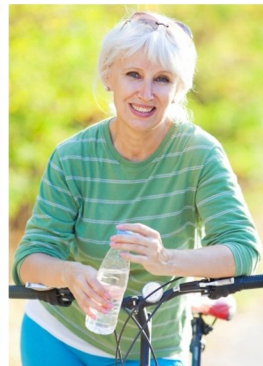


# cureality

real people seeking real cures

## Quick Start Guide





# **Cureality**

## **Quick Start Guide**

Cureality Quick Start Guide  
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Second edition

This guide is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect you have a medical problem we urge you to seek competent medical help.

The information contained herein is not intended to represent a medical diagnosis, treatment, or medical advice in any form, as it is general information and cannot be relied upon without consultation with your physician.

The information contained herein is not intended nor is it implied to be a substitute for professional medical advice. The Cureality program requires that you consult with your physician and healthcare providers before implementing any portion of the Cureality Program.

As medical information and your health can change rapidly, we strongly encourage you to discuss all health matters and concerns with your physician before beginning, stopping, or changing any diagnostic or treatment strategies.

Mention of specific companies, organizations, or authorities in this guide does not imply endorsement by the author nor does the mention of specific companies, organizations, or authorities imply that they endorse this guide or its author.

Internet addresses and other contact information given in this guide were accurate at the time it went to press.

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## Introduction

The Cureality Program is the groundbreaking approach that helps people--not physicians, nurses, or healthcare professionals, but people *not* in healthcare--learn about, test, track, discuss, and chart their own health pathways with as little help from a healthcare provider as possible. Cureality is based on the pioneering and successful health promotion, disease prevention and reversal principles of cardiologist and author of the New York Times bestselling *Wheat Belly* books, Dr. William Davis. In the Cureality Program, these principles are expanded and combined with community feedback to obtain results that far exceed what you could achieve through traditional healthcare alone.

The number one question we receive from new Cureality Members is, "There is so much here. Where do I start?" You could read the comprehensive "Cureality Program Guide" and muddle your way through the website. But, because it covers numerous health conditions from heart disease to bone health, it could take weeks to review completely and understand.

This Cureality "Quick Start" Guide is our answer to that challenge. It is not as complete or detailed as the Cureality Program Guide, but it does have everything you need to get started and begin enjoying the benefits of the Cureality Program. More importantly it provides examples on how to use the online tools and resources on Cureality.com.

## Basic Cureality Program Concepts

To start, let's first review some important concepts about the Cureality Program.

1. Food is powerful medicine! Yes, the Cureality Diet can help you lose weight, but it is also the foundation of *every* Cureality strategy to preserve health and prevent and reverse disease, as well as restore and maintain youthfulness. It is the #1 most important element in the Cureality Program and it cannot be replaced.
2. Self-empowerment and taking responsibility for your health is the second most important Cureality Program concept. A typical doctor must be able to treat 10,000 different diseases for thousands of patients per year. These numbers make it impossible for even the most conscientious doctor to remain up to date on the latest medical advances. More importantly, simple arithmetic tells us that most doctors can spend less than one hour per year focused on your unique health needs. If you want optimum health, it is up to *you* to fill this "healthcare gap" and invest the extra time needed to achieve optimal health. Cureality helps make the job easier and more effective.
3. We are all unique individuals, the product of a genetic code that is more varied than our fingerprints. What works for one person may be totally ineffective for another. The Cureality Program also fills the "uniqueness gap" created by modern medicine's "one size fits all" strategy by providing the guidance and tools needed to create an optimal health program tailored to be as unique as you are.
4. The Cureality Program is a comprehensive approach. Even if, for instance, you only pursue the skin or bone health section, you will discover renewed health, vigor, and improved overall performance outside of these areas. The Cureality strategies intertwine, connect with each other, in both direct and subtle ways, and are best applied in a complete and consistent manner rather than an independent or piecemeal fashion.

## Let's Get Started!

Let's get started by logging in to the Cureality website at [www.cureality.com](http://www.cureality.com). The Log-in area can be found in the upper, right-hand corner of the Cureality Home Page. It is important to make certain you are logged-in so you can access all of the Cureality website tools and information and take advantage of all Member benefits, such as Member discounts in the Cureality Marketplace.

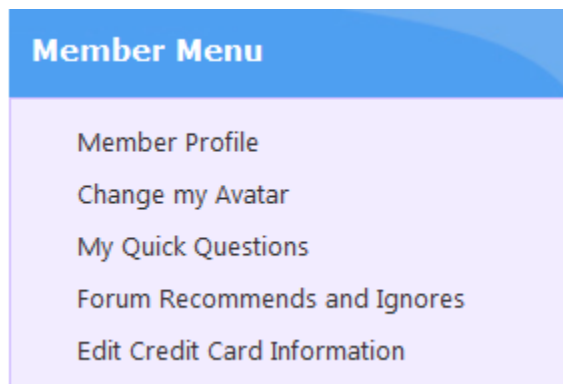
Username:  Password:  [LOG IN](#)

If you are already a Member, enter your username and password, then click the "LOG IN" button. If not, you are invited to join us! Click the "Join Now, Get Started," then the "JOIN NOW" button on the dropdown menu to go to the sign-up page to complete your registration. After logging in you should see the "Welcome" display with your online nickname and a link to the Member Home Page.

Welcome **HeartHawk** [Members Page](#) | [Log Out](#) | [My Cart](#) | [Messages \(1\)](#) | [?](#)

## Members Page

The Members Page is an important place! This page allows you to manage your Member account and customize your preferences on the Cureality website. A menu of Member features appears to the left of the main display. Let's review each Members Page feature.



### Member Profile

The Member Profile allows you to change basic information about your account. The only item you cannot change is your Member username.

*Online Nickname:* Your online Nickname is the name other Members will see when you interact on the Cureality website (e.g., on the Forum, Private Messages, etc.). If you do not select a Nickname when you sign up, your Username will be used as your Nickname. You can change your Nickname at any time as long as it is not already being used by another Member.

