

## The Seven Steps To Wholeness

1. Create Laughter and Peace - Take time daily to create a peaceful environment and laugh as often as possible

2. Energy Breathing - 3 Deep breaths in through the nose, hold as long as comfortable & exhale completely through the mouth. Do this as many times through the day as you remember

3. Vital Waters - Raw fruits, veggies and their juices, plus lots of clean water

4. High Energy Nutrition - 70% high water content foods/no "poisons"

\*Proper Food Combining -

- No mixing of proteins and starchy carbohydrates in the same meal
- Fruit by itself

\*3 Cycles of Digestion -

1 Appropriation - Noon - 8:00 PM - Eat mainly at these times

2 Assimilation - 8:00 PM - 4:00 AM - No cooked foods here; Fruit is best

3 Detoxification - 4:00 AM - Noon - Nothing but fruit before Noon

\*Chew Completely Before Swallowing

\*Limit Liquids With Meals

\*Attitude - Relaxed and peaceful state of mind - SLOW DOWN!

5. Balance of Movement & Rest - For every action there is an equal and opposite reaction. Lots of movement through the day = an abundance of deep sleep at night.

6. Increase Your Fitness - Exercise EVERY DAY either aerobically or for strength

7. Keep Your Nerve System Clear(MOST IMPORTANT!) - Interference in your nerve system (The Subluxation Process) prevents your "Innate Intelligence" from correctly comprehending and responding to all the stresses in your environment. The Chiropractic Adjustment Process keeps your nerve system clear of any interference and progressively helps you move toward health, happiness and the full expression of life!

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