

# OPTIMAL

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## 10-Week Jump-Start Wellness Plan: Part One

For the next 10 weeks, **YOUR NAME HERE** will guide patients through a unique and highly effective approach to getting — and staying — healthy. Achieving optimal health is an ongoing process, and there are no “quick-fixes.” The key to this innovative approach is focusing on one aspect of wellness each week. By completing “bite-sized” challenges, patients will gradually learn to take control of their well-being. Read on for a brief outline of the plan. And, ask **YOUR NAME HERE** for additional details and resources.



### Week One: Start With the Spine

**Challenge: Schedule an appointment for a chiropractic checkup.**

Doctors of chiropractic believe that the spine is the foundation of health. Unfortunately, even many so-called “holistic” health strategists often overlook this vital key to wellness. That’s why **YOUR NAME HERE** encourages those on the Jump-Start Wellness Plan to begin with a chiropractic checkup.

**YOUR NAME HERE** focuses on detecting and correcting dysfunctional regions in the spine called vertebral subluxations — a condition that occurs when motion is restricted or spinal bones (vertebrae) are out of alignment. Vertebral subluxations are associated with a myriad of health issues, such as headache, back pain, neck pain, ear infection and carpal tunnel syndrome. Chiropractors eliminate vertebral subluxations with gentle maneuvers called chiropractic adjustments. Scientific studies show that chiropractic adjustments effectively correct and prevent vertebral subluxations — and the conditions associated with them.

**Resources:** Ask at the front desk for back issues of *Optimal Health University*™ on specific spinal health topics that spark your interest.

### Week Two: Stamp Out Stress

**Challenge: Reconsider your schedule, and adopt a stress-reduction regime.**

Emotional stress — the hallmark of today’s society — is linked with a

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ss by . Get creative. Free up some time by organizing a school carpool with similarly harried parents. Consider swapping babysitting time with a neighbor or hiring a local teenager to take over some household chores. Next, make a list of three obligations

**Resources:** If you need help choosing a stress-reduction technique, ask your chiropractor for advice. Doctors of chiropractic can help you choose the right technique for your lifestyle and provide referrals for related courses in the community. For more information on saying “no” effectively, check out *Conversationally Speaking* by Alan Garner (Lowell House) or *How to Say No Without Feeling Guilty* by Patti Breitman (Doubleday).

### Week Three: Dump the Drugs

**Challenge: Reconsider your use of unnecessary medication and reliance on drugs.**

Do you pop over-the-counter painkillers on a regular basis to alleviate afternoon tension headaches? Do you run to the medicine cabinet after working out in search of relief from muscle soreness? Does your morning routine include guzzling several cups of coffee?

Symptoms such as headache, back pain, muscle soreness, fatigue and restlessness are messages from your body screaming that something is amiss. If you’re relying on drugs to cover up symptoms, you’re ignoring your own inner wisdom, disrespecting your body and sabotaging your health goals.

Never discontinue the use of prescription medication without consulting the doctor who prescribed it. However, you may choose to clean your cabinets of over-the-counter painkillers and commit to addressing the cause of your health ailments — rather than merely masking symptoms. You may also want to consider all-natural alternatives, such as nutritional supplements. Ask your chiropractor to assist you in this endeavor.

In addition to taking a hard look at your use of medication, consider any reliance on nicotine, caffeine, alcohol or “recreational” drugs.

**Resources:** If you need help breaking a substance addiction, ask your chiropractor for a referral to treatment programs in the community. For information on the misuse of antibiotic drugs, check out *Beyond Antibiotics* by Michael A. Schmidt (North Atlantic Books).

### Week Four: Make Friends With the Sandman

**Challenge: Adjust your schedule to accommodate adequate sleep time.**

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