*Password:* You may change your password at any time. Passwords must be composed of numbers and letters and be at least six characters in length.

*Private Messages:* Click this checkbox if you want to allow other Members to send Private Messages to you. You can turn this off at any time.

*Hide Profile:* Click this checkbox if you want to hide your Profile from other Members.

*State:* You may add your state of residence (two-character abbreviation), if desired. Click the checkbox to the right if you wish to hide your state from other Members.

*E-mail:* You may add a personal e-mail address, if desired. Click the checkbox to the right if you wish to hide your private e-mail address from other Members.

*Birthdate:* Your birthdate was entered during initial sign-up and can be edited here. Click the checkbox to the right if you wish to hide your birthdate from other Members.

*Gender:* Your gender was entered during initial sign-up and can be edited here. Click the checkbox to the right if you wish to hide your gender from other Members.

*Personal Description:* Enter any information about yourself or health issues you are dealing with that you wish to share with other Members reviewing your Profile (assuming you have not chosen to hide your profile).

*Miscellaneous Notes:* Enter any additional information or notes you may wish to share with other Members reviewing your Profile (assuming you have not chosen to hide your profile).

When you have completed making any edits simply click the “Update Profile Changes” to save your changes.

Additionally, any Proficiency Certifications (see the Health Tracks section) or Community Awards will be listed at the bottom of your Profile. Beyond the personal satisfaction of improving your knowledge, it helps other Members recognize your level of achievement and involvement.

## **My Avatar**

A default graphic or “avatar” appears whenever you ask a question or post a reply on the Cureality Forums. When you first sign up you are assigned the Cureality default avatar.

Members may select from a list of public avatars or upload a custom avatar of their own, as directed in the instructions.

## **Forum Quick Questions**

There are several areas on the Cureality website (most notably in all the Health Tracks) where Members can ask “Quick Questions” that are immediately uploaded to the Cureality Forum to be answered by Cureality staff and Members (as the name implies, Quick Questions are designed to be brief and limited in length to 250 characters). Replies to your Quick Questions appear on the Forum but are also routed back to your Member Page where you can view them.

## Forum Recommends and Ignores

On virtually every Internet Forum, there will be participants you believe are helpful and some who you feel should be ignored. This tool will help you establish your preferences. Simply follow the instructions on the page to issue Recommends and Ignores.

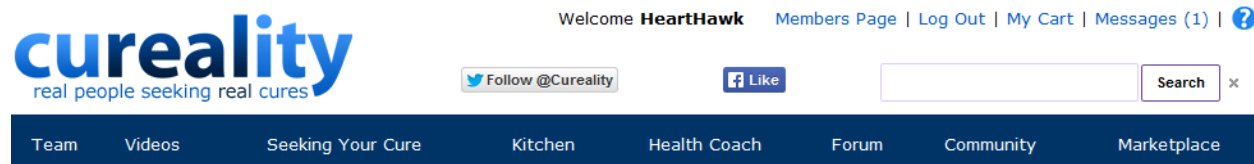
Each time a Member is added to your Recommend list it increases the number of “Recommends” displayed along with that Member’s nickname and avatar on their Forum posts and replies. However, Members cannot see who recommended them.

Each time a Member is added to your “Ignore” list it prevents that Member from replying to your posts. Additionally, an ignored Member’s posts and replies are not displayed when you view the Forum. From your perspective, ignored Members don’t exist while they are on your ignore list. The number of “Ignores” you have is displayed along with your Member nickname and avatar on your Forum topic posts in order to indicate how many Members are barred from replying to any post you make. Similar to “Recommends,” Members cannot see who is ignoring them.

## Edit Account Information

This feature allows you to change credit card information. It also allows you to suspend your Membership at any time. Simply click the “Cancel Membership Payments” checkbox to stop your membership renewal. You may also uncheck this checkbox at any time before your current membership period expires to continue your membership. After expiration, you will be directed to re-enter your credit information when logging in.

## Main Menu



The horizontal Main Menu near the top of each Cureality website page is your primary tool for navigating and accessing information and features on the website. You will notice that, when you hover over several of the Main Menu items, a sub-menu with additional options will be displayed. Let’s briefly review each menu option.

**Team:** This menu item has multiple sub-menu options which detail information about Cureality’s mission and acquaint you with Cureality contributors that you will encounter when implementing the Cureality Program. Of special interest is the message from Dr. Davis. Be certain to review it!

**Videos:** Cureality is designed around the extensive use of video. All of the Cureality videos are cataloged by Health Track on the “Videos” page. Simply click on any of the Health Tracks to view thumbnail images of the videos, then click the thumbnail to open the video.

**Seeking Your Cure:** Here you will find sub-menu options for each of the Cureality Health Tracks. For most Members, clicking one or more of these Health Track options will be how you begin your journey to optimal health.

**Kitchen:** This link takes you to perhaps the most satisfying area on the entire Cureality website: healthy food that tastes great. You can review recipes submitted by Dr. Davis and the Cureality Staff.

**Health Coach:** Among the exciting features on the Cureality website is the ability to schedule one-on-one interactive video sessions with one of Cureality’s Health Coaches, professionals trained in their field. Refer to the special section on Health Coaches found in this Quick Start Guide to learn more.

**Forum:** This link takes you directly to the Cureality Forums. You may also access the Forums from the Cureality “Community” dropdown menu.


**Community:** This menu item provides access to conversations on the Cureality Forums (see the special section on the Forums) as well as access to other Community Tools. The Cureality Library offers a wealth of proprietary “Members only” articles related to each of the Health Tracks. Personal health data tools such as the Health Test and Treatment Data Managers, the Cureality Dashboard, and Program Tracker allow you to record, track, and share health data with other Members. Additional tools provide public health statistics about the Cureality Community (“Community Statistics Tool”) and a tool for finding Community Members that have similar health goals and challenges (“Members Like Me” tool). More information about using these Community Tools can be found on each Community Tool page.


