

Optimal Health

WEBINAR

Drs. Mark & Michele Sherwood



WELCOME

Our goal is to **empower you** to take control of your health through education, state-of-the-art diagnostic testing, and a personalized lifestyle plan.

Our view of health is on prevention and healing the root cause rather than symptom-based treatment.

MEET OUR DOCTORS

Michele L. Neil-Sherwood, DO

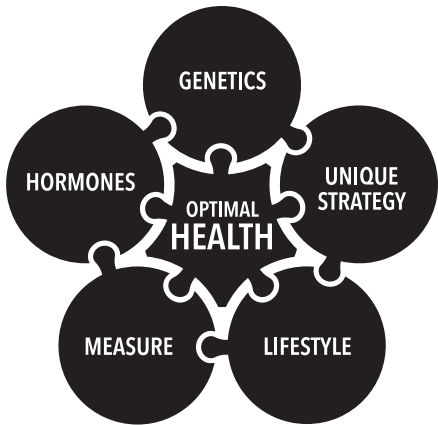
Michele was given up for adoption at birth. Her family was poor, she struggled through school with dyslexia but never let any of this define her. On her way to the Olympics, Michele suffered a knee injury that ended her career. Although devastating, she diverted her energy to new things.

She went back to school, graduated at the top of her medical class and became a doctor of osteopathy. She opened a private practice, Functional Medical Institute, which continues to thrive today.

Mark Sherwood, ND

Mark was given up for adoption at birth. As a kid, Mark was often made fun of for being chubby and shy. Instead of letting this define him, he became a bodybuilding champion and played professional baseball.

He logged 24 years in the Tulsa police department, including over a decade on the SWAT Team and then retired as a sergeant. Mark is now an author and motivational speaker, carrying the message of wellness around the globe.



OPTIMAL HEALTH

Genetics: Analyze Your DNA and Labs

Strategy: A Plan Unique to You

Lifestyle: Implement Your New Lifestyle

Measure: Track Progress and Fine-Tune

Hormones: Bioidentical (as needed)

Insulin: The Blood _____ Hormone

Cortisol: The _____ Management Hormone

Leptin: The _____ Hormone

Thyroid: The _____ Hormone

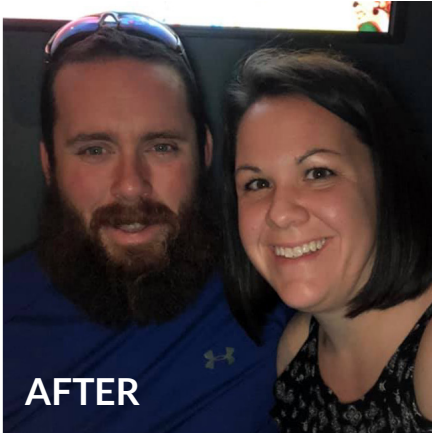
DHEA: The _____ Hormone Producer

Estrogen: The _____ Sex Hormone

Progesterone: The _____ Hormone

Testosterone: The _____ Sex Hormone

Answer Key: Sugar, Stress, Satiety, Metabolism, Sex, Female, Mother, Male



“ You’ve got to do this. It’s a life or death thing. If you keep doing what you’re doing, that’s the death path. *If you change, that’s the life path.*

Bryan’s 6-Month Results
⬆️ 44 pounds ⬆️ 12.8% body fat

Michelle’s 6-Month Results
⬆️ 43 pounds ⬆️ 9.8% body fat



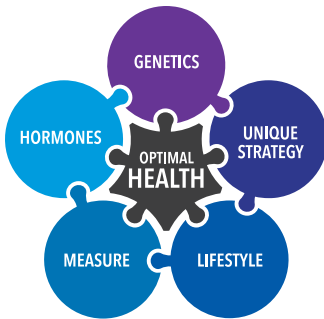
“ This is very doable. FMI walks with you every step of the way. Before, I felt like a big blob. *Now I am able to enjoy life.*

Amy’s 6-Month Results
⬆️ 47 pounds ⬆️ 12% body fat

MY OPTIMAL HEALTH BLUEPRINT

There is no *one-size-fits-all* diet.

You need a lifestyle plan created *just for you*.



- STEP 1 Analyze Your DNA and Labs
- STEP 2 Develop a Plan Unique to You
- STEP 3 Implement Your New Lifestyle
- STEP 4 Measure Progress and Fine-Tune
- STEP 5 Bio-identical Hormones (*as needed*)

- ✔ More energy
- ✔ Better focus
- ✔ Improved sleep
- ✔ Excess weight loss
- ✔ Increased strength

Ready for optimal health?

Schedule your consultation today.

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