



MAXIMIZING HEALTH

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CHIROPRACTIC MODEL



HEALTH COMES FROM THE INSIDE OUT



5 BASIC FACTORS

THAT MAKE UP GOOD HEALTH

HEALTH FACTORS

- 1. Diet**
- 2. Exercise**
- 3. Rest or Sleep**
- 4. Emotional Health**
- 5. Sound Nervous System**



A photograph of a market stall filled with fresh produce. In the foreground, there are large piles of lemons and tomatoes. Behind them, rows of apples are visible. Price tags are hanging above the produce. The background shows other market stalls and people, slightly out of focus.

1. DIET

TRY TO AVOID

- **White sugar (high glycemic index)**
- **White flour (high glycemic index)**
- **White milk**
- **Artificial sweeteners**

GOOD CARBOHYDRATES

- **Have a low glycemic index**
- **Spelt**
- **Kamut**
- **Brown rice**



LOW GLYCEMIC INDEX AND HIGH FIBRE

- **Beans and lentils**
- **Fruit**
- **Vegetables**

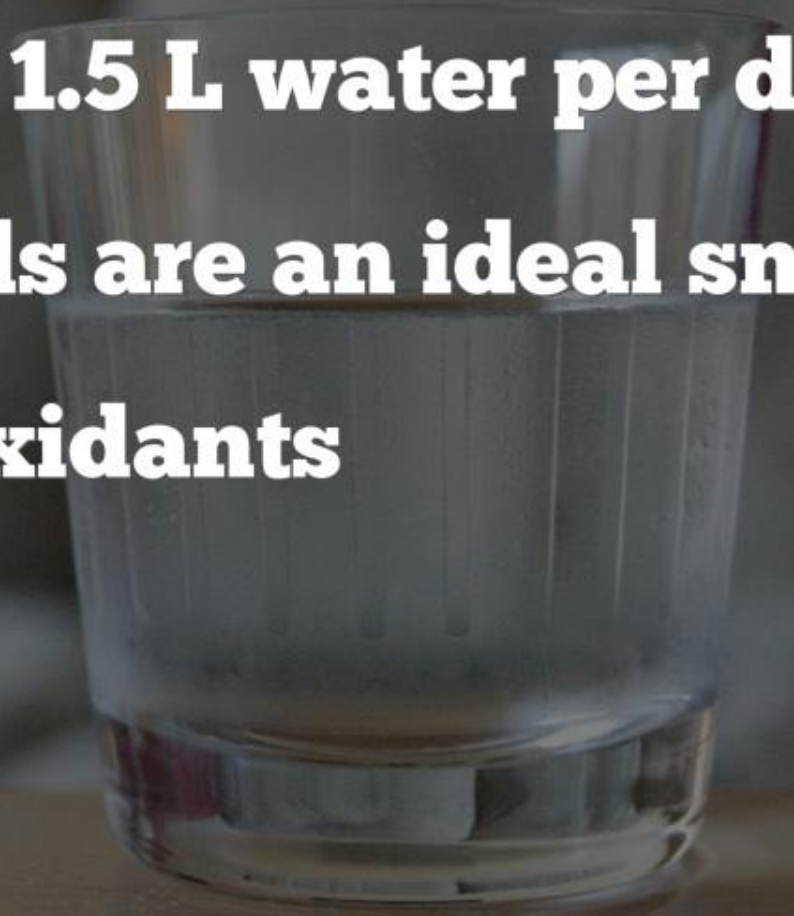
PROTEINS

- **Fish**
- **Soy products**
- **Eggs**
- **Chicken**
- **Turkey**



MORE GOOD IDEAS

- **Drink at least 1.5 L water per day**
- **Nuts and seeds are an ideal snack**
- **Include antioxidants**





2. EXERCISE

CARDIOVASCULAR BENEFIT



- **Exercise 3 times per week (minimum)**
- **Exercise 20 minutes (minimum)**
- **Exercise at Target Heart Rate (THR)**

Target Heart Rate

220 - Age

70% - 80%



**Study: Brisk walk 3x/week
for 20 minutes is more
effective than
antidepressants.**





3. REST OR SLEEP

TO GET BETTER REST AVOID

- **drinking caffeinated beverages**
- **smoking cigarettes**
- **watching the evening news**
- **mulling over problems while trying to sleep**


