



HEALTHSPAN FOUNDATION  
WHERE

RESPONSIBILITY BEGINS WITH KNOWLEDGE

## OUR MISSION

Let's Bring our families together to be happier, healthier, smarter and closer through the most up-to-date information on food choice, lifestyle, and exercise. We only get one chance.



*HELPING YOU MAKE THE "RIGHT" TURN!*

*HealthSpan Foundation, Inc. is dedicated to our children and to the concept of Always Do The Right Thing. Join us in setting our kids on a course for optimum mental and physical development and to have the best immune systems. Our focus is nutrition. We look for information that is holistic in theme and preventative in practice. At HealthSpan Foundation, we love science, we love life, we love our planet and, most of all, we love you.*

Our Generation is the first in all of history with the ability to scientifically, and with Statistical Certainty, compare diverse lifestyle and dietary behaviors and predict relative outcomes. For the first time ever, we can avoid adult onset diabetes. We understand it so well that we can cure it through diet. Heart disease, our number one killer, can be prevented or reversed through diet and lifestyle measures. That is a lot easier than with surgery and statins! Same to a significant extent with cancer and strokes.

For the first time ever, we know what it takes to set our kids on a course for optimum mental and physical development. It is course full of fun, excitement, optimism, wellness, health, perfect attendance, high academic achievement.....

We also know there is a new and rapidly deepening Paradigm built around our Standard American Diet.....Super Addictive Fast Food, Processed Food, Genetically Modified Food, Chemically Altered Food, Chemically Fertilized Food, Animal Products from Insanely, Unsustainably Managed Feed Lots and Cages.....the list is goes on... We know that there are only a few champions on your side to defeat and reverse this awful Addictive Food Paradigm.

HSF presents an open portal to our enlightened Paradigm of Self Reliance and Personal Responsibility. You have to first kick your Addictive Food habits if you want to be the champion for you and your kids. We believe in Doing the Right Thing and Taking the Path Most Right. We want to support everyone in living and loving better and longer. It begins with you and the moment you read this. It begins with respect for yourself and an everlasting devotion to those you love, for all of mankind and for our planet.

The peace of mind that comes with Doing the Right Thing for you and your family is worth the effort ten times over.

## FUNDAMENTAL PRINCIPLES

Two critically important Principles.....First, there is no looking back. The past is past. No guilt, retribution or blame. You are what you are. You are O. K. We are O. K. We are forward looking.

Second, there is no expectation, no obligation on your part when perusing this site. We tried to make it informative and entertaining. HSF certainly has a bias. We think

everyone should adopt the Whole Food Plant Based (WFPB) life style. We think even a move toward "Flexitarian" where you eat more Plants and less junk and fewer dead animals is statistically significant in increasing your healthspan and the success of your family. However, you are free and 21 and American....we accept your Food Choice decisions without judgment.

We are grateful to you for simply reading through our Web Site....Thank You Very Much!

GrandBob - a Pragmatic Vegan

*Bear in mind that this site does not prescribe anything beyond each of us taking care of ourselves and our families. How you do it, what you believe, is your call....HSF assumes nothing in the way of accuracy of any of this information. The worlds of medical and nutritional science remain turbulent and unsettled. That is why they still call it "Practice".*