

General Information Series

5 Factors of Good Health

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1. EAT WELL - Maximum Nutrition

- 60 – 70 % of diet – water based foods (fruit & vegetables)
- Drink lots of water – especially before meals, not during or straight after
- Eat mainly fruit or juices in the morning
- Properly combine foods (Don't eat carbohydrates & protein together)
- Eat in a relaxed state and small amounts
- Don't eat for 2-4 hours before going to bed
- Foods to reduce:-
 - a. Reduce Acid addictions:
Sugar, Salt, Vinegar, Alcohol, Caffeine, Drugs (Prescriptions & over the counter)
 - b. Reduce - Fats
 - c. Reduce – Dairy
 - d. Reduce – Meat intake

2. MOVE WELL - Exercise & Stretches

- Find an activity which you enjoy
- Exercise at an aerobic level
- 60 – 70 % of your maximum heart rate
- Maximum heart rate = 220 minus your age
- Stretches need to be Daily to twice a day 10min in the AM & PM
- Walk 20 min daily as a minimum
- Don't exercise too hard or too slow
- Make sure you warm up before you stretch & finally stretch as you cool down after exercising.

3. SLEEP WELL - Rest & Relaxation

- In our rush rush world you need to take time out to relax
- Spend 1 hour a day for "me" time (Reading, relaxing, meditation)
- If you are tired go to bed don't sleep on the couch.
- Divide your age by 3 and this is how long you have spent in bed.
Therefore you need the right tools for the job. Your bed does have a use by date so check it.
- You also need the right pillow for your body size and shape (Ask your chiropractor)
- Don't sleep on your tummy, studies show a higher incidence of neck and low back pain. This is because you must twist your neck and this posture increases the curve in your low back.

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4. THINK WELL - A Positive Mental Attitude

- Your mind is like a computer therefore, garbage in garbage out. So be selective with the influences upon you. (e.g. TV, newspapers, work environment, friends, etc)
- You are what you think about Your action of your body and posture reflect this
- Avoid negatives such as newspapers, the news, negative people
- Your mind is most receptive first thing in the morning and last thing in the evening, therefore start and end the day on positive note by reading positive and inspirational quotes, a page or two out of a good book.
- Remember to stand guard to the doorway of your mind. Your thoughts become your ACTIONS. Your actions become your HABITS. Your habits become your LIFESTYLE. Your lifestyle become your DESTINY.

5. A WELL FUNCTIONING SPINE & NERVE SYSTEM - an Optimal Spine Equals Optimal Health.

- Provides a greater resistance to disease, illness and cancer.
- Increased efficiency with work, exercise, sport
- Decreased tiredness
- Decreased aches and pains
- Your Nerve system controls all other organs of the body
- Maintain good structural support, watch your posture eg. how you sit, stand, lift
- Always receive regular chiropractic adjustments
- Your chiropractor is responsible for your nervous system.
- You are responsible for everything else.

The 5 main factors for good health all work together in maintaining a healthy body. For example if you have a perfect diet for you, could you suffer from a dietary related problem? The answer is yes. This is due to the fact that if your nerve system is not functioning correctly, your body's ability to absorb the nutrients it requires is diminished. It's like a train pulling up at a train station and 50% of the station has been destroyed, so the number of people who are able to get off has been decreased. Therefore if you are taking supplements and not receiving chiropractic care you maybe wasting your money.

Also if you exercise on a regular basis and you body is not functioning correctly you are only aggravating your body. For example if you car was not working properly would you continue to drive it without a service. So ensure your spine and nerve system is functioning correctly before beginning any sporting endeavor.

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