# Natural Health Begins With Mindset Transcript

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## Commitment to Change

So the type of mindset that you really want to have when you approach doing a program or coming to see us is you have to want the change. We always have the saying is, I can't want your health any more than you do.

So if you're not committed, to becoming aware and raising your consciousness of what your lifestyle is like and what you do to your body and you put into your bodies, then we have a lot of soul searching to do for you to see results.