**Marketplace:** The Cureality Marketplace offers products that Cureality has reviewed, often personally used by the staff, and made available to our Members.


## Cureality Community Forums


The single best place to get advice on building your personal Cureality Program is by visiting the Cureality Forums. Each Health Track has its own forum displayed on the Forum Home Page. Simply click the desired Health Track icon to access the forum for that track.


SELECT A FORUM BY CLICKING ONE OF THE FORUM ICONS BELOW


  
Cureality Diet


  
Cureality Exercise


  
Bone Health


  
Heart Health


  
Thyroid Health


  
Diabetes / Pre-diabetes

  
Weight Loss

  
High Blood Pressure

  
Atrial Fibrillation

  
Skin Health

  
Digestive Health

Admin
Search
Messages (0)
Recent Topics
New Topics
New Replies
My Topics
My Replies
Forum Home

Cureality Diet				EDIT	DELETE	NEW FORUM
Forum	Last Post	Topics Posts		EDIT	DELETE	NEW TOPIC
<a href="#">Cureality Diet Quick Questions</a> Quick Questions are limited to 250 characters or less. Members can send questions here from various areas on the Cureality website and the answers are returned to their Member Page as well as posted here.	Posted By <a href="#">Dr. Davis</a> 7/19/2014 10:06:43 AM	17	110	EDIT	DELETE	NEW TOPIC
<a href="#">Cureality Diet Health Forum</a> This forum is for all issues directly related to diet and personal or general health. Issues not directly related to health such as "Where can I find a good doctor near me?" should be directed to the General Discussion forum.	Posted By <a href="#">ptheut</a> 7/19/2014 10:47:35 PM	371	4126	EDIT	DELETE	NEW TOPIC
<a href="#">Cureality Diet General Discussion</a> This forum is for all diet issues not directly related to personal or general health.	Posted By <a href="#">sarahbl</a> 7/9/2014 2:19:51 PM	7	60	EDIT	DELETE	NEW TOPIC

The Forum is the heart of the Cureality Community and is where “all the action is.” You have access to over 100,000 posts from knowledgeable Members, many of whom have successfully addressed the same health issues you face. It is common for new Members to post their health information and ask questions, then marvel at the detailed replies and experience generously shared by other Members.

## Forum Main Menu

The Forum is such an important part of Cureality that it is accessible from every page on the website and has its own special tools and navigation menu. Let's briefly review the Forum main menu.

*Search:* The Search button takes you to a page where you can search for information of interest by keywords, authors, dates and forums. It also allows you to search for Members and review their Member Profile (if it is made public by the Member).

*Messages (0):* The Message button take you to the Message Center where you can *send* Private Messages to other Members (if they allow it on their Member Profile) and *receive* Private Messages (if you allow it on your Member Profile). The number next to the word "Messages" indicates how many unread messages you have.

*Recent Topics:* Displays new topic posts made over the last 24 hours.

*New Topics:* Displays new topic posts made since the last time you visited the Forum.

*New Replies:* Displays new replies to your posts since the last time you visited the Forum.

*My Topics:* Displays new topics you have recently posted.

*My Replies:* Displays the new replies you have recently made to Forum posts.

*Forum Home:* Returns you to the Forum Home Page.


## Posting a New Topic

To ask a question or post new information, click to select the most appropriate Forum from the list of forums on the Forum Home Page, then click the "New Topic" button to the right of the Forum heading to display the new topic editor.

**Forum:** General Discussion

**Subject:**

**Message:**



**B** *I* U    [Text Color] [Background Color]    [Bulleted List] [Numbered List] [Link] [Unlink] [Insert Image] [Insert Video] [Insert Audio] [Insert Code] [Undo] [Redo] [Print] [Help]

Verdana, Gen... 13px Normal

Forum Code Allowed  
I am a new Member and would like to ask about ...

Enter a topic subject, then write your comments in the post editor. The editor controls allow you to format text, add images, add links, etc..

To allow your post to be more easily searched, be certain to add "Tags" to your post at the bottom of the post editor. Tags are keywords that describe the main focus of your topic. You can checkmark commonly used tags or create new tags of your own by entering them on the "Custom Tags" line. As you type, similar tags that match the characters you type will be displayed. You may click on an existing tag or keep typing to create a new and unique tag (it is best to use an existing tag if it is close enough to describe the content of your post).

**Post Tags:** **New:** Tag your post with keywords to help other members find your post more quickly.

Common  Low Carb  High Fat  Indirectly  Wheat Free  Blood Glucose  calcium score  Statins  LDL-C  Lp(a)  Lipitor  
 Tags:  Forum Features  ketosis  Berkeley HeartLab

Custom Tags:

Show Profile Signature?  
 For Members Only  
 Subscribe To New Topic?

[Submit Topic](#) [Preview Topic](#)

Check the “For Members Only” checkbox if you wish to hide your post from guests and non-Members.

Check the “Subscribe to New Topic” checkbox if you wish to receive a Private Message notifying you each time someone replies to the topic.

When you have completed your post, you may click the “Submit Topic” button or click the “Preview Topic” button to review your post before submitting it.

## Reply to a Topic



Replying to a topic is very similar to submitting a topic and has similar features and options. Click the “Reply” button located near the top-right corner of the topic or scroll down to the bottom of the topic, past any existing replies, to display the Reply Editor. Enter your reply, add any tags and options, then click the “Submit Reply” button.

## Post Statistics

Each post made on the Forum contains data about the post and the Member making the post in order to allow Members to better evaluate the content of the post.

