

5 Secrets to Ultimate Health!

Did you know that 99% of all health problems are due to poor lifestyle choices, and only .005% are attributed to genetics?

Cancer is a leading cause of death.

LET'S GET HEALTHY!

Secret #1: Eliminate acidic diets! Minimize or eliminate caffeine, alcohol, nicotine, sugar and prescription drugs! Ideally the body's pH should be slightly alkaline between 7.3 – 7.4

TIP: calcium & magnesium alkalize your body!

Secret #2: Maintain a positive mental attitude! You manifest what you focus on. Many health conditions are psychosomatic! Stay away from negative people and negative news. Stay positive and positive things will come your way!

Secret #3: You are what you eat. Eat colorful fruits and vegetables – they are abundant in antioxidants. TIP: Only eat fruits on an empty stomach! Also - supplement with antioxidants rich in vitamins A, C and E! Eat at least 2 raw meals or LIVE foods everyday! Reduce, eliminate and replace bad fats with good fats! TIP: Hydrogenated fats are bad! Olive oils, sunflower, canola, Soya and real butter is good!

Secret #4: Get moving! Exercise at least 30 minutes a day 3-5 times a week! Take a walk, jog or run! Lift some weights, or play with your kids. Just get moving! This is a sure way to feel good about yourself!

Secret #5: See your chiropractor! They will give you the tools and support to live a wellness lifestyle and make sure your spine - which is your life line - is healthy! You can't go wrong!



Make a commitment to yourself TODAY to get healthy!

I, _____, commit to starting my wellness program on _____ (date). I believe that I can accept and complete my challenge to the best of my ability.

I realize this is work and accept the self-care price I must pay to achieve my mental and physical transformation.

I commit to keeping a daily journal that tracks my progress and forgives my slipups.

I will practice these 5 principles to help myself stay the course.

I will expect and adapt to adversity and see tough times as learning opportunities.

I will be self-assertive and fight for the right to take care of myself.

I will acknowledge and reward myself for my achievements along the way.

Courtenay Family Chiropractic
447 11th St., Courtenay, BC, V9N 1S5
CALL US! (250) 897-3424

CourtenayFamilyChiropractic.com FIND US ON: facebook.com/cfcHealth