GET BETTER REST BY

- **sleeping in the dark or with a sleep shade**
- **journaling-pen & paper on night table**
- **taking a warm bath**
- **listening to a relaxing recording**
- **drinking something warm (decaf)**

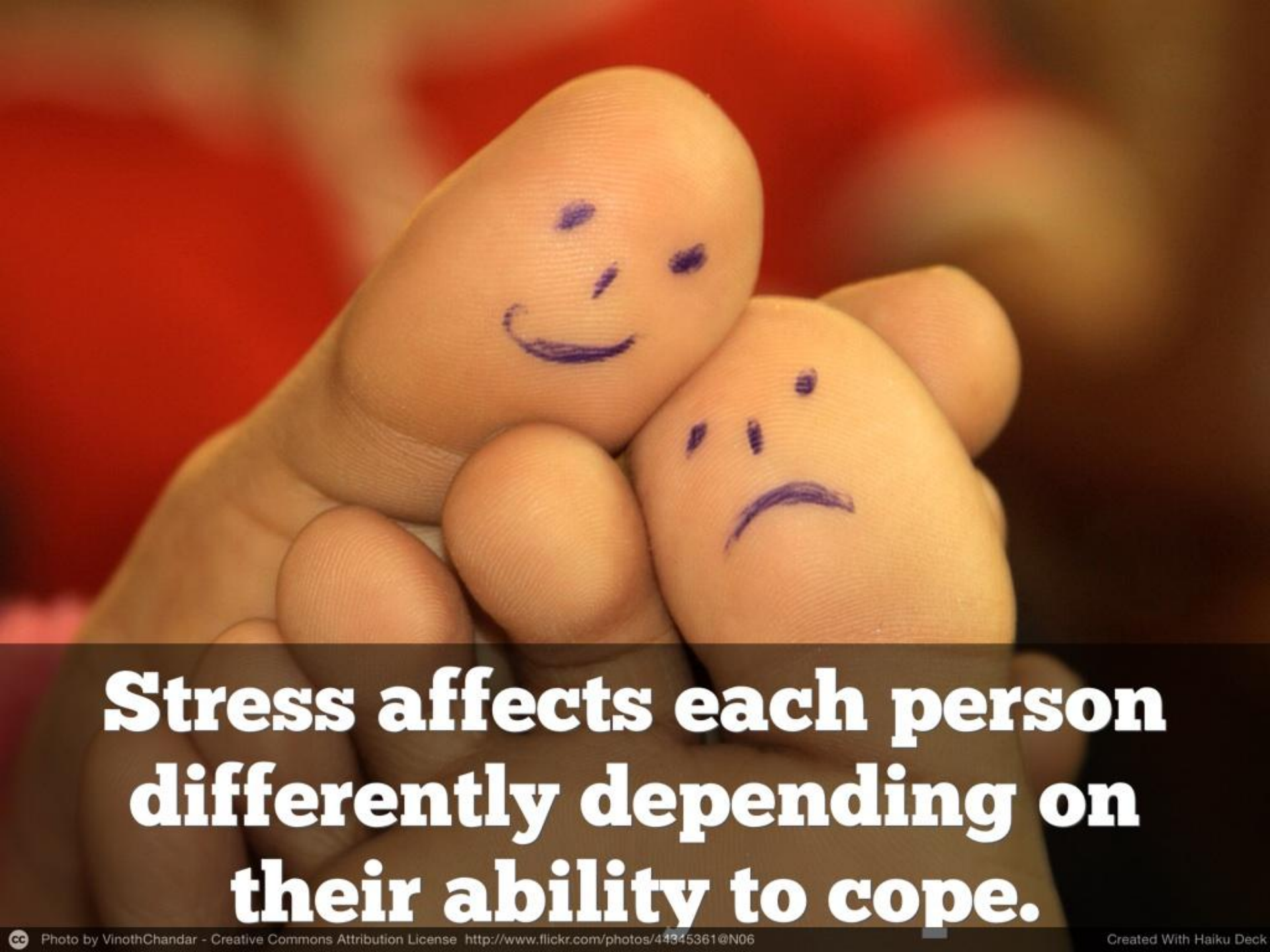


HOW WE HANDLE STRESS

4. EMOTIONAL HEALTH

The background of the slide features a close-up, macro shot of water droplets on a warm, orange-toned surface. The droplets are in various stages of focus, with some appearing sharp and others blurred, creating a sense of depth. The overall color palette is dominated by warm oranges, yellows, and reds, giving the slide a vibrant and somewhat urgent feel.

