



**6 Steps to**  
***"Tune Up"***  
**your Health**

**Allen Chiropractic  
Wellness Center**

# **Nutrition**

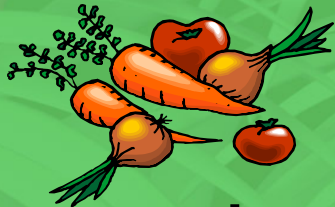


# Make food work for you

- How to increase your energy



- How you can make better food choices



- How you can be more fit and more resistant to illnesses.



# **FIT FORMULA: YOUR BODY USES WHAT YOU GIVE IT**

**Sugar will burst your body with energy and then crash.**

**Carbohydrates will fuel the brain and store the rest as fat.**

**Protein will build and repair your body.**

**Fiber will cleanse your body.**



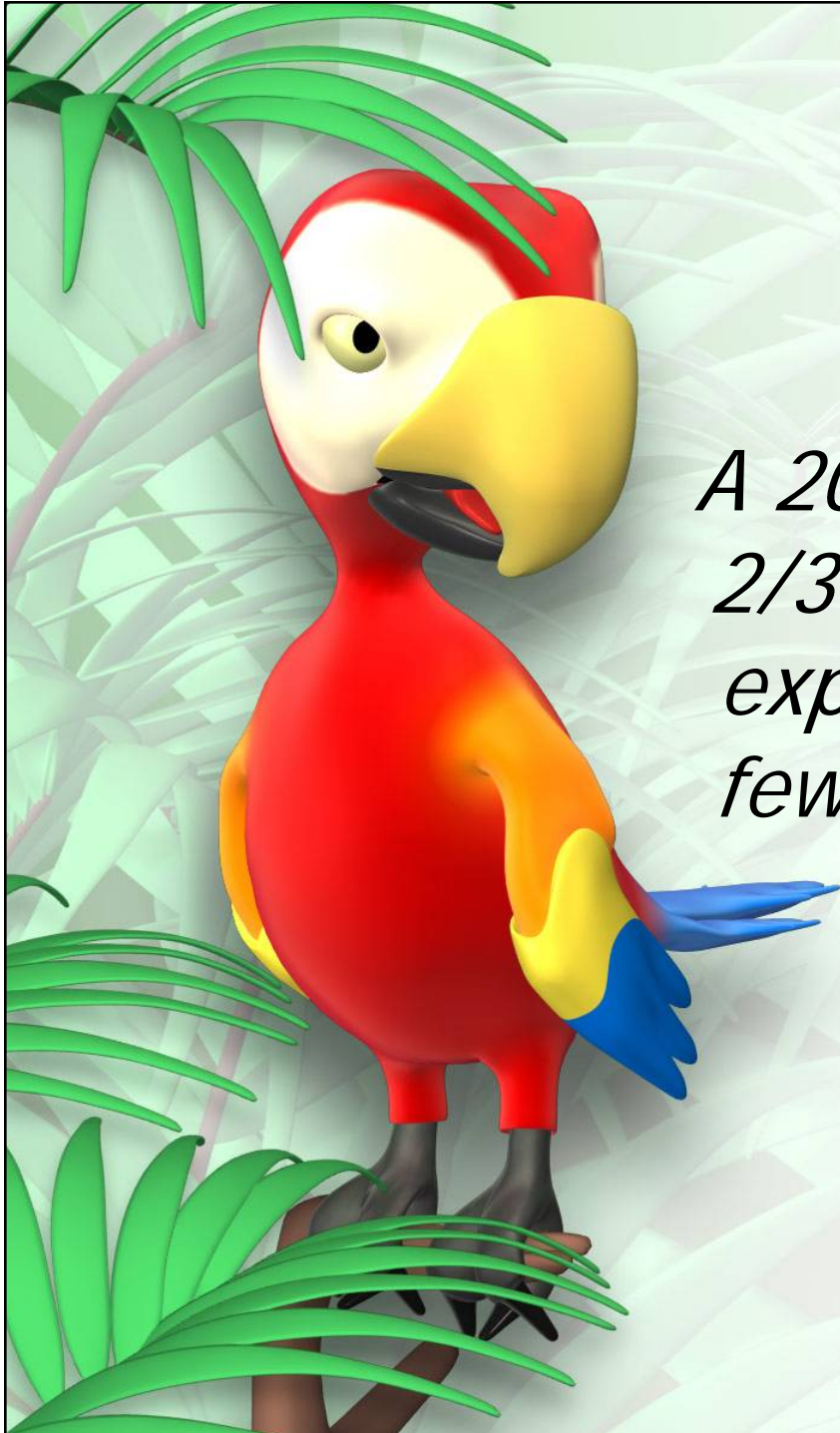


**Proper  
Rest**

# The National Institute of Occupational Safety and Health Recommends:

*Take a 15 minute rest break every hour from highly demanding computer tasks.*





# Fact:

*A 2002 study shows that nearly 2/3 of American adults (62%) experience a sleep problem a few nights per week or more.*



# **The benefits that await you...**

**Higher energy**

**Greater effectiveness at work**

**Better digestion**

**Better respiration**

**Less muscle tension**

**Less headaches and back pain**





**Exercise**

# Fact:

*Exercise releases natural endorphins many times more powerful than prescription antidepressants.*



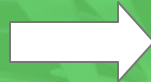
# Exercise can alter the course of illness

Carries more oxygen to joints



Reduces Osteoporosis

Strengthens joint function



Reduces Osteoarthritis

Builds muscle strength



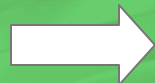
Reduces risk of injuries (slip and fall)

Positive stress on nervous system



