

CONSCIOUSLY CREATE YOUR BEST REALITY:

THE 10 PERSONAL BEST PRACTICES THAT ARE SCIENTIFICALLY PROVEN TO FUEL YOUR HAPPINESS, HEALTH AND PEACE

“It is our essential nature to be happy, healthy, peaceful beings. When this harmony is disturbed, it is my work to assist clients in identifying and addressing the root causes. This process restores the body’s innate ability to heal itself, returning to a state of happiness, health and peace.”

Dr Melissa Cugliari, ND

Covid is wreaking havoc with our way of work, life and play. The collective recovery has begun but we’re all feeling the aftershocks of the Coronaquake. The new normal is not normal. Whatever happens next, we each have to find our own path forward, while we take others with us on the journey.

Optimal Health is a matter of homeostasis. Homeostasis is a self-regulating process by which we maintain internal equilibrium while adjusting to external conditions. It is dynamic and different for each person, depending on their mindset, physiology and life situations.

Dr Melissa Cugliari ND is a licensed Naturopathic Doctor who specializes in dermatology, digestive health and stress mastery. Her passion is empowering people to achieve homeostasis in turbulent times.

Mike Lipkin is a renowned global motivator and strategic coach. He is also the founder of Environics Lipkin, one of Canada’s leading research and communication companies. His mission is to excite people into extraordinary actions.

Dr Cugliari and Mike Lipkin have partnered to bring you this breakthrough program. Together, they have formulated a set of Personal Best Practices to enable you to achieve homeostasis, health and happiness – under any circumstances.

In this enlightening session you will learn:

- 1 The Optimal Morning Routine
- 2 The Essential Exercise Regimen
- 3 The Grounding Meditation and Breathwork
- 4 The Healthy Hydration Habit
- 5 The Energizing Super-Foods
- 6 The Smart Supplements
- 7 The Function of Fibre
- 8 The Art of Effective Eating
- 9 The Social Dividend
- 10 The Night Time Wind-Down

This program takes the form of a dialogue between Dr Cugliari, Mike Lipkin, and your people. Each Personal Best Practice is illustrated through everyday examples that can be applied immediately to achieve extraordinary results. By Consciously Creating Your Best Reality, you will discover that small things can have a huge impact.



Dr. Melissa Cugliari, ND is a licensed Naturopathic Doctor and member of the Canadian Association of Naturopathic Doctors (CAND) and the Ontario Association of Naturopathic Doctors (OAND).

Although she treats all health concerns, Melissa focuses her practice in dermatology, digestive health, and stress management; she is particularly keen on educating and empowering patients in the realm of lifestyle (diet, exercise, sleep, etc.) which are foundational in achieving and maintaining optimal health.

Melissa integrates modern evidence-based treatments and diagnostic testing with the ancient healing wisdom of herbalism, Traditional Chinese Medicine, and other naturopathic modalities to create comprehensive, individualized treatment protocols addressing the distinct needs of each patient.



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Mike Lipkin is the president of Environics/Lipkin, a global research and motivation company based in Toronto. He is also an international strategic coach, facilitator and catalyst for high performance. Mike combines his learning from talking to a million people in 65 countries with the insights from the Environics Social Values research to help his clients create breakthroughs. He founded Environics/Lipkin in 2001. He has written seven bestselling books on personal leadership and effectiveness. In line with his philosophy that life is theatre with consequences, Mike entertains his audience while he inspires them.



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