**More than 80% of visits to
health care practitioners are
due to stress related
disorders.**



Stress affects each person differently depending on their ability to cope.



What are stress related disorders?

DEALING WITH STRESS CONSTRUCTIVELY

- **Positive mental attitude**
- **Keep positive friends**
- **Self fulfilling prophecy**
- **Laugh daily**

DEALING WITH STRESS CONSTRUCTIVELY

- **Meditate**
- **Exercise**
- **Relaxation recordings**
- **Network Spinal Analysis**



5. SPINAL HEALTH



INNATE INTELLIGENCE

THE POWER WITHIN THAT RUNS THE BODY



**Innate Intelligence is
responsible for the greatest
miracle of all--life.**

THE MIRACLE OF LIFE

2 cells

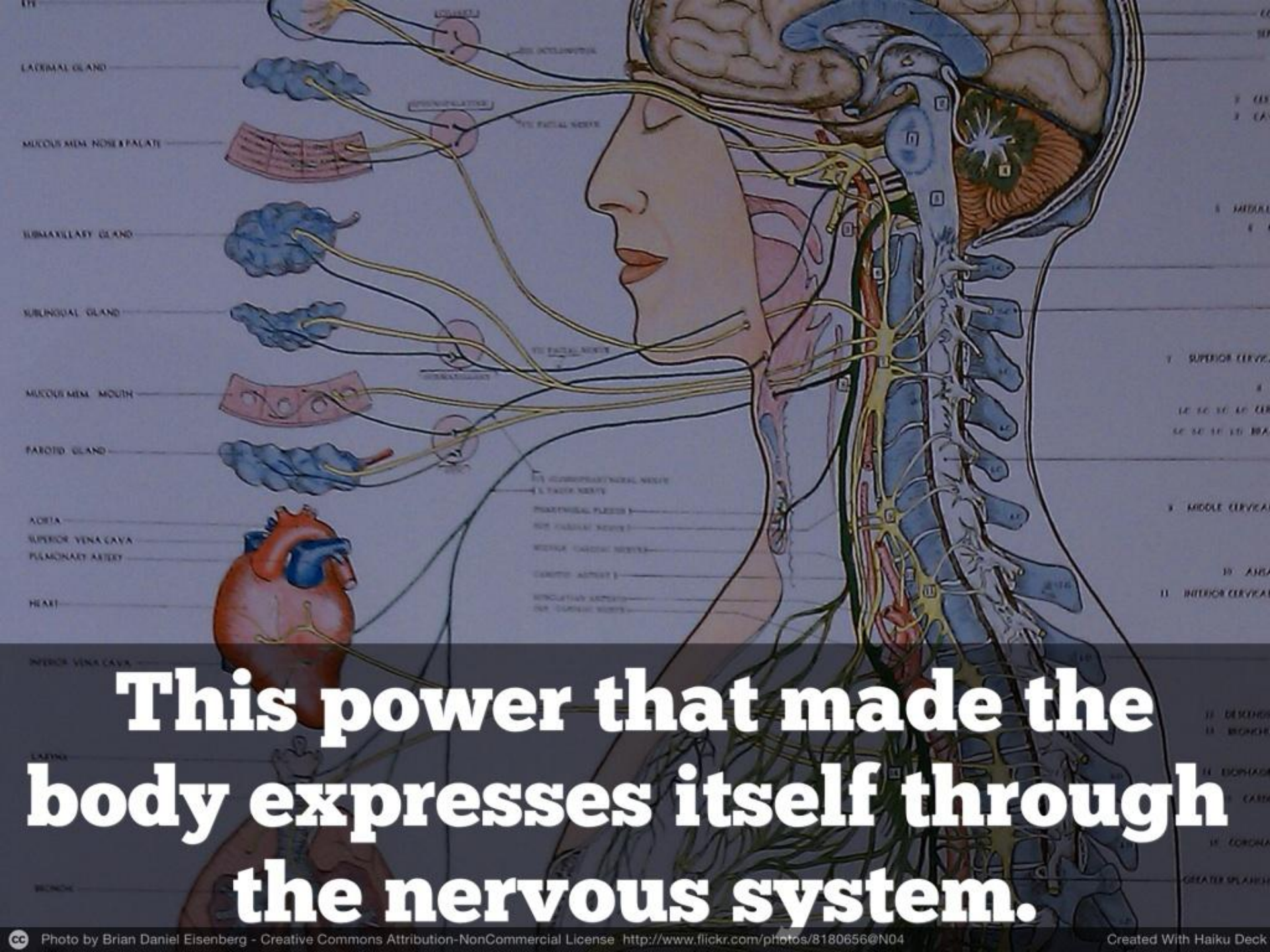
