

*This information is educational only and it is not intended to replace the medical advice of your health care provider. It was adapted from Dr Frank's, Dr Brimhall's, Dr Morter's and Dr Mercola's wellness programs and from Medical Yoga of Mario Sorin Vasilescu,*

*Please consult us or your health care provider for advice about a specific medical condition and to customize your program to your individual needs.*

## General Guidelines for Health

*Thank you for thrusting us with your health problems. During your journey towards health and harmony we will treat, help, and assist you with everything we know while you are in our office. When you are at home though, you need to be aware of aspects of your daily life that might need to be changed. We will ask you to be responsible about your habits and your health – it is your body, your health and your life that you want to improve.*

### **1. Drink plenty of filtered water throughout the day.**

Dehydration is at the root of most chronic and degenerative diseases. The rule of thumb is that you need to drink (in ounces) 1/2 of your body weight (in pounds) of water per day. Which means, if you weigh 150 lbs, you need to drink at least 75 oz of water – for 200 lb, 100 oz of water, and so on. If you perspire a lot you should increase that amount. It is recommended that you measure the proper amount of water for your body size in the morning and finish before early evening to avoid many bathroom trips at night. Dehydration is at the root of aging. Stay young - keep hydrated!

### **2. Keep your blood sugar balanced.**

In general, most Americans eat too many carbohydrates (especially refined carbs) in proportion to their protein. Carbohydrates include fruits, vegetables and grains. Protein sources include meats, seafood, dairy and soy products. Fat sources include oils and fats. You should acquire 40-60% of your grams from carbs 20-30% from protein and 20-30% from fats. If you get tired between meals decrease your carbs. 80% of the carbs should be complex carbohydrates like the ones in fresh legumes and vegetables NOT grains or refined sugar. If you get tired and hungry between meals increase your protein. Learn or ask about what a protein, carbohydrate and fat are and what their relative values are. Eat fewer refined foods (everything that comes in a box, can or bag is probably processed) and more fresh fruits and vegetables. Eat regular meals and snacks – don't let yourself get hungry.

### **3. Make better choices in fats and eat better sources of them.**

In general, we don't eat enough of the good fats and too many of the bad fats. Good fats such as olive oil, coconut oil, flaxseed oil, or even sunflower oil can be used in cooking or in salad dressings. Butter is better for you than margarine. Hydrogenated and partially hydrogenated oils are poisons to your body and found in most pre-packaged foods. Do not use Canola oil, corn oil, or soybean oil.

### **4. Help your body get rid of toxins.**

As your body begins to function better, the organs and cells will begin dumping toxins. Very often this dumping feels like the flu. Drinking plenty of filtered water will help this process. If you still get these flu-like symptoms soaking in a hot bath for 20 minutes with 1 cup each of Sea Salt, Epsom Salt, and Baking Soda will be very helpful. If pain is one of the symptoms, adding ginger to the bath is often helpful. Just add two tablespoons of freshly grated ginger into 2 cups of water and simmer for 5 minutes and then strain the ginger out while you pour the ginger water into the bath water. We have other bath and detoxification suggestions – Mud Packs, “Biocleanse – Foot Bath”, infrared sauna, etc. When the bowels are unable to move appropriately or need even more help, enemas may be necessary (or a referral to a colon therapist for a colonic).

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## **5. Get plenty of sunlight and fresh air.**

Spending an hour or so outside without eyewear and sunscreens is very beneficial towards helping the body to regulate its hormone balance on it's daily, monthly and yearly cycles. Also, 20-30 minutes per day 3-5 times per week of aerobic exercise is vital to providing proper oxygenation of your tissues. Walking and jumping is a great way to do this. Ask for the info on your proper heart rate for aerobic/fat burning exercise. Be sure you know how to breath completely and efficiently. If this is not possible, ask us for a copy of some breathing exercises.

## **6. About your supplements.**

Generally, chewing your supplements and swishing liquids in your mouth will help your body make better use them. The ones you won't chew are ones containing hydrochloric acid (HCl) as well as proteolytic enzymes used for inflammation and taken on an empty stomach. Your doctor will alert you to these exceptions. Many of the supplements you will be taking are for therapeutic purposes – designed to assist an organ or system that is unable to do its job properly due to either an inadequate supply of necessary materials or cellular dysfunction.

When you are running low on a supplement we have put you on, let us know and we will test to see if you still need the supplement and what the proper dose should now be. Don't take yourself off any supplement without first discussing this with your doctor. This could jeopardize your proper healing and we won't know that a slump in your condition is due to lack of support of your organs and systems. When you are rebuilding these systems and organs it can take months to accomplish. In some cases, you will need to always be on the support. This is especially true of multi-vitamins and targeted organ support, where the organ has suffered years of degeneration, such as for the heart, adrenals, and liver. Because of the lack of nutrients in our food supplies a multi-vitamin that is well suited to you will generally be necessary for a lifetime.

## **7. Electromagnetic Balance.**

There is an electromagnetic field surrounding all matter. This field is negatively influenced by electrical and magnetic fields such as those emitted by microwave ovens, microwave towers, radio waves, fluorescent lights, computers, cell phones, etc. Among the most harmful are the one at the entrance/exit of the stores – zapping you all the time you go shopping. If we have not talked to you about tektites, magnetites, magnets, Q-Tape, etc, ask the doctor to test you to make sure you are not in need of protection from this unseen but omnipresent pollutants.

## **8. Emotional balance**

Your health and wellbeing is a balanced mixture of material support, energy control and mental-emotional harmony. Be sure you learn how to cope with daily stress and ask us to test if they interfere with your health. Don't forget to smile, laugh, play, spend quality time with your family, and love your neighbor.

## **9. Get educated about how your body works.**

Every month we offer a lecture/demonstration for you and your family and friends explaining the basics of good health, how your body can go off track and ways to get back to health. There are always flyers at the front desk as well as in the adjusting rooms letting you know what the up coming session will cover.

## **10. Ask questions.**

Between visits write down any questions that you may have regarding your health or your care. We are happy to answer any of your questions while we treat or we can set a visit designed as a consultation only. The fees for such a visit is based on time, ask the front desk about these charges. Periodically we will have classes designed to answer most of patients' questions on a specific topic. Asking questions is often helpful to the others in the audience; remember there are not dumb questions.