



# FOCUS ON FIVE

## 1. NUTRITION

**Eat more fruits and vegetables.** By eating at least 5 servings of fruits and vegetables a day, you can reduce your risk of stroke and heart disease by 30%, lose weight, and enhance your immune system so you don't get sick as often.<sup>1</sup>

**Drink more water.** Drink half your bodyweight in ounces of water each day. The benefits are endless! Clearer skin, boosted immune system, weight loss, increased metabolism, etc.

**Supplement your diet.** 99% of humans currently on this earth are suffering from deficiencies in 4 major categories (hint: #2 is Omega-3).<sup>2</sup>

## 2. EXERCISE

**Walk 30 times five.** A 30 minute brisk walk, 5 times a week could add 3 to 5 years to your life.<sup>3</sup>

## 3. SLEEP

**Get 7 to 9 hours of sleep each night.** Research shows that people who get less than 7 hours of sleep per night are 3 times more likely to get sick, 4 times more likely to have a stroke, 5 times higher risk for Diabetes, 48% higher risk for Heart Disease, 27% higher risk of Obesity... and that's the short list.<sup>4</sup>

## 4. MINDSET: POSITIVE THINKING

**Practice mindset strategies to replace negative thoughts with positive ones.** There is a direct connection between psychological processes (aka life stress) and the nervous system of the human body called psychoneuroimmunology. In other words, how you think plays a big role in how you will feel. So replace negative thoughts with positive ones! Try it for 2 minutes each morning for one week and tell us how it went.

## 5. NERVOUS SYSTEM

**Take great care of your nervous system.** Your nervous system controls every function of your body. Keep your nervous system functioning at it's highest level through healthy life style choices and regular chiropractic adjustments.

<sup>1</sup> Mercola, Joseph. (2014, April 14) *Eating More Fruits and Vegetables Can Cut Your Risk of Dying in Half*. <http://articles.mercola.com/sites/articles/archive/2014/04/14/eating-fruits-vegetables.aspx>

<sup>2</sup> Merola, Joseph. (2015, October 19). *11 Most Common Nutrient Deficiencies*. <http://articles.mercola.com/sites/articles/archive/2015/10/19/most-common-nutrient-deficiencies.aspx>

<sup>3</sup> Brisk daily walks can increase lifespan, research says. (2015, August 30). Retrieved from <https://www.theguardian.com/society/2015/aug/30/brisk-daily-walks-reduce-ageing-increase-life-span-research>

<sup>4</sup> Kiger, Patrick J. (2014) *The State of Sleep Deprivation in America*. *National Geographic*. <http://channel.nationalgeographic.com/sleepless-in-america/articles/the-state-of-sleep-deprivation-in-america/>