



Congratulations on investing in your health through chiropractic care!!

We believe that removing the interference from vertebral subluxations, and correcting or reducing the underlying spinal distortions that are causing it, is the single best thing you can do for your health and wellness. We are confident that you have already begun to see changes in your health since beginning your chiropractic care. This information packet includes additional tools and recommendations on other lifestyle changes you can make to enhance, improve and optimize your ability to be healthy.

Foundational Nutritional Supplement Recommendations:

- We recommend taking **omega-3 fatty acids**. Take 1500 mg. daily of *Innate Choice Omega Sufficiency* or other high-quality fish oil containing these essential fatty acids (EFA's). Virtually every cell in the body requires EFA's for proper function.
- **Probiotics** are the “good bacteria” which live in the body. Take *Innate Choice Probiotic Sufficiency* following instructions on the label. Your body is literally full of bacteria! Fortunately, most of these bacteria are beneficial to your health and well being. But here's the problem: anti-biotic drugs, chlorinated and fluoridated drinking water and exposure to other toxins in your environment kills or severely reduces your good bacterial “flora,” resulting in a deficiency of these good bacteria. When your body lacks enough good bacteria (which are normally found on the plants we should eat), the result is increased inflammation, inability to absorb all the nutrients in your food, and the “bad bacteria” overwhelm your immune system's ability to function normally and your health suffers as a result. *If you don't plant flowers in your garden, it will fill up with weeds by default!*
- We also recommend taking a **whole food-based supplement** rather than a typical vitamin/mineral supplement. Our multi-vitamin is at the highest quality, easy to digest and naturally absorbed.
- **Vitamin D3** (4,000-10,000 IUs daily), the “sunshine vitamin,” is woefully deficient in the American population, particularly if you live north of the latitude of approximately Atlanta, Georgia. Getting enough vitamin D is important for normal bodily functions of the immune system, absorption of calcium in your diet, and reduction of inflammation. Vitamin D supplements are even more important for people with dark skin because the melanin in dark skin filters the

ultra-violet light that reacts with the chemicals in the human skin to produce vitamin D naturally.

Healthy Eating Recommendations:

- Eat fresh fruits and vegetables, preferably organic or home-grown, in salads and soups, or lightly steamed.
- Eliminate grain-based foods from your diet as they contribute greatly to systemic inflammation
- Eat only whole, natural foods that will spoil, but eat them before they do.
- Eat naturally-raised meat including poultry, beef, lamb, organ meats, and eggs.
- Eat only wild-caught fish or seafood (no farmed fish due to their diets).
- Eat whole, naturally-produced milk products from pasture fed cows – preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh sour cream.
- Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils – coconut and palm.
- Use filtered water, preferably reverse-osmosis, for cooking and drinking. Chlorine and fluoride in most city water supplies is highly toxic and should be avoided.
- Use unrefined Celtic sea salt and a variety of herbs and spices for food interest and appetite stimulation.
- Make your own salad dressing using raw vinegar and extra virgin olive oil or flax oil.
- Use natural sweeteners in moderation, such as raw honey, maple syrup, evaporated cane juice, or stevia powder.
- Cook only in stainless steel, cast iron, glass or good quality enamel (Teflon is toxic).
- Drink lots of water. Shoot for half a gallon to a gallon a day depending on your weight. Dehydration is often disguised as health problems.
- Foods to avoid (due to toxicity or other dangers)
 - Any artificial sweetener (Splenda, Nutra-Sweet, Saccharin, etc.) – especially Nutra-Sweet, which is Aspartame. Nutra-sweet is an “excitotoxin” that is linked to Alzheimer’s disease, Parkinson’s disease, Lou Gehrig’s disease, brain tumors, multiple sclerosis, and many other neurological disorders. Splenda and Saccharin also have detrimental effects.
 - Monosodium glutamate (MSG). This too is a dangerous “excitotoxin” that has been linked to the same conditions as Nutra-Sweet.
 - Carbonated “soda pop” contains massive quantities of sugar or artificial sweetener and the carbonation reduces your white blood cell count, decreasing your immune system.
 - Hydrogenated oils or so-called “trans-fats” (these are carcinogens and contribute to heart disease)
 - Fried foods – especially if they are fried in “trans-fats”
 - Additives, colorings, preservatives (BHA, BHT, nitrites, etc.)

