

## References

1. Ross H. *The Definitive Guide to Sleep Disorders*. Berkeley, CA: Celestial Arts. 2007;1.

## Suggested Reading & Resources

### Nutrition

The search engine of the Weston A. Price Foundation website ([www.westonaprice.org](http://www.westonaprice.org)) is an excellent resource for nutrition information.

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*The Untold Story of Milk* by Ron Schmid, ND. Washington, DC: New Trends Publishing, 2003.

*Eat Fat, Lose Fat* by Sally Fallon and Dr. Mary Enrig. Washington, DC: New Trends Publishing, 2005.

*The Whole Soy Story* by Kaayla T. Daniel, PhD, CCN. Washington, DC: New Trends Publishing, 2005.

### Water

*Your Body's Many Cries For Water* by F. Batmanghelidj, MD. Falls Church, VA: Global Health Solutions, 1992.

### Sleep

*Definitive Guide to Sleep Disorders* by Herbert Ross, DC. Berkeley, CA: Celestial Arts, 2007.

### Dental

*Solving the MS Mystery* by Hal Huggins, DDS. Colorado Springs, CO: Dragon Slayer Publications, 2002

*Root Canal Cover-Up* by George E. Meinig, DDS. Ojai, CA: Bion Publishing, 1998.

*Whole Body Dentistry* by Mark A. Breiner, DDS. Fairfield, CT: Quantum Health Press, LLC, 1999.

### Exercise

*Rediscover Your Native Fitness* by Al Sears, MD. Wellington, FL: Author, 2006.

[www.AlSearsMD.com](http://www.AlSearsMD.com)

*The New Rules of Lifting* by Lou Schuler and Alwyn Cosgrove. New York: Avery Publications, 2005.

# 8 Ways to wellness



chiropractic can be your first step

# wellness

The health of a people is really the foundation upon which all their happiness and all their powers as a state depend.

– Benjamin Disraeli



**Good health is your natural state.** You are born to live a life of vitality, strength, peace and happiness – you are supposed to be healthy your entire life. That life should be long and full of joy, excitement, pleasure and fulfillment.

But it doesn't always happen that way. Too many people are not living to their potential; they are living with physical and mental disease.

It isn't right. You have the potential for physical and mental health and you owe it to yourself to drink from that deep well.

What are some of the things you can do to reclaim health for yourself and your family and to maintain your health throughout the years?

## Stay subluxation-free.

The chiropractic profession discovered that internal structural distortions called subluxations can cause serious health problems. Subluxations stress your nervous system and interfere with communications among your organs, glands, muscles and other body parts – including your brain and your immune system. Subluxations can be caused by any trauma: difficult birth, falls, accidents, emotional upset, chemical toxicity, overwork or a combination of factors (i.e. physical, chemical or emotional stress while you are tired, overworked, malnourished, etc.).

People sometimes ask how chiropractic can improve their health. The answers depend on whom you ask. For example, a woman now free of monthly pain may say, "Chiropractic is for menstrual problems." A pregnant woman may say, "Chiropractic is for a comfortable pregnancy." A mother whose child was helped may say, "Chiropractic is for ear infections (or fevers or asthma or colic)." A teacher may say, "Chiropractic is for dyslexia, vision and learning disorders." Another person may say "Chiropractic is for headaches," while still others may declare chiropractic is for back aches, hearing problems, disc problems, arthritis, high or low blood pressure or a host of other problems.

Others use chiropractic as a way to maximize sports performance, improve overall health, and enhance balance, strength and fitness.

In addition to all of the above, chiropractic can help everyone live a drug-free, healthy lifestyle.

Subluxations are epidemic in our society; most people have subluxations and don't know it. For that reason everyone needs periodic chiropractic checkups.



# chiropractic can be your first step...

## two

### Eat nutrient dense foods.

Some foods give you an abundance of life-sustaining nutrients – these are known as “nutrient dense” foods. Other so-called “foods” have no nutritional value or even negative nutritional value – they drain you of nutrients. Among foods with negative nutritional value are highly processed “junk foods” manufactured with sugar, high fructose corn syrup and white flour. Processed foods that damage your body also include soda (pop), margarine, canola oil, corn and vegetable oils, and artificial sweeteners such as Nutrasweet™ (aspartame), Splenda™ and Equal™. Genetically modified foods are to be avoided. Soy is especially unhealthy because it is difficult to digest, has a damaging effect on the thyroid and has hormone (estrogen-like) chemicals that are linked to early puberty and cancer. Exceptions are fermented soy products such as soy sauce, natto, tempeh and miso. Nutrient dense foods include healthy fats and oils (olive and coconut oils, butter), grass-fed beef, and non-pasteurized raw milk and raw milk products. Organic foods are more nutritious than conventionally grown foods.