- Member Nickname of the person making the post (clicking the Member Nickname will display the Member’s Profile).
- Member avatar graphic.
- Date the Member joined.
- Total number of topics and replies contributed to the Forum by the posting Member.
- Total number of “Likes” received for all posts made by the Member.
- Number of Member Recommends the poster has received.
- Number of Ignores Issued by the poster (only displayed for topics, not replies, in order to indicate how many people are barred from replying).
- Number of Proficiency Certifications and awards received by the poster (clicking the “eye” icon to the right of the number will display a detailed list of certifications and awards received by the Member).
- Number of “Likes” received by this post.
- A button to allow Members to “Like” the post (you cannot “Like” your own posts or Like a post more than once).
- A button to send the poster a Private Message (if the poster allows Private Messages).

HeartHawk



Join Date: 12/20/2007  
 Posts Contributed: 2237  
 Post Likes: 6  
 Recommends Recd: 7  
 Ignores Issued: 0  
 Certs & Awards: 1

Post Likes: 0

[Like](#)

[Send Private Message](#)

Additionally, each post is date stamped with the original date of the post, the date of the last edit to the post (if any), and the total number of times the post has been edited (if any).

## Miscellaneous Forum Functions

**Quote:** Clicking this button on any reply copies the “quoted” reply, opens the Reply Editor, and pastes the quoted reply into the reply text editor. This is a quick way to reply to a topic when you wish to reuse or highlight (i.e., quote) another Member’s post.

**Edit:** Opens the editor so you may edit your topic or reply. You may only edit posts that you make. The date your edit occurs will appear at the top of the post along with the total number of times the post has been edited.

## Cureality Health Tracks

Cureality Health Tracks offer a guided method to learn, understand, and review the extensive material found in the Cureality Program, followed at your own pace. Each Health Track is divided into lessons that can be accessed using the Health Tracks navigation tool to the left of the main display. Place your cursor on the “Seeking Your Cure” Main Menu item, then click on Health Tracks link on the sub-menu dropdown.

After arriving at the Health Tracks page, click on any Health Track heading on the left-column Health Track menu to open a list of lessons, then click on a lesson.

### Cureality Health Tracks

Click any Health Track below to review the available lessons and certifications. Items with a check-mark indicate you have already earned the certification.

- ◆ **Cureality Diet**
- ◆ **Cureality Exercise**
- ◆ **Bone Health**
  - ✓ Bone Health Basics
  - ✓ Bone Health Vitamins
  - Bone Health Minerals
  - Bone Health Extras
- ◆ **Heart Health**
- ◆ **Thyroid Health**
- ◆ **Diabetes / Pre-diabetes**
- ◆ **Weight Loss**
- ◆ **High Blood Pressure**
- ◆ **Atrial Fibrillation**
- ◆ **Skin Health**
- ◆ **Digestive Health**



### Bone Health Basics Lesson and Certification



Each lesson is displayed with the following content.

**Proficiency Certification:** The graphic and title at the top of each lesson display the award you will receive after completing the lesson review at the bottom of each lesson.

**Introductory Video:** Dr. Davis provides a short introduction to the lesson.

**Lesson Goal:** The goal of the lesson is presented.

*Learn the Essentials:* The essential concepts of the lesson are discussed.

*Learn More:* Many of the lessons provide links to additional material on the Cureality website that are related to the lesson.

*Tracking Exercises:* Members are encouraged and given the opportunity to enter personal health data related to the lesson into the Cureality Health Data Vault in order to track program progress.

*Ask a Quick Question:* Members can direct questions directly to the Cureality forum to solicit answers to questions about the lesson material.

*Lesson Review:* Members can complete a short multiple choice review to reinforce their understanding of lesson principles and earn Proficiency Certifications that appear in their Member Profile and demonstrate their proficiency within the Cureality Community. Answers are provided immediately and there is no limit to how many times you can start or restart a review.

## **Cureality Coaches**

Cureality Coaching puts Members in direct, one-on-one contact with health professionals who can help build your personal program to meet your unique needs via private video conferencing.

Click the “Health Coach” link on the main menu to be taken to a page that describes how to download the video conferencing tool and schedule your conference.

## **Recording Your Progress**

### **Health Tests Manager**

Although not mandatory, to harness the full power of the Cureality Program, it will require a bit of record keeping to track your progress. It’s a matter of recording your starting or baseline data, then recording new data as you progress through the Cureality Program.

You probably have more starting health data than you think, available with a call to your doctor. Common health tests available from your doctor are weight, blood pressure (expressed as two numbers, “systolic” over “diastolic”), LDL cholesterol, HDL Cholesterol, triglycerides, and fasting blood sugar. We will also discuss other useful tests you may have already taken, could ask to have taken by your doctor, or could even perform yourself at home (available in the Cureality Marketplace).

Let’s look at a list of useful tests and how to enter test results. Place your cursor on the “Cureality Community” Main Menu item then click the “Health Test Manager” link on the dropdown sub-menu to display the Health Test Manager page.

SELECT MEMBER NICKNAME

HeartHawk

NOTE: Only records this Member has marked as "Public" will be displayed.

[Change Member](#)

[Load Saved Selections](#)

[Save These Selections](#)

RECORDS PER PAGE: 5

[Help & Instructions](#)

### Health Test Manager

SELECT UP TO 6 HEALTH TESTS TO DISPLAY

Cholesterol, LDL [mg/dL] (None) (None)

Health Test 1 Health Test 2 Health Test 3

(None) (None) (None)

Health Test 4 Health Test 5 Health Test 6

**Cholesterol, LDL [mg/dL] (Cureality suggested value is greater than 50 and less than 70)**

Public	Date	Value	Notes	(Complete the fields below then click 'Add New Data')	
<input type="checkbox"/>	3/2/2014	0		<a href="#">Add New Data</a>	
Public	Date	Value	Notes		
<input type="checkbox"/>	6/01/2011	95		<a href="#">Edit</a>	<a href="#">Delete</a>
<input type="checkbox"/>	12/03/2010	76		<a href="#">Edit</a>	<a href="#">Delete</a>
<input checked="" type="checkbox"/>	3/06/2008	58		<a href="#">Edit</a>	<a href="#">Delete</a>
<input checked="" type="checkbox"/>	12/26/2007	53		<a href="#">Edit</a>	<a href="#">Delete</a>
<input checked="" type="checkbox"/>	3/02/2007	28	LipoScience	<a href="#">Edit</a>	<a href="#">Delete</a>

1 2 3 4

Let's review the Health Test Manager tools and features.

