

5 Pillars of Health

1. Nervous System

-Upper Cervical Chiropractic

2. Balanced Diet

-Alkaline Diet, and increase PH to 7.2-7.4.

-Decrease the amount of sugar, soy, gluten and dairy

-Increase Green leafy vegetables, vegetables in general and fruit.

-Increase Hydration

3. Regular Exercise

-5 Days/week 30 min. of cardio and 15 min. of strength.

4. Proper Rest

-8 Hours is optimal, 7 hours is a minimum we should get every night of uninterrupted sleep. Pillow, bed?

5. Positive Mental Attitude

-Write down top 10 negative thoughts, and then write down **two** positives opposite to each negative thought. Review 20 positive affirmations each night before going to bed!

Recommendations:

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|--------------------------------|---|
| 1. Upper Cervical Chiropractic | 4. Vitamin D3 4000iu/day in winter months |
| 2. Greens | 5. Coconut Oil 1 Tbsp/day |
| 3. Omega 3's | 6. "Whole Food" Multi-Vitamin |

Goals:

Short Term:

Long Term:

Optimal Health (stay active, and good quality of life); and be happy!