

Mendocino Chiropractic - 5 Keys To Health

1. Healthy Nervous, Respiratory & Vascular System

Chiropractic Adjustments.

Proper Posture.

Decrease Drug Use.

2. Positive Mental Attitude

Decrease Stress.

Choose Happiness.

Take time to relax.

3. Exercise

Cardiovascular training: 3-5 times per week, (minimum 20 continuous minutes).

Weight training: 3 times per week.

Stretching: daily.

Oxygen: 5-10 deep breaths per hour.

If dizzy or light headed, STOP.

From 35-60 years of age your oxygen uptake decreases 35%.

4. Sleep & Injury Rest

Sleep 7-8 hours per night.

The body heals, repairs & grows with rest.

The immune system is boosted thru rest.

Prevent injuries. During daily activities: take breaks & decrease repetitive activities.

5. Nutrition

The body is designed for raw foods: nuts, grains, fruits, vegetables & a protein source.

Water: Drink 40% of your body weight in ounces _____ oz per day.

70-90% of your body is water.

- Be responsible for your health.
- Be proactive & maintain your health before you become ill or injured.
- Once you lose your health it is difficult to regain.
- Health is about taking care of your body for the long term.
- Health is hard work & requires discipline, but you are worth it!