Builds immunity

Acts as a beta blocker



Reduces risk of heart attack



# EXERCISE: Your life depends on it!

Less than 20% of healthy Americans exercise regularly.



Of all heart attack victims who know that their lives depend on them exercising,

**Fewer than HALF stick to their exercise schedule.**

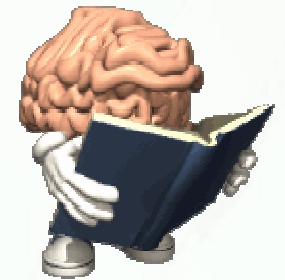




**Positive  
Mental  
Attitude**

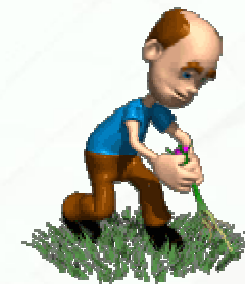
# Mental Health

Are you learning new things every day?



Is your mind exposed to positive or negative things?

If I spoke to you like you speak to yourself,  
would you like me or hate me?



**Your mind truly is a garden. Is yours full of flowers or weeds.**





# Fact:

*Emerging research is showing how our health has less to do with genetics and more to do with our environment, **specifically our mind, thoughts, experiences and beliefs.***



# Time & Stress Management

# Fact:

*Studies show that the stress of job or career change is more stressful than a mortgage foreclosure or a change in living conditions.*

*(The stress of retirement is even higher than stress from a change of work).*



# The Myths of Stress

**Stress does not affect me! It's only stress!**

**Stress is caused from negative shifts in my environment!**

**I can handle the stress!**

**I push right through it!**



# Healthy 'Tools' to Decrease Stress on your body!

- **Nourishment**

- Quality of decisions
- Choose whole, unprocessed foods

- **Water**

- Drink water (1/2 your body weight = the amount of oz. of water needed per day)
- Oxygen
- Breathing drills
- Cardiovascular exercise

