

## OPTIMIZED OUTCOME SOLUTIONS

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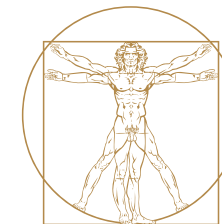


**OptimizedOutcome.com**

ALL OF THE OPTIMIZED OUTCOME SOLUTIONS PROGRAM IS ARCHIVED ON OUR WEBSITE AND AVAILABLE TO YOU 24/7/365.

The Optimized Outcome model provides daily encouragement with motivational videos and messages from celebrities and authorities who have successfully used the program. Their profile and special experience will help you establish the positive mental attitude needed to optimize your recovery.

*Get Better Faster And Stay Better Longer*



## OPTIMIZED OUTCOME SOLUTIONS

*Your Doctors have done their part...*

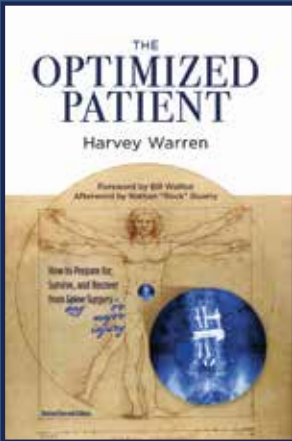
**Are you READY  
to do yours?**

**Branko Skovrlj, MD**

*NU-Spine Neurosurgery Institute*

[www.nu-spine.com](http://www.nu-spine.com)

1-888-4-BRANKO



The Optimized Patient book was written by a patient who realized that a good outcome, or a bad one, was in his hands. Navigating three spine surgeries, he realized that sometimes bad outcomes happen because...

*“patients want to get better, they just don’t know how”.*



### *Get Better Faster And Stay Better Longer*

Optimized Outcome Solutions builds on the insights and strategies presented in the book and takes them online to improve patient outcomes through better patient education.

The Four Pillars of recovery;

**MINDSET,  
NUTRITION,  
ACTIVITY,  
REST**

are the essential for an Optimized recovery.



We support and help you track your recovery progress with our optimized recovery partner, OutcomeMD

A 15 week programmed learning experience supported by weekly personal calls from one of our dedicated Recovery Guides.

**Monday** email with motivational coaching messages from world class personal development celebrities, athletes and patients just like you.

**Wednesday** email offering an audio excerpt of the book to help you learn how to avoid the pitfalls of a poor recovery.

**Friday** email with videos presenting the latest information on food choices and recipes designed to super charge your recovery.



**OptimizedOutcome.com**

THE BOOK PROVIDES THE EDUCATIONAL FOUNDATION FOR THE OPTIMIZED OUTCOME SOLUTIONS PROGRAM.

