



*Oby's Wisdom!*  
*A Caveman's Simple Guide to Holistic Health and Wellness*  
Action Guide

Chapter Three  
IT

*"The art of medicine consists of amusing the patient  
while nature cures the disease."*

Voltaire

1. Turn to page 43. According to the American Medical Association, what is the third leading cause of death in the United States?

---

On page 44, what do I say that we are missing? \_\_\_\_\_

What are we consumed by? \_\_\_\_\_

What examples of this exist with your own health? \_\_\_\_\_

---

---

2. On pages 46-54, read about my personal journey. What passages in my story can you identify with?

---

---

At the top of page 52, what was the epiphany I had? \_\_\_\_\_

---

3. On page 55, what does the bold section title say? \_\_\_\_\_

On page 56, what is the last sentence of the chapter?

---

Considering that sentence, what do you focus on the most?

---