conception

9 trillion

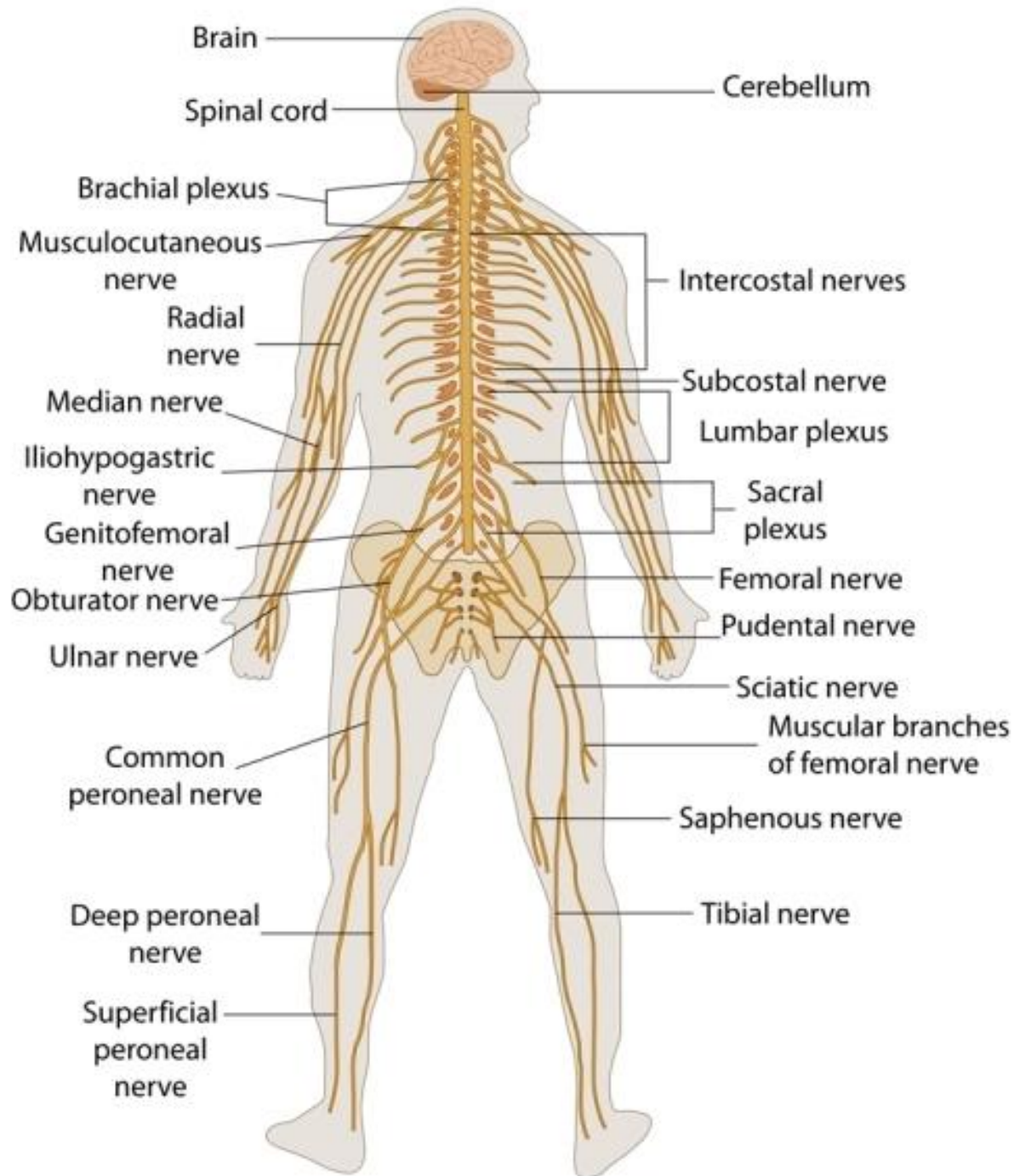
9 months later

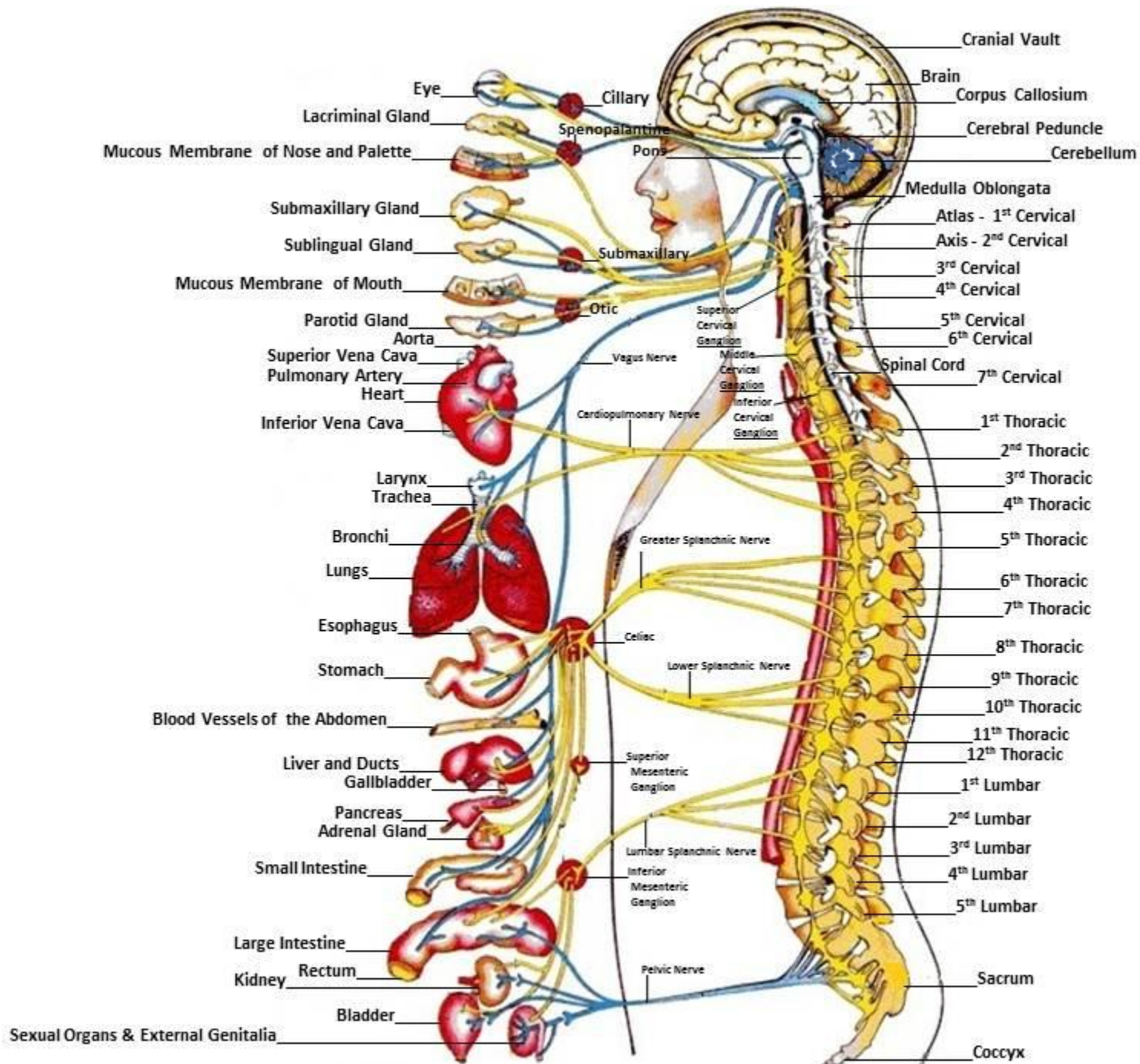
100 trillion

18 years later



**This power that made the
body expresses itself through
the nervous system.**









IF YOU LISTEN TO YOUR BODY
WHEN IT *whispers*, YOU WILL
NEVER HAVE TO LISTEN TO IT
SCREAM.