**Select Member Nickname:** Your Member Nickname will automatically appear. Cureality Members may review the data of another Member (if made public by that Member) by typing that Member's Nickname in the "Select Member Nickname" box. This allows Members to share information and collaborate to create effective health programs. Selecting a Nickname from the dropdown box is the best way to make certain you have entered a valid Member Nickname. After entering a Nickname, click the "Change Member" button to review test data for the selected Member. Remember, you can only view records marked as "Public" by other Members. You are never allowed to add, edit, or delete the records of Members other than your own. To re-display your personal health test data again, simply enter your Nickname and click the Change Member button.

**Records Per Page:** Click the "Records per Page" dropdown box and select the number of records to view for each displayed Health Test. Records are displayed in a table with one record per row. At times, it is convenient to display many records on a single page. Other times you may want to limit the list. The numbers at the bottom, left of each Health Test table indicates how many pages of records there are.

**Select Health Tests to Manage:** You may select up to six health tests to display, add, edit, or delete at any one time. Click one or more of the six health test dropdown boxes and select the health test you wish to display. Each selected health test will appear in a separate table below the health test selection dropdowns. The display is updated each time a health test is selected or changed. Note that some health tests are measured using multiple units of measurement. Make certain you select the correct units of measurement when selecting a health test with multiple entries in the health test dropdown.

**Adding New Health Test Data:** Move to any of the displayed health test tables and enter the appropriate data into the fields provided in the grey box at the top of the table. Note that only test data marked "Public" can be viewed by other Members. When you have completed your entries, click the "Add New Data" link to the right. New records will appear immediately in the record table below.

**Edit a Health Test:** Click the "Edit" link immediately to the right of a health test record to edit. When you have finished editing data, click the "Update" link to save your changes. After the display updates, your edits will be displayed. Click the "Cancel" link if you wish to discard your changes.

**Delete a Health Test:** Click the "Delete" link immediately to the right of the record. Click "OK" to verify or "Cancel" to cancel the deletion in the pop-up window. After the display updates, you should notice that the deleted record is no longer displayed.

**Sorting Records:** You may change the sort order of records by clicking on any of the column headers at the top of the record table. Each time you click a column header, the sort order toggles between sorting the column in ascending and descending order.

**Save the Health Test Display:** To save the currently displayed group of health tests, click the "Save These Selections" button. The saved selections will automatically be displayed the next time you use this tool.

**Load Saved Settings:** After changing the selected settings, you may restore your saved setting by clicking the "Load Saved Selections" button.

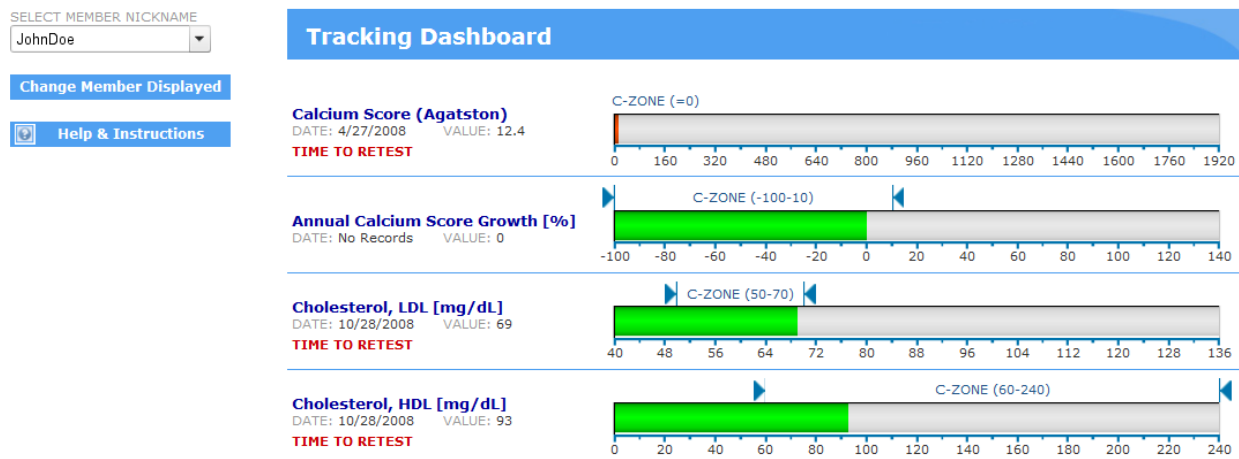
## Health Treatments Manager

There is also a Health Treatments Manager, set up identically to the Health Tests Manager, for recording and tracking different treatments (diet, exercise, supplements, drugs, etc.) that you may be trying.

## Tracking Results

### Cureality Dashboard

The Cureality Dashboard allows you to view and track your health test data and that of other Members who have made their test results public. Place your cursor on the "Cureality Community" Main Menu item, then click the "Tracking Dashboard" link on the on the dropdown sub-menu to display the Tracking Dashboard page.



The Tracking Dashboard provides useful tracking information about your health in a compact and easy to read format:

1. The name of the health test
2. The most recent time it was measured
3. The most recent test value
4. A notice indicating if it is time to retest
5. A bar graph of the test value that is green if it is a “healthy” value, red if it is not
6. An indicator showing the healthy range for the test value called the “C-Zone.”

