

Achieving Wellness

Victoria Family Chiropractic

Dr. Cale Copeland

592-5553

Less Stress (Part 1/3)

Wouldn't it be wonderful to have 120 healthy, happy, passionate years on this incredible planet? To achieve wellness, your body must continually adapt. Choosing chiropractic and a healthy lifestyle allows your body to do this.

You have your body for life. Most people maintain the oil in their car before the engine starts to smoke. Your body is infinitely more important than your car. Without your health, everything else in life loses perspective; even things like love, happiness, and prosperity can become meaningless without your health. Too often we take our health for granted!

You have a choice: to be healthy and give yourself the potential for happiness love and all of the wonderful things we were intended to

have, or to leave your health to chance.

To combat a hostile environment, our body needs proper nourishment. The wonderful thing is that if we give the body what it needs, it does the rest. This is called innate intelligence. Think of how a cut is healed, how 75 trillion cells in your body communicate and how your body defends itself from the constant bombardment of viruses and bacteria. Truly amazing!

In this first part of a three-part series, we will talk about diet and how diet can not only be used in your pursuit of wellness, but also for your enjoyment, instead of contributing to the stress we combat daily.

DIETARY SECRETS

1. Plan, prepare and enjoy the gift of food.
2. Eat between five and six small meals daily.
3. Do not eat between 2 and 3 hours before bed.
4. Do not skip meals (including breakfast).
5. Eat organic. Not only is it tastier and better for you, but it's better for the Earth.
6. You need fat. Fat is what your nervous system is mostly made of! Buy a pure fish oil and take it daily. Cook with extra virgin coconut oil, and use extra virgin olive oil otherwise.
7. Avoid all trans fats (hydrogenated oils).
8. Drastically reduce sugar intake (linked to the three big killers). Sugars should come from natural sources, i.e. fruit, veggies, grains.
9. Decrease salt intake.
10. Limit caffeine (coffee, pop and energy drinks) to one daily or stop entirely. Note: tea contains $\frac{1}{3}$ the caffeine of coffee.
11. Do not rush your meals. Enjoy and don't forget to chew.
12. Limit processed foods.
13. Limit soy products unless fermented i.e. tempeh or miso.
14. Eat nuts.
15. Add lemon or lime to your water. Remember to drink 8 glasses daily.
16. Do not overcook food. Increase raw food intake - the fresher, the better.
17. Eat grass-fed beef (not grain-fed).
18. Use probiotics yearly, or after antibiotics.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!