Compared to other programs, what is different about creation health?
3. Creation contains eight essentials for whole health. Is your program truly effective? How do you know that the results are worth the change in lifestyle?
4. In your book you said that when life became hectic you "missed you". That is a sentiment shared by a lot of people. How did you find "you" again?
5. You said that "how things happen for you and what happens to you in this life is largely dependant on how you choose." Most people do not feel like that they have much say in how their lives are going. How can you regain control?
6. "Karoshi" is a Japanese word for "death from overwork" which claimed 30,000 lives over the past year. How does this apply to us? Should Americans be weary of this too?
7. You discuss research in which the lack of sleep causes rapid aging. Can you discuss those results?
8. Over 1,500 research studies have been conducted about the effects of faith on health. Does creation health apply to those that are not faith based?
9. In your book you mentioned that people that feel lonely or isolated are more likely to smoke, overeat, abuse drugs and work too hard. Why is this? Feeling alone isn't their fault. What can someone who is lonely do differently?
10. In a Harvard Medical School research study in that found that Americans are 42 percent more likely than Canadians to have diabetes, 32 percent more likely to have high blood pressure, and 12 percent more likely to have arthritis. How can creation health help with this?
11. A chaotic, unsafe, or dangerous environment, family violence, extreme stress loss, or financial problems along lifestyle factors may contribute to depression. Many people have dealt or are dealing with issues like this. How can creation health help?