## three

### Cleanse yourself of toxins.

To ensure perfect health we need to keep our bodies free of toxins that can interfere with the function of our nerves, muscles, glands, tissues and cells. These toxins include mercury, aluminum, copper and other heavy metals found in vaccines and dental amalgams (“silver” fillings). Toxins can also arise from dental infections, root canals, cigarettes and environmental pollution.



A common source of toxic pollution is drugs, whether over-the-counter, prescribed or recreational. It is wisest to limit drug use as much as possible. Read up on prescription drugs you (or your loved ones) may be taking and discuss them and other options with your healthcare provider.

A detoxification protocol may be necessary to cleanse your body and various healthcare providers may assist you in this area.

## four

### Stay hydrated.

Drinking alcohol, coffee, sugary soft drinks and even distilled water actually dries you out. Dehydration has been linked to depression, high blood pressure, disc problems, muscle weakness, heart problems, vision problems, fatigue, exhaustion and many other physical and mental conditions. Drinking good quality spring water or filtered water (you can add a dash of sea salt) is very good for you and necessary to prevent disease and maintain good health.



## five

### Stay physically active.

Your body was made for action. You played hard when you were a child – don't stop. Good exercise makes your heart, lungs and other internal organs healthy and lengthens your life. The best exercise is intensive exercise (it gets your heart pumping and lungs working). As little as ten minutes of intensive exercise



(including rest breaks) per day is much more effective for weight loss, strength and lung and heart (cardiovascular) health than an hour of jogging. In fact the latest research reveals that jogging damages your joints and weakens your heart and lung reserve capacity. You don't have to be in overdrive mode all the time. A nice walk with a friend can also do wonders for your physical and mental health.

## six

### Get enough rest.

Sleep is a necessary ingredient to health. A great way to destroy your physical and mental health is to run yourself into the ground. You'll be six feet under before your time. “Insufficient sleep has been implicated in everything from cardiovascular disease to obesity to impaired immune response. It can also create stress, disrupt relationships, and make a person more accident prone.”<sup>1</sup>

## seven

### Exercise your heart.

Your mind, heart and spirit need to be exercised just like your body. Keep the excitement of life's potential alive. Meditate, pray, sit in the company of wise men and women, explore life's mysteries and question blind devotion to authority and dogma. Open your heart to life's possibilities. No one wakes up one morning suddenly old, with the sparkle gone from their eyes. It takes time for you to get old, and it takes effort to remain full of youthful excitement. If you are not growing and connecting to your purpose, exploring your potential and enjoying life, you are courting danger. Discover the excitement of being alive. Take little steps at first, larger ones will follow.

## eight

### Enjoy nourishing relationships.

This is perhaps the most important aspect of life and of health. The science of psychoneuroimmunology confirms what common sense tells us: people in healthy relationships are better off. Those in committed relationships live longer and are healthier. People who feel disconnected from others are sicker and die younger. The more connected you are the happier you are. Nourish deeper connections to family, friends and co-workers; explore social organizations, clubs and religious meetings. Anger, fear, loneliness and disconnection weaken your immune system while emotions of gratitude and love are the most healing.

### Chiropractic can be your first step toward improving all the facets of your life.

Chiropractic care connects people to their healing potential. Chiropractic can help open you to detoxification, relaxation, emotional healing and a deeper connection to oneself and others.

Chiropractic care helps people become more physically balanced. This often increases their energy and permits them to move – both physically and emotionally.

The mental/emotional benefits of chiropractic have been noticed since chiropractic's inception. Correcting subluxations can improve mental function and relieve depression. Those under chiropractic care can at times experience retracing – where old physical and/or emotional traumas come to the surface to be released.

Start (or jump start) your healing journey with chiropractic to begin a healthier all-around lifestyle.

Let your chiropractor be your healthy lifestyle coach.

