

# Achieving Wellness

Victoria Family Chiropractic [www.vfchiro.com](http://www.vfchiro.com)

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## Dietary Diligence

To come up with its rankings (see below), the Environmental Working Group looked at the results of close to 43,000 tests for pesticides on produce by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. A computer analysis by the EWG found that consumers could reduce their pesticide exposure by nearly **90%** by avoiding the most contaminated fruits and vegetables and eating the least contaminated ones.

People who eat the "Dirty Dozen" will be exposed to an average of 15 different pesticides per day, says Richard Wiles, executive director of the Environmental Working Group, while eating from the

"Cleanest 12" means you'll be exposed to less than two pesticides per day. So if produce from the "Dirty Dozen" is on your menu, it makes sense from a health standpoint to choose organic.

Realizing that your health is your responsibility, understanding that you have control over your health, and knowing that nothing is more valuable than health are three key steps in your journey to wellness. We are so blessed to have a body designed to be in homeostasis. Think well, move well, eat well, and keep your spine free of interference to let the magic within you take over.

**HEALTH  
IS NOT  
A CHANCE,  
IT'S  
A CHOICE**

## Fruit & Vegetable Pesticide Rankings

### Dirty Dozen (starting with worst)

- peaches
- apples
- sweet bell peppers
- celery
- nectarines
- strawberries
- cherries
- pears
- grapes (imported)
- spinach
- lettuce
- potatoes

- sweet corn (frozen)
- pineapples
- mangoes
- asparagus
- sweet peas (frozen)
- kiwi fruit
- bananas
- cabbage
- broccoli
- papaya

### Cleanest 12 (starting with best)

- onions
- avocados

Regardless of your religious affiliation, the holiday season can be a time of peace, love, gratitude, generosity, and reflection. Make this world better by making dates with loved ones, giving thanks for all of your blessings, giving people the dignity of your full attention, or writing a note of thanks to someone who helped you.



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Change someone's life; have them get their spines examined today!**