

Recipe For Health

THE CORY HOLLY INSTITUTE

CHI

formally recognizes that

Your Name Here



has completely fulfilled all the requirements of

Recipe For Health

Health & Wellness Education Program

Certificate of Graduation

Equivalent to 2 hours of student research, study and examination time

Recipe for Health

- I Clean Air
- II Pure Water
- III Fresh Juice
- IV Whole Foods
- V Natural Light
- VI Physical Exercise
- VII Personal Hygiene
- VIII Periodic Cleansing
- IX Adequate Rest & Sleep
- X Nutritional Supplements

Date Completed October 2020

Authorized by Dr. Cory Holly