

General Guidelines for Health

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 of your body weight in ounces of water per day. Which means, if you weigh 150 lbs, you need to drink at least 75 oz. 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 30-60% of your grams from carbs, 20-40% from protein and 20-30% from fats. If you get tired between meals decrease your carbs. If you get tired and hungry between meals increase your protein. Ask for the chart showing what a protein, carbohydrate and fat are and what their relative values are. Ask about the book, The Schwartzbein Principle, that describes these macronutrients, and how they work in your body. Eat fewer refined foods 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 can be used in cooking or flaxseed oil can be used 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. Once again, The Schwartzbein Principle gives a description of these, and why this is important.
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 Epsom Salts and Baking Soda will be very helpful. If pain is one of the symptoms, adding ginger to the bath is often helpful. Just grate 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 suggestions – just ask for the, “Baths for Purification” sheet. When the bowels are unable to move appropriately, enemas may be necessary. We recommend coffee enemas – ask for the handout describing different enemas and how to do them. When the bowels need even more help in clearing we can refer you to a colon therapist for a colonic.
5. **Get plenty of sunlight and fresh air.** Spending an hour or so outside without eyewear is very beneficial towards helping the body to regulate its hormone balance on its daily, monthly and yearly cycles. Also, 20-30 minutes per day 3-5 times per week of aerobic exercise (ask for the info on your proper heart rate for aerobic/fat burning exercise) is vital to providing proper oxygenation of your tissues, walking is a great way to do this. If this is not possible, ask us for a copy of our breathing exercises.

6. **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, etc. If we have not talked to you about a magnet, ask the doctor to test you to make sure you are not in need of protection from this “asbestos of the nineties.”
7. **About your supplements.** Generally, chewing your supplements will help your body make better use them. The ones you won't chew are ones containing hydrochloric acid (HCl) such as Hypo D 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.
8. **Get educated about how your body works.** Every month – we offer a free 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 upcoming session will cover.
9. **Other ways to get educated.** We have books for sale on a variety of subjects, such as healing our emotions and phobias, intense detoxification, proper eating. We also have menu books as well as a menu book and guide for those who need help with developing a rotation diet. Another selection gives you simple ways to approach balancing your foods to keep your blood sugar balanced. Ask at the front desk about our selections on an area that you would like more information about.
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. The monthly class is designed to answer most of your questions. It is often helpful to the others in the audience; remember there are not dumb questions.