

Lifestyle Action Steps

Support Each Adjustment, and Your Body's Healing Process
Make Positive Lifestyle Changes



Do's

Start each day with a large glass of pure water-add half a lemon to alkalize your water. (set beside your bed the night before and consume upon rising to cleanse your kidneys)

Try our "sunrise smoothie" a delicious blended smoothie and rich in protein and complex carbohydrates omega 3 and fatty acids (recipe available at the front desk)

Eat 2-3 pieces of fruit in the morning

Eat lots of salads and steamed veggies in the afternoon

Homemade soups are an excellent source of nutrients. Soak or simmer a soup bone with veggie scraps for a very good broth

Use organic skin care, toothpaste, and deodorants

Hemp hearts are a very healthy addition to your daily diet (rich in proteins, fiber, omega)

Say healthy daily affirmations

Love all things

My adjustment supports my healing process!

Don't

Eat hamburgers and hotdogs, limit condiments.

Use a microwave ever or use Teflon pans.

Limit coffee intake-replace with herbal tea or green tea

Limit wheat (bread, cereal and pasta), dairy, pork, chicken and white sugar, fructose, corn syrup and sports energy drinks.

Don't eat refined fast foods (baked, boxed or canned foods)

Do not use your cell phone before your adjustment or for a half an hour after the adjustment.



Mental Stress

Do you believe that your body has the capacity to heal from within?

Do's

Know that what you think is what you attract; do believe that positive thoughts and affirmation will enhance the healing process.

Hug everyone, tell someone you appreciate them.

Don't

Listen to self-limiting thoughts or opinions from you or others



Toxic Stress

“70-90% of all diseases stem from environmental toxins.”

Do's

Eat more nutrient rich live foods. Fruits veggies, seeds nuts and sprouts.

Free range grass fed meats. (beef, turkey, and chicken)

Deep ocean wild caught fish.

Organic healthy oils, Hemp Flax, and Olive oil.

Don't

Eat dead processed foods devoid of nutritional value filled with empty calories such as cereals, breads, bagels, and pasta

Gluten free refined products, or artificial sweetened products, or products containing high fructose corn syrup.

Wheat, sugar, corn, and soy products.

Unhealthy oils such as, corn, soy, and canola.



Physical Stress

“90% of your brains activity is used to overcome the efforts of gravity on your body. (Your posture is very important!)

Physical trauma is the end result of choices made in your brain.”

Do's

Take time to reflect on what you are about to do.

Stand tall and straight, smile a lot.

Stretch daily, exercise 3 to 5 times per week, Rebound daily

Deep breathing in nose quickly out mouth slowly (abdominal breathing)

Get outside away from the city.

Don't

Slouch when texting or standing, mouth breathe, just sit there

Lift improperly (lift and twist, use back instead of legs).

Be in a hurry all the time