



Healthy Heart, Living Longer

Meet **Sondra Early**, a retiree from Greenville, North Carolina, who defied the odds after spending nine days in a coma which led to her being diagnosed with heart disease. Sondra's transformation began after a series of strokes and diagnosis of heart disease, prompting her to reevaluate her lifestyle and commit to making healthy changes. After God's Miraculous Healing, she knew she needed to continue the healing process.

When she stumbled upon the Med-South Program through a television advertisement, she knew this was her answer. She realized the urgency of taking charge of her health. The Med-South Program offers a comprehensive approach to address her heart disease, high blood pressure, and overall health concerns. The site's coach, Ms. Gibson, played a pivotal role in providing unwavering support and guidance. Sondra found Ms. Gibson's positivity and expertise instrumental in navigating her health journey.

Undoubtedly, making changes wasn't without challenges. Sondra found it difficult to embrace physical activity during the program. However, with determination, she pushed through the initial hurdles and gradually incorporated exercise into her routine. Seeing the positive impact from exercising on her overall well-being made it easier for Sondra to stay committed: "Once I started doing it I felt better, so it was so much easier for me to continue doing it because it made me feel much, much better."

One of Sondra's proudest achievements is transforming her eating habits. She learned to make informed choices about the foods that support a healthy heart. When asked about the best thing that happened to her through the Med-South Program, Sondra confidently states that she has become healthier, lost weight, and her blood pressure decreased. Her infectious enthusiasm is complemented by her favorite mantra: "Staying alive, staying alive." Sondra recognizes the crucial link between a healthy lifestyle and longevity.

Sondra advocates for the program and encourages others to take charge of their health. She shares the program materials, including the recipe book and educational materials, to anyone who expresses interest. Sondra states, "If you're serious about living longer, invest the time in programs like Med-South." Her journey from a coma to triumph is an inspiration for anyone facing health challenges, proving that with the right mindset and resources, you can live a happier and healthier life!