The Tracking Dashboard is also one of the ways Members can share information, ask and answer questions about their program, and collaborate. By default, the Dashboard shows your health test data. Your Member Nickname will automatically appear as the Member to display. Cureality Members may review the data of other Members by typing that Member's Nickname in the "Select Member Nickname" box. Selecting a Nickname from the dropdown box is the best way to make certain you have entered a valid Member Nickname. After entering a Nickname, click the "Change Member" button to review test data for the selected Member. Remember, you can only view records marked as "Public" by other Members. To re-display your personal Dashboard data again, simply enter your Nickname and click the Change Member button.

### **Program Tracker**

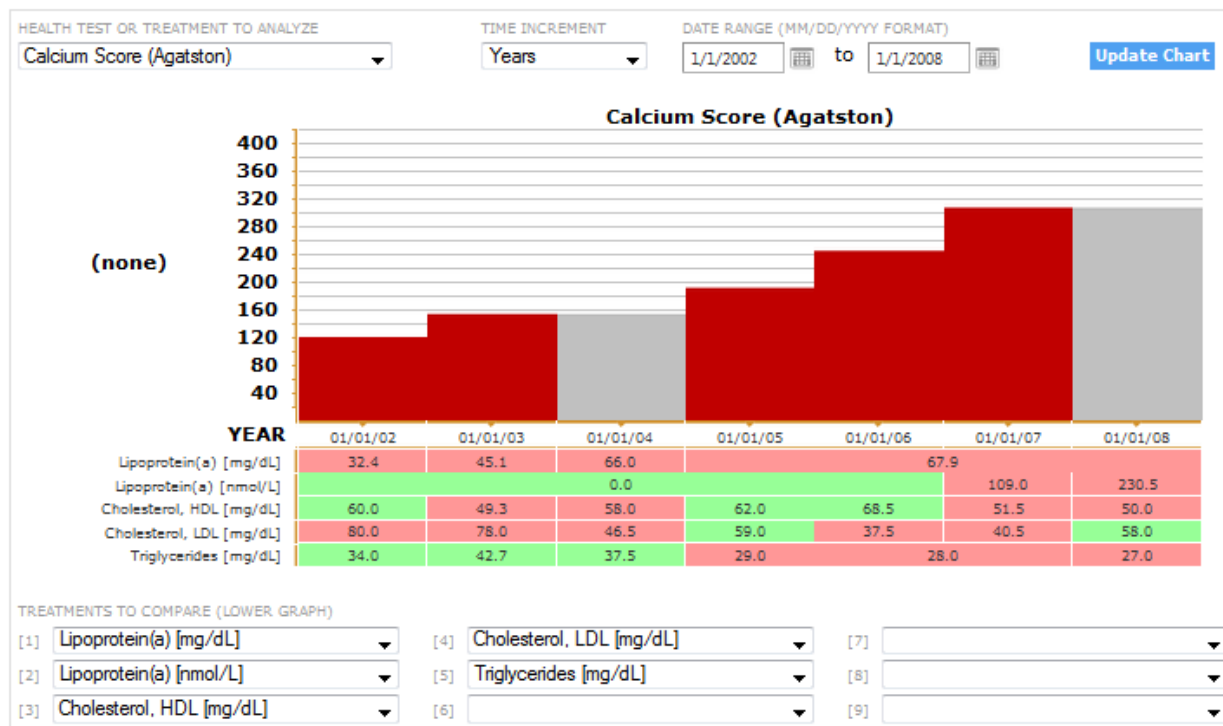
The Program Tracker allows Members to chart and compare program progress over time. The top graph displays a single group of Health Test or Treatment data values as a vertical bar graph over the selected time period. The bottom graph displays up to nine selected Health Test or Treatment values as a horizontally stacked bar graph over the same time period. To compare results simply pick any value on the top graph then review the values shown for the same time period on the lower graph.

## Program Tracker

[Help & Instructions](#)     [<<< Return to Home Page](#)

SELECT MEMBER NICKNAME  
 HeartHawk [Change Member](#)

[Load Saved Chart Settings](#)     [Save These Chart Settings](#)



Refer to the online video and instructions for more information on using the Program Tracker.

## Cureality Library

The Cureality Library provides access to an array of proprietary information resources available only to Cureality Members. Place your cursor on the “Cureality Community” Main Menu item then click the “Library” link on the on the dropdown sub-menu to display the Cureality Library page.

### Cureality Library

Select a health category from the dropdown box below to view Cureality publications about the selected category. then click on a publication name to view it. All publications are copyrighted and are intended solely for the use of our Members. They may not be copied or distributed without express written permission.

SELECT A HEALTH TRACK  
High Blood Pressure



**The ups and downs of high blood pressure: What it all means**

This simple measure, obtained routinely on any doctor’s office visit, is often taken for granted or misunderstood. Sure, it goes high and poses risk for heart disease. So what more is there to say? [\[more\]](#)



**Warning: Normal blood pressure may be high blood pressure!**

Widely misunderstood, underestimated, under-treated, and ignored, blood pressure is a prime instigator of coronary plaque growth. Although most people regard blood pressure issues as dull and not worthy of fuss, control of this incredibly important facet of health is a basic requirement for atherosclerotic plaque control and putting a halt to an increasing heart scan score. [\[more\]](#)

Select a Health Track from the dropdown box to display Library articles related to the selected Health Track. Click on either the article icon, title, or the “[more]” link to view the article. You will also find the entire Track Your Plaque Program archives at the bottom of the page.

## Cureality Videos

The Cureality website makes extensive use of informational videos to help guide our Members. Click the “Video” link on the Main Menu to display the Cureality Videos page.

**Video Categories**

- Cureality Diet
- Cureality Exercise
- Bone Health
- Heart Health
- Thyroid Health
- Diabetes / Pre-diabetes
- Weight Loss
- High Blood Pressure
- Atrial Fibrillation
- Beauty from Within



**FREE VIDEOS**

Weight Loss



Thyroid Health



Hypertension



Heart Health



Exercise



Click on any of the Health Track links on the left side to display a list of videos (thumbnail images below the main display) related to that track. Next, click on the thumbnail image of the video you wish to view.

