

# *SELF-CARE IS THE NEW HEALTHCARE*



**Patty McGee RN, MSN &  
Integrative Nutrition  
Health Coach**

*for Caregivers*





# PRESENTATION AGENDA

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- **My Mission & Approach**
- **My Experience**
- **Our Healthcare Crisis in America**
- **Why Caregivers Struggle with Self-Care**
- **Twelve Steps to Better Health**
- **Opportunity to Start Fresh**



# Coach Patty's Mission

People are dying and suffering needlessly from chronic problems that are *reversible*.

I'm on a mission to help adults reduce their dependence on drugs, surgery & treatments.



# 30+ Years' Healthcare Experience



**PATTY MCGEE RN MSN &  
Integrative Nutrition Health Coach**



INSTITUTE FOR  
**INTEGRATIVE  
NUTRITION**



Memorial Sloan Kettering  
Cancer Center



**ST PETER'S HEALTH  
PARTNERS**

A Member of Trinity Health



# Who I work with

- ✓ **All Adults - Men & Women  
struggling with their health**
- ✓ **Practitioners**
- ✓ **Caregivers**
- ✓ **Newly Single Women**



# How I work with clients



**Assessment  
begins with the  
12 Steps to  
Better Health**



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**Once you understand that  
your body is designed to  
regulate and repair itself,  
you'll be able to look at  
healthcare in a whole  
new way.**

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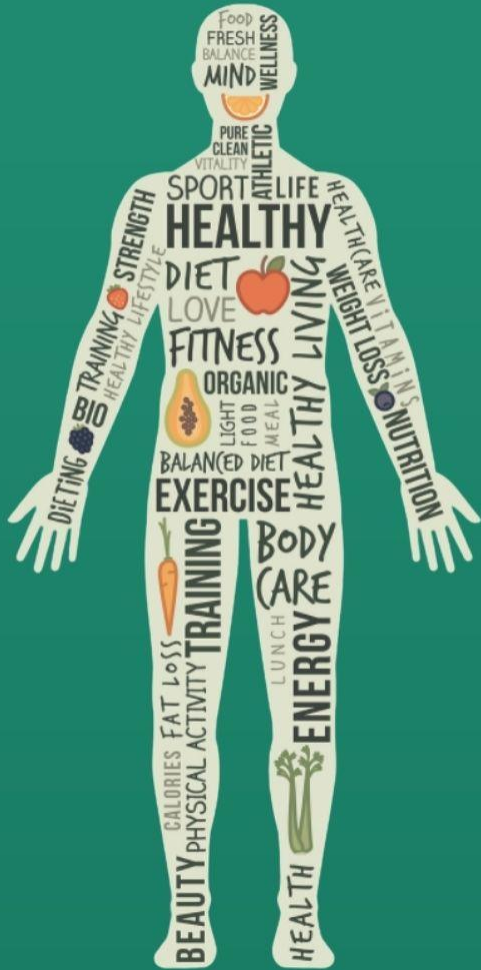
# Healthcare is a Consumer Product

- Metrics
- Staffing Crisis
- 15 Min Appts
- Protocol

Symptom Management vs.  
Prevention & Root Cause







You are  
what you eat.



# Impact of Unhealthy Food

Alzheimers



Diabetes



Cancer &  
Chronic Disease



Obesity



Heart Disease



Heart Attack

# Crowding Out vs. Cutting Out





# Things To Pay Attention To When Shopping



Ingredients List



Health Claims

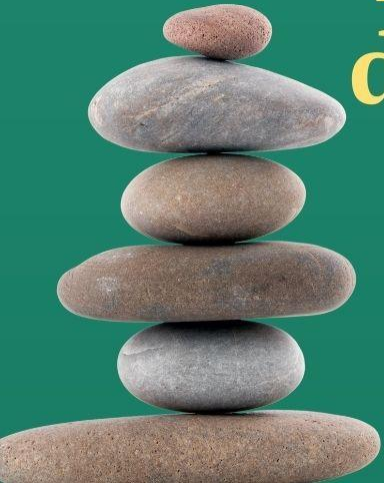


Nutrition Claims



Marketing Hype





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Taking personal responsibility for our health is one of the most important things we can do to prevent and reverse most cancers and diseases.

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# Self-Care Begins Today!



**SIGN UP FOR A FREE 45-MIN DISCOVERY CALL**

**[www.PattyMcGee.Coach](http://www.PattyMcGee.Coach) OR Call 518-221-9923**

Get my **free newsletter** with tips, inspiring stories, recipes & more on my website.

