

## The XY Wellness Integrative Roadmap Video

### Transcript

00:00 welcome to xy wellness and the xy  
00:02 wellness integrative roadmap  
00:04 a comprehensive approach that will help  
00:06 you rebuild your body after prostate  
00:08 cancer  
00:10 the element of our xy wellness  
00:12 integrative roadmap  
00:14 includes diet so that you can transform  
00:18 what you eat  
00:18 into a powerful weapon against cancer  
00:21 and discover the joy  
00:23 of preparing and consuming real whole  
00:26 foods  
00:27 nutraceutical support our nutraceutical  
00:31 support programs are custom designed to  
00:33 fit your needs  
00:35 based on where you are in your journey  
00:37 with prostate cancer  
00:39 exercise so that you can improve your  
00:42 fitness level through  
00:44 daily exercise and movement to rebuild  
00:47 and reclaim your health  
00:49 and quality of life sleep  
00:53 restorative sleep is essential  
00:56 ingredient for  
00:56 a healthy mind and body and allows your  
00:59 body  
01:00 time to recharge recover and rejuvenate  
01:06 stress reduction reducing stress is  
01:09 imperative  
01:10 to keeping your immune system healthy  
01:12 and functioning  
01:14 at optimal levels  
01:17 sexual health to improve and restore  
01:20 this important contributor to your  
01:22 quality of life  
01:23 and general well-being  
01:40 are you ready to get started if so  
01:43 we're here for you let's get to work