## Cureality Kitchen

The Cureality Diet is the foundation of the entire Cureality Program. The Cureality Kitchen provides numerous recipes and tips you need to plan and enjoy healthy and delicious meals, desserts, and snacks that help you use food like the powerful “medicine” it is. This is truly food with all of the pleasure and none of the guilt!

Click on the “Kitchen” Main Menu item to display the recipe categories in the Cureality Kitchen.

**Cureality Kitchen** (Click an image below to select a recipe group)

Search



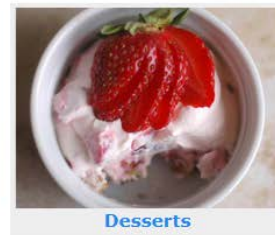
Main Courses



Vegetables & Side Dishes



Soups & Salads

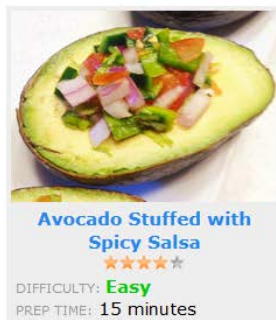


Desserts

Click on any recipe category (there are more than those pictured above) to display a list of recipes in that category.

**Cureality Kitchen: Main Courses** (Click an image below to select a recipe)

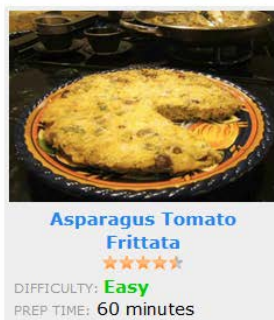
Search Return



Avocado Stuffed with Spicy Salsa

★★★★☆

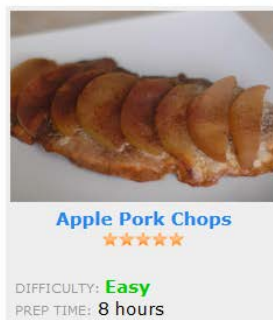
DIFFICULTY: **Easy**  
PREP TIME: 15 minutes



Asparagus Tomato Frittata

★★★★☆

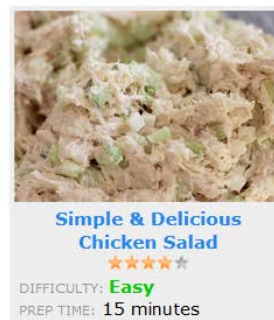
DIFFICULTY: **Easy**  
PREP TIME: 60 minutes



Apple Pork Chops

★★★★☆

DIFFICULTY: **Easy**  
PREP TIME: 8 hours



Simple & Delicious Chicken Salad

★★★★☆

DIFFICULTY: **Easy**  
PREP TIME: 15 minutes

1 2 3 Displaying items 1 to 4 of 10 (Click buttons or numbers at left to page through all recipes)

Click on any recipe on the list to show it in the recipe overview display. Use the navigation buttons below the recipe view additional recipes in the selected category.



### Classic Pizza

Return

Yes! There is pizza in the Cureality lifestyle! Given our elimination of grains in the diet, people often assume that indulgent foods like pizza no longer fit—not true. Pizza fits perfectly fine into this lifestyle with just a few modifications. Obviously, we do not rely on wheat flour to create the dough, so we combine several non-wheat and otherwise healthy flours to recreate the pizza dough. Beyond this, the toppings, cheese, and olive oil are much the same. This is the basic recipe that can be modified in countless ways using your choice of toppings and cheeses.

Servings: 6

Difficulty: Easy

Prep Time: 60 minutes

Rating: Unrated

My Rating: [Click to Rate Recipe](#)

Print

Ingredients Preparation Nutrition Data Video

#### Ingredients

##### CRUST

- ★ 1 cup shredded mozzarella cheese
- ★ 2 cups almond meal/flour
- ★ 4 tablespoons ground golden flaxseed
- ★ 4 tablespoons garbanzo bean flour

Click on the Ingredients, Preparation, Nutrition Data, and Video tabs to view additional detailed information about each recipe. Click the “Print” button to view a printable version of the recipe. Click the “Click to Rate Recipe” link to rate the recipe.

The image shows a 'Rate the Recipe' form. At the top, it says 'Rate the Recipe' in blue text with a close button (X) on the right. Below this are six star rating options: 'No Stars', '1 Star', '2 Stars', '3 Stars', '4 Stars', and '5 Stars'. Each option has a row of five stars above it, with the first star in each row being highlighted in orange. Below the star ratings is a 'Submit' button.

Select a rating then click the “Submit” button enter your rating and return to the recipe page.

Additionally, you may also search for recipes by clicking the “Search” button found on the Cureality Kitchen main menu page or recipe group page.

**Cureality Kitchen Search** (Select options below to find matching recipes)

[Return](#)

**Recipe Group**

ALL  (select a recipe group to search, select 'ALL' to include all recipe groups)

**Recipe Title**

(enter a word that must appear in the recipe title, leave blank if recipe title is unimportant)

**Difficulty**

ALL  (select a maximum difficulty, select 'ALL' to include all difficulties)

**Preparation Time**

(enter a maximum preparation time, leave blank if preparation time is unimportant)

**Contains This Ingredient**

(enter an ingredient name that must appear in the recipe, leave blank if ingredients are unimportant)

**Sort By**

Title (First to Last)  (select how to sort the search results)

[Search](#)

Select any or “ALL” recipe groups, select any word appearing in the recipe title, select any or “ALL” recipe difficulties (Easy, Medium, Complex), select a maximum preparation time (in minutes), select any word in the ingredients list, and finally select the way to sort any recipes matching your selections. When your selections are complete, click the “Search” button to display the results of your search.

