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Water

Proper hydration is a fundamental and vital part of feeling great again. Drinking water is one of the easiest ways to start feeling better so start immediately. You should drink water based on this calculation:

-Divide your bodyweight by 2. The number you get is the number of ounces of water you should drink every day. One glass of water is 8 ounces.

Example: 160pounds divided by 2 is 80 ounces of water or 10 8ounce glasses every day

I recommend drinking water that is filtered including filtration for fluoride if you drink city water. Most water filters do not remove fluoride. The filter I recommend can be purchased on www.mercola.com

If you have well water then you should definitely filter it as wells can contain toxic metals, bacteria and environmental toxins.

I do not recommend drinking water from plastic containers of any sort. Plastics leach chemicals into the water and can contribute to poor health. This includes the so-called safe polycarbonates. Drink water out of a high quality 18/10 stainless steel bottle or glass.

If you have city water then I recommend an inexpensive whole house chlorine filter from Lowe's as well as a chlorine shower head filter.

If you are an athlete or work out regularly then you should drink extra water before, during and after exercise. Drink extra water when the temperature is hotter than usual and you are perspiring.

If you have well water and want to test it then I recommend the water test through Doctor's Data laboratory at www.doctorsdata.com. Visit www.ewg.org to find out what is actually in your city water through their drinking water database.

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Rejuvenate Your Body: The Alkaline Way

All the food that we eat is metabolized into acid or alkaline residues which can have a profound effect on your body's ability to function. A study published in the American Journal of Clinical Nutrition in 2008 looked at the effects of alkaline diets on muscle mass which is very important for maintaining healthy body weight. The authors state: "The cause of age-related muscle loss is multifactorial, but there is plausible evidence that the composition of diets with respect to acid-base balance is a contributing factor. Protein and cereal grains are metabolized to acidic residues, and fruits and vegetables are metabolized to alkaline residues. In general, American diets are acidogenic."

Another study published in the same journal in 1998 stated the following: "Potassium bicarbonate is greatest in fruits and vegetables. Long-term supplementation has been shown to improve calcium and phosphorous balance, decrease bone loss and increase growth hormone. These findings suggest that chronic acidosis leads to osteoporosis and muscle wasting."

Maintaining muscle mass as you age is extremely important in your body's ability to burn fat, maintain healthy bone and optimize growth hormone concentration. You've probably heard about growth hormone replacement as an anti-aging therapy because our levels decline as we get older. Following an alkaline-forming diet can help you maintain healthy growth hormone levels without the use of expensive injections. How do you know if you're acid or alkaline? Follow these steps below:

Supplemental Alkaline Protocol

Measure your first morning urinary pH using Hydrion pH paper. Measure 5 days in a row, throw out the high and the low, then average the middle three.

Ideal pH is 6.4-7.5

An acidic pH is below 6.4

If pH is acidic:

Take 1 K Alkaline (potassium bicarbonate) and 100mg of magnesium glycinate (Klaire Labs) before bedtime and check urinary pH the next morning. If it is below 6.4 the next morning, then take 2 of each at bedtime and check urinary pH the following morning. Continue to add one of each product at bedtime until the urinary pH the following morning is in the alkaline range. If it is above 7.5 then back off one product at a time until it is within the normal range.

Continue for 2 weeks on this dose and then retest your pH 5 times in a row as described above.

If the product “K Alkaline + Mg” is used then this is the only product that is taken before bedtime. Increase the dose as outlined above until an alkaline pH is attained.

If loose stools occur due to magnesium intake then K Alkaline is the only product taken following the same protocol.

Also utilize the following:

Epsom Salt Bath:

One cup of Epsom salts in hot water and soak for 15 minutes. Ideally once per day.

Deep Belly Breathing 5 minutes/day like a baby breathes.



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Developing an Alkaline Diet

Getting Started

The first step in establishing a health-promoting alkaline diet is to assess your current first morning urine pH. This is a good measure of your average body pH and is easily obtained by following these simple steps:

1. Obtain a packet of pH hydrion test paper. This test tape measures acid-alkaline states and should be marked into one-half point divisions ranging at least from 5.5 to 8.0. Should you not be able to obtain this tape locally, please call ELISA/ACT Biotechnologies LLC at (800) 553-5472 for information.
2. First thing in the morning, just before urinating, open the test tape and cut off two to three inches of the paper tape. Next, wet the tape with urine (either by urinating directly on the tape or by collecting the urine in a cup and dipping the tape into the urine).
3. As the tape is moistened with urine, it will take on a color. The color relates to the acid or alkaline state of your urine and ranges from yellow to dark blue. Match the color of your test strip with the color chart on the back of the test tape packet.
4. Jot down the number that corresponds to the color your tape has taken on. Any number below 7 means that your urine is on the acid side. The lower the number, the more acidic the condition. For example, a number of 4.5 indicates considerable acidity, while 6.0 indicates much less. A number of 7 indicates the neutral state, not acid or alkaline. As the body functions best in an alkaline state for health promotion, we would try to avoid highly acidic metabolic states. Ideally, our first morning urine pH should be 6.5 to 7.5, with an occasional, but not constant every day 7.5 reading.
5. If your reading is below 6.5, then you are advised to begin changes aimed at alkalinizing your diet. Below are listed simple dietary modifications that will help alkalize your diet. In the beginning, because of the acid-forming tendency of the standard American diet, most of you will find low pH readings. On the other hand, there will be an occasional person where the initial pH readings are always highly alkaline (greater than 7.5), which is due to catabolism (the process of tearing us down). In this process, nitrogen (in the form of ammonia and alkaline amino acids such as lysine, arginine, glutamine, and asparagine) is lost and the urine becomes excessively alkaline. If constant 7.5 to 8.0 readings should occur in your case, you would do well to consult your health professional about how to stimulate the repair (anabolic) state thus reversing the catabolic cycle.

Simple Steps to Alkalinize Your Diet

Remember, your body is in essence one very complicated chemical processing plant with 60 trillion cells involved in some 6 trillion chemical reactions each second. While the chemical processes can occur amid an acid environment, such is not ideal. An alkaline internal state is required for ideal chemical functioning and for the achievement of optimal health.

If your pH readings are regularly below 6.5, you would do well to alkalinize your diet by making the following dietary changes:

1. Take a few minutes and study the chart entitled, "Food and Chemical Effects of Acid/Alkaline Body Chemical Balance." On the left side of the page, the foods and substances that are alkalizing to the body are listed. To the furthest left, are the most alkaline substances like sea salt, sea vegetables, sweet potato/yam, lentils, and fruits like lime and watermelon. Toward the middle of the sheet on the same left side are the lower alkaline substances like ginger tea, oats, brussels sprouts and oranges. The acid-forming foods are listed on the right hand side of the page. The highest acid-forming foods, including jams, ice cream, walnuts, and beef, are listed to the far

right. The lesser acid-forming foods are to the center of the page and include honey, fish, brown rice, kidney beans, and figs. This easy-to-use chart clearly details which foods make the body more alkaline and which make it more acidic.

2. As you are studying the chart mentioned above, note that most of the common standard American favorite foods and drinks are acid-forming--meats, sugar, coffee, tea, cheese and all dairy, except clarified butter. Wheat is acid-forming as are most grains. No wonder most Americans are in an acid body chemical state. We eat mostly acid-forming foods! Most fruits and vegetables are alkaline-forming and so are grains like oats, quinoa, and wild rice as well as most spices and seeds.
3. If you regularly have a first morning urine pH lower than 6.5 and are attempting to regain health, a good goal would be to strive for a diet of predominately alkaline-forming foods. For those recovering from disease, ideally the diet should be 80% alkaline-forming and only 20% acid-forming. As one regains health, 60% alkaline to 40% acid diet is generally fine. To simplify matters, let your first morning urine pH be your guide. If you are below 6.5, increase the alkaline foods. If you are 6.5 to 7, you are in a health-promoting acid/alkaline balance.
4. If you are in an acid state, the first step is to eat more vegetables and fruits. Strive for two cups of alkalizing vegetables at both lunch and dinner. Consider a breakfast of alkaline fruits and oatmeal. Limiting flesh foods will also go a long way toward reducing acidity. In addition, the following simple changes are especially helpful for quickly alkalizing the body:
 - (a) Drink the juice of one half a lime or lemon in water a few times during the day.
 - (b) Add yams and sweet potatoes as well as lentils to your diet on a regular basis. All these foods help to alkalize the body quickly.
 - (c) Make it a point to eat at least two cups of alkalizing greens (kale, mustard, turnip, collard, endive) daily.
 - (d) Learn how to prepare seaweeds in soups and other dishes and consume daily.
 - (e) Favor the alkalizing grains like oats, quinoa, and wild rice.
 - (f) Enjoy liberal amounts of fruits. When possible, eat plenty of watermelon and its juice along