

Keys to Health

Nerve Supply * Nutrition * Exercise * Detoxification * Mentality

Nerve Supply

- Regular chiropractic care
 - Brain is the master controller of the body and the body is meant to heal itself and regulate itself
 - Therefore, the brain (nervous system) is in charge of healing and regulating the body
 - Misalignments (subluxation) interfere and put pressure on nerves which disrupts the brain/body's ability to regulate and heal itself
 - Adjustments realign the joints and open up "lines of communication" (nerve supply) from brain to body

Nutrition

- Eat organic, non-GMO whole foods as much as possible!
- Eat twice as many veggies as fruits and a variety of color
- Consume plenty of healthy fats – flaxseed, chia seed, fish oil, avocado, walnuts, brazil nuts, animal fats)
- Drink plenty of water (1/2 your body weight in oz)
- Maintain healthy blood sugar levels (eat every 2 hours)
- Eat protein and fats every meal (balances blood sugar & feeds the brain)
- Eat your meals at regular meal times (maintains circadian rhythm, imbalance causes adrenal stress)
- LOW carb intake (especially refined)
- LOW/Eliminate sugar (natural ok – fruits, honey, stevia)
- LOW/Eliminate dairy intake
- Eliminate processed foods

Core Supplementation (whole food sources)

			<u>Brand</u>
• Multivitamin	Our favorite:	Catalyn	Standard Process
• Vitamin D		Cataplex D	Standard Process
• Probiotic		Probiotic	Klaire Labs
• Omega 3		Cod Liver Oil	Standard Process
• Trace Minerals		Trace Minerals	Standard Process

5 Foods to have everyday: beets, green tea, dark berries, dark chocolate, garlic

Exercise

- Regular exercise & stretching – Helps detox, reduce stress, increase oxygen, etc.

Detoxification

- Eliminate exogenous toxins (handout)
- Dandelion Tea, Cumin, Turmeric, Garlic, Milk Thistle, Globe Artichoke, Gentle Cleanses

Mentality

- Balance mental, physical, and spiritual health
- Keep stress levels manageable – Adrenal Tonic by Standard Process/MediHerb
 - Identify the things in your life that make you feel better and do them more often
 - Identify the things that make you feel worse and eliminate as many as possible from your life
 - Don't overcommit
 - Engage in creative outlet that fosters a sense of achievement
 - Stay connected with family and friends
- Maintain healthy blood sugar levels (hypoglycemia/imbalanced blood sugar puts body in a stressed state)
- Regular sleep schedule – maintains healthy circadian rhythm, allows body to heal