## Additional Cureality Tools

### Community Statistics

The “Community Statistics” tool is designed to allow Members to determine the average, minimum, and maximum value of the most recently reported health test and treatment data for every Member who has reported data for that test or treatment. The total number of Members who reported a value for that test or treatment is also displayed. Unlike other Cureality tools, no Members are individually identified. This tool only provides aggregate values for all reported Member data that was marked as “Public.”

#### Community Statistics

Aggregate Statistics of Participating Members Based on Latest Reported Health Test and Treatment Data

Health Measure	Average	Minimum	Maximum	Member Count
ALT [IU/L]	30.5	14.0	71.0	42
ApoE (1st Value)	3.0	2.0	4.0	30
ApoE (2nd Value)	3.3	3.0	4.0	30
Apoprotein A [mg/dL]	154.5	0.0	277.0	25
Apoprotein B [mg/dL]	62.1	0.0	1199.0	593
Armour Thyroid (1grain=60mg) [mg/day]	59.4	0.0	180.0	28
AST [IU/L]	31.3	15.0	68.0	37
Atorvastatin (Lipitor) [mg/day]	32.6	0.0	80.0	19
Blood Pressure, Diastolic [mmHg]	72.7	0.0	164.0	912
Blood Pressure, Systolic [mmHg]	118.4	0.0	185.0	910
Blood Sugar, Fasting [mg/dL]	88.7	0.0	230.0	841
Calcium Score (Agatston)	409.3	0.0	5600.0	717
Calcium Score (Volumetric)	316.2	0.0	2994.0	250
Cholesterol, HDL [mg/dL]	58.7	0.0	383.0	997
Cholesterol, Large HDL (HDL2b) [mg/dL]	64.0	0.0	7205.0	234

1 2 3 4 5 6

The displayed list may be sorted on any column by clicking on the column header. Each time the column header is clicked the sort is reversed (lowest to highest value then highest to lowest value). A list of page numbers appears at the bottom, left-hand corner of the list display. Clicking on a page number will display the Member data on that page. The Community Statistics tool is limited to only those records marked “Public” by Members (including your own).

### Members Like Me

The Cureality “Members Like Me” tool is designed to allow Members to find other Members who have health measures that are similar to theirs or to compare and contrast values. For example, you can find the latest data entry for every Member whose LDL Cholesterol is above 140 mg/dL. The Members Like Me tool displays data for specific Members and is limited to only those records marked “Public” by Members (including your own).

## Members Like Me

Select up to four health measures to compare and display.

	Health Measure	Op	Value
MEASURE 1:	Cholesterol, LDL [mg/dL]	>	80
MEASURE 2:	Cholesterol, HDL [mg/dL]	<	45
MEASURE 3:	Triglycerides [mg/dL]	>	100
MEASURE 4:	HbA1c [%]	>	5.5

### Update Display

Click 'Update Display' after selecting program measures.

MEMBERS TO DISPLAY PER PAGE: 10

Member Nickname	Cholesterol, LDL [mg/dL]	Cholesterol, HDL [mg/dL]	Triglycerides [mg/dL]	HbA1c [%]
Adam B	123	42	135	5.7
bosseman	129	30	139	6.3
chouston	107	42	101	5.7
Ciuffittino	160	41	154	6
clickforluck	83	36	121	5.9
ensues	81	33	637	5.7
franjohn	128	39	176	6.3
Gmstump41	98	39	112	5.6
jinfante	138	44	339	6
lee444k	138	37	265	6.1

1 2

You may select up to four health measures to refine your search. Each time an additional health measure is selected it limits the list of Members displayed to those whose most recent health record for each selection matches the value set for each selection. The values displayed are for the most recent Public record entered (if any). Health measures are categorized on the drop-downs by type (Advanced Lipoproteins, Drugs, Supplements, etc.) and sorted alphabetically within each category. Click on any of the Health Measure drop-downs, then click to select a health measure to display.

For each selected health measure you can further limit the data displayed by specifying a "comparison operator" (<, >, =, <>) and a numeric value. For example, if you only wanted to display Members taking more than 3 grams of Fish Oil per day you would first select "Fish Oil" from the "Supplements" category on one of the Health Measure drop-downs. Next, select the "greater than" (>) operator from the "Op" drop-down then enter the value "3000" in the "Value" textbox (Fish Oil is recorded in milligrams so you are looking for values greater than 3000). Click the "Update Display" button to display a new list of Members that match your current health measure selection criteria.

You may set the number of Members displayed on a page by clicking the "Members per Page" drop-down and selecting a value. Whenever there are more Members than can be displayed on a single page (based on the selected page size), a list of additional page numbers will appear at the bottom, left-hand corner of the list display. Clicking on a page number will display the Member data on that page.

The displayed list may be sorted on any column by clicking on the column header. Each time the column header is clicked the sort is reversed (lowest to highest value then highest to lowest value).

## In Conclusion

The Cureality Program is an extremely comprehensive program to optimize your health and is designed to be as simple or sophisticated as you have the time and motivation to make it. The “Quick Guide” was written to help you navigate the Cureality web start so you can jump start your personal program.

All Cureality Members are encouraged to read and consider the full program as detailed in the “Cureality Program Guide” and are required by the terms of membership to consult with their doctors and medical professionals before implementing any aspect of the Cureality Program. The routine disclaimer below emphasizes the importance of this requirement.

## Medical Disclaimer

*This guide is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect you have a medical problem we urge you to seek competent medical help.*

*The information contained herein is not intended to represent a medical diagnosis, treatment, or medical advice in any form, as it is general information and cannot be relied upon without consultation with your physician.*

*The information contained herein is not intended nor is it implied to be a substitute for professional medical advice. The Cureality program requires that you consult with your physician and healthcare providers before implementing any portion of the Cureality Program.*

*As medical information and your health can change rapidly, we strongly encourage you to discuss all health matters and concerns with your physician before beginning, stopping, or changing any diagnostic or treatment strategies.*