



3 Keys to Losing Fat, Getting Fit, and Feeling Great

Similar concerns from multiple patients over the past week have led me to expound in this newsletter on some of the basic essentials for optimal health. Issues of high blood pressure, high cholesterol, and trouble losing weight will all be addressed, in addition to creating outrageous levels of energy, thereby increasing your daily quality of life.

Consistent Exercise Regimen: The operative word here is “consistent.” If your exercise routine is hit or miss from day to day or week to week, then your health is simply not your highest value. Sorry if the truth stings a little. Everyone has to work, has a family, and has only 24 hours in a day. The person who is determined to succeed in overcoming health challenges destroys all excuses by MAKING the time. Otherwise, time is often forcibly made when checking into the hospital or running to more doctors for more prescriptions. Either way, we all will spend our time: Your choice is made both spending time and money on prevention *or* crisis. The key here is being engaging in some sort of exercise (brisk walking, biking, or swimming) at least 4 to 5 times weekly. And if your plan is to reduce or get off all of your medications, then think of it as **replacing your daily fill of pills with your daily feed of OXYGEN**. Most of you don’t take your drugs 2-3x/ week; you take them DAILY, right. What makes us think that we don’t need to exercise daily? Especially, if you are battling for normal blood pressure, cholesterol, diabetes, or depression! Interesting food for thought.

Eat an Alkalarian Diet: If you haven’t learned what the “A” word means yet, then just try to remember “Alkalize and Energize.” **In the next workshop** you will learn about all the foods God made that work with your body to create an internal environment of health, vitality, and wellness. I will show you the root nutritional causes of diabetes, cholesterol issues, blood pressure, stroke, toxicity, and fatigue; AND how to correct it. You will learn, and never forget, the right food choices to make whether at home, grocery shopping, or out to dinner. Once you understand the fundamental concepts of maintaining proper blood pH, you will never again be out of control with your health or life. Part of this process involves **proper hydration**; meaning drink WHEN YOU ARE NOT THIRSTY! To be gently saturating your body with about 2-3 Liters of pure, clean filtered water. If you do this CONSISTENTLY, you will be standing up and giving your life changing testimony at the next workshop- I guarantee it! My question is which of you will engage in this simply, yet powerful challenge???

Consistent Spine and Nerve System Care: If you are on wellness/ maintenance care we always tell our patients to come on **the same day each week**. The reason is that your body loves rhythm. In just the same way that you wake up every day at the same time, the best thing one can do to see continued progress is to **maintain a consistent pattern and schedule** with their chiropractic adjustments. Regardless of your adjustment frequency (3x/wk, 2x/wk, 1x/wk, or 2x/mo.), the point is to **try to avoid missing appointments, making them up, and coming on all different days** from week to week. This is usually a recipe for compromised results, not only on x-rays and scans, but more importantly with your health and longevity. The same must be said about **Home care**; most of you are performing this **2x/ daily**. Please remember, in the end, you get out of this what you put into it. That’s the game of life.