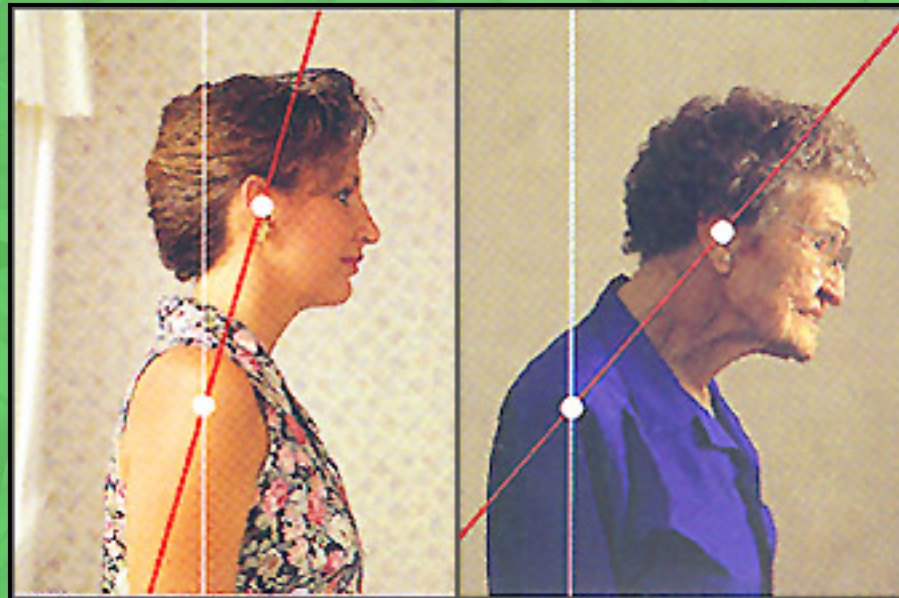
- **Nervous System**

- Regular Adjustments
- Daily postural exercises



# How's Your Posture?

**Posture: Your First Sign of Stress**



# Fact:

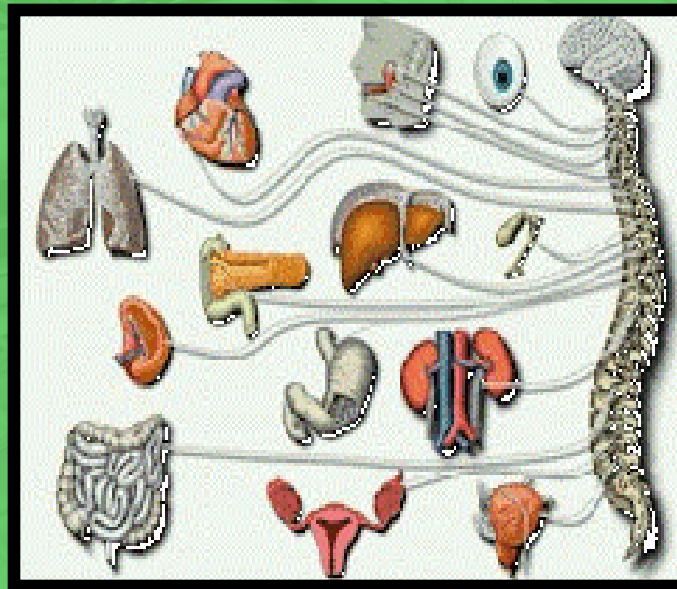
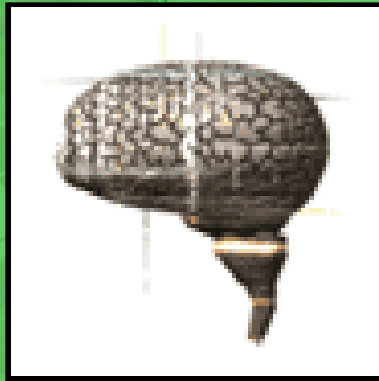
*Basic rule of posture:  
ears over shoulders,  
shoulders over hips,  
hips over ankles.*





# A Healthy Nerve System

# The Brain, The Body

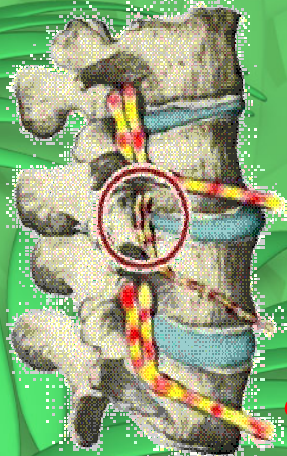


# Interference...

Many things can interfere with the nerve impulses to our bodies. The moving bones of the spine are

*common culprits.*

Improper motion or position of the spinal bones can "choke" or irritate the spinal nerves and tissues, distorting the messages to our body.



*These are called*

***SUBLUXATIONS!***



# **SIMPLE THINGS YOU CAN DO**

- 1. Get Adjusted for WELLNESS!**
- 2. Drink More Water**
- 3. Eat 'Real / Whole Foods'**
- 4. Get rest, at least 8 hours**
- 5. Keep your attitude positive**
- 6. Exercise Regularly**



# Formulate Your Plan

- 1.** Identify your top 3 “health habit” weaknesses
- 2.** Identify the top 3 “health habits” you are most likely to change positively
- 3.** Formulate a short plan for how you can positively impact each area.



**Congratulations!**

You've begun your journey!

Enjoy your stay!