WWW.SUPERSIMPLEWELLNESS.COM

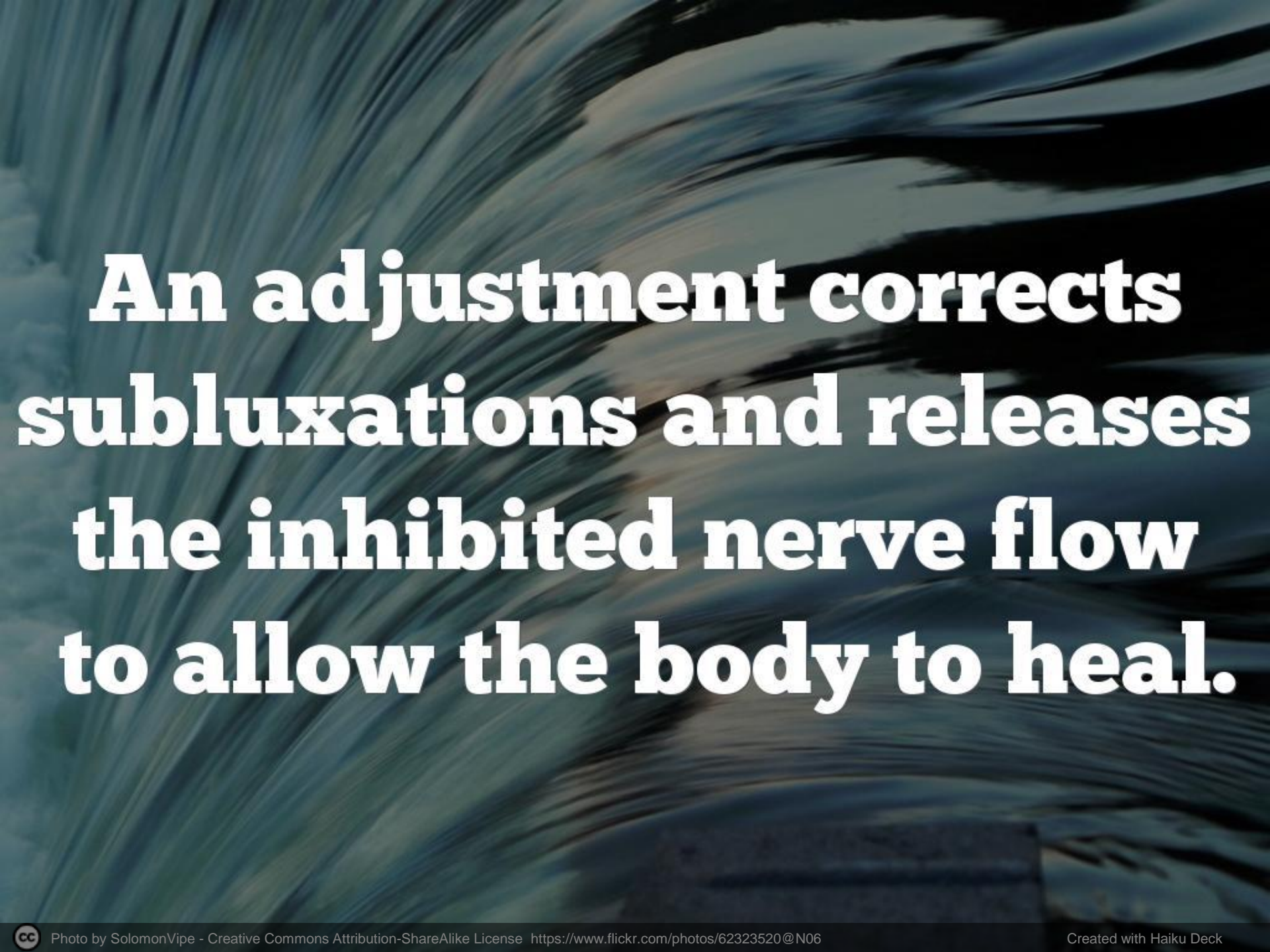


@mapleleafchiro

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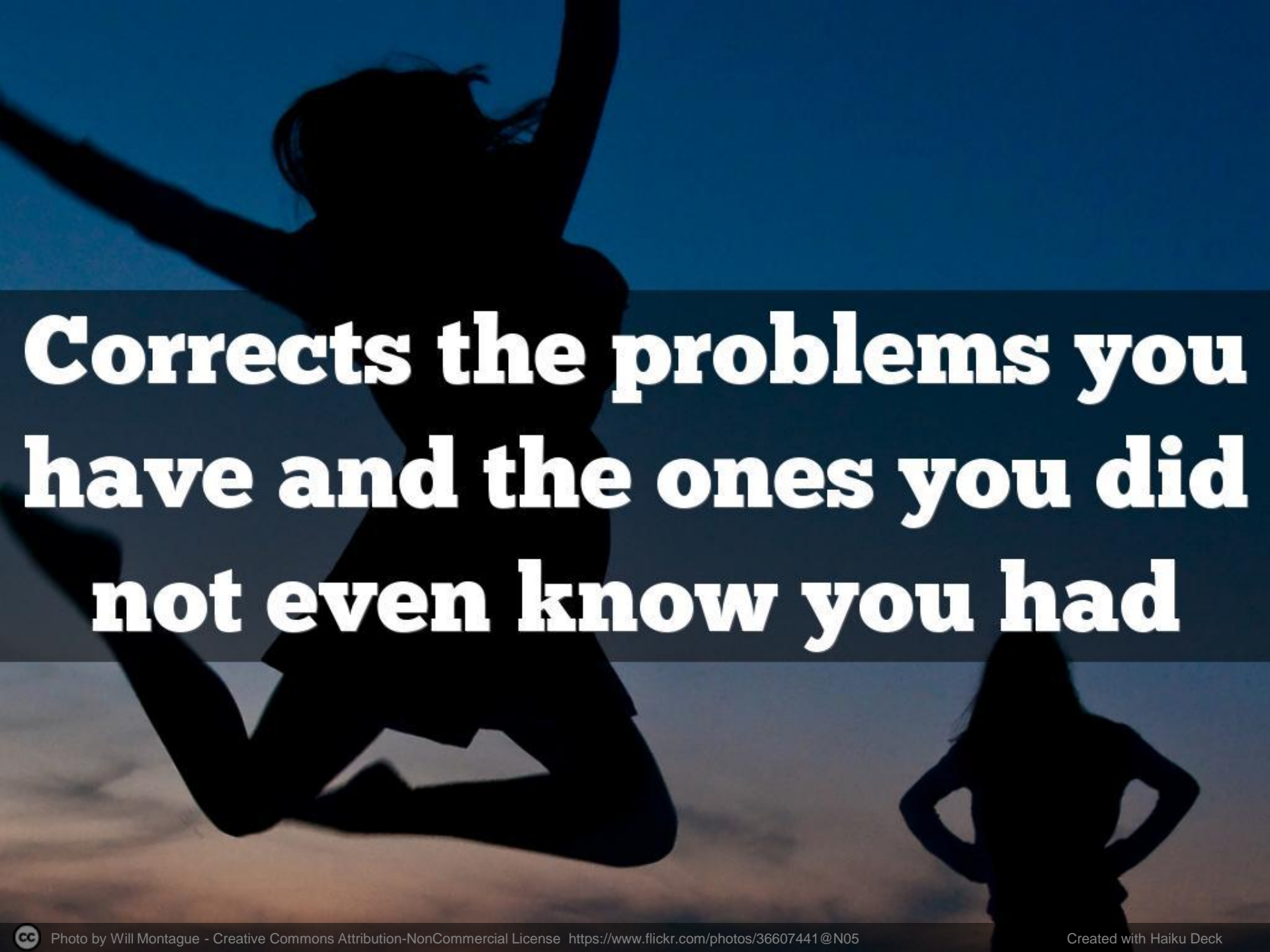
Subluxation

An area in your spine that is out of alignment causing nerve interference and that may influence organ system function and general health.



**An adjustment corrects
subluxations and releases
the inhibited nerve flow
to allow the body to heal.**

**The purpose of Chiropractic
is to locate and correct
subluxations through the
chiropractic adjustment.
This releases the inhibited
nerve flow, thus allowing
the body to heal innately.**



**Corrects the problems you
have and the ones you did
not even know you had**

NETWORK SPINAL ANALYSIS

- **Triggers body to heal itself**
- **Develop a more effective means for optimizing health and wellness**
- **Safe, gentle and effective for all ages**

NETWORK SPINAL ANALYSIS

- **improved physical well being**
- **improved emotional well being**
- **greater capacity to cope with stress**
- **improved lifestyle**