- “White foods”
 - Sugar (and particularly “high fructose corn syrup”)
 - Processed table salt (sea salt is OK)
 - White flour
 - White rice

Exercise Recommendations:

- Do in-office exercises as recommended. Do the instructed home exercises daily and as instructed. These will help make the spinal changes we intend to make.
- If you are sedentary, we recommend that you take at least 20-30 minutes of aerobic activity (walking, biking, skating, jogging, etc.) three to five days per week. Most people, no matter how deconditioned they are, can take a 20 minute walk 3 times per week. The benefits of even this small amount of activity are immense.
- If you want to maximize your fitness level, lose weight or control your weight, look and feel your best, we recommend you do “resistance” exercises – in other words, build muscle. This should be done only if you have experience in properly performing this kind of exercise, or with the help of a personal trainer. Our doctors can direct you to people who can give you excellent instruction or training if this is one of your health goals.
- More exercise – both aerobic and resistance – is always positive for your overall health.

Lifestyle Recommendations:

- Manage/reduce stress
 - Regular chiropractic adjustments
 - Proper nutrition, exercise, and sleep are terrific stress-management tools
 - Meditation and prayer help reduce stress
 - Talk out your troubles with friends or family
 - Learn to accept things you can’t change
 - Stay positive in difficult situations
 - Learn to say no – don’t over-commit your time or energy
 - Massages help you relax and beat stress
 - Effective time-management helps manage stress because much of our stress is a result of ineffective time-management
 - Take enough vacation and other days off work – getting away is a great way to step back, reflect, re-charge, and renew
 - Reduce your stress by breathing deeply for 8-10 breaths 2-3 times per day and when feeling stress (deep breathing also oxygenates and alkalizes your body in a very healthy way)
- Stop Smoking
 - Smoking ravages the body with astronomical levels of free-radicals and dramatically increases systemic inflammation. Smoking is one of the unhealthiest habits you can have.
- If you use alcohol, limit it to moderate levels. Red wine is more healthful than beer or liquor which are grain-based and tend to increase inflammation.

- 1-3 maximum alcoholic beverages daily depending on body size
- Sleep
 - You must never sleep on your stomach! Sleeping on your stomach causes deformation of the normal curve in your neck due to the fact that you must turn your head to breathe. This normal curve is vital to the proper function of your spine and nervous system. Sleep on your back or your sides only.
 - A normal, healthy person needs 8 hours of sleep nightly. People with health problems usually need more, but get less. As your health returns, getting more sleep is vital to the “getting well” process. If you have problems sleeping, talk to the doctor for some tips on sleeping better.
- Think positive thoughts
 - Don’t talk or complain about your health problems. Think about getting well and what you can control. What you focus on you’ll get more of.
 - Be peaceful
 - Be joyful
- Practice forgiveness

Some advice about drug use...

- Remember, the vast majority of drugs are formulated and designed to do only one thing – treat symptoms – not correct causes.
- Discontinue all over-the-counter medications. Most people are taking too many drugs already and self-medication is usually unnecessary. Even the most common form of self-medication – pain relievers – can be very dangerous, especially when taken regularly. The purpose of your chiropractic care is to correct the cause of your pain and symptoms and you should soon be able to live without any self-medication whatsoever.
- If you currently take prescription drugs, please consider moving all of your prescriptions to one pharmacy and one pharmacy only. By taking this one step, you will go a long way toward ensuring that any dangerous drug interactions will be detected by your single pharmacy. Having multiple pharmacies dispense your medications is a very dangerous practice since these pharmacists don’t always properly survey or screen their customers for the simultaneous use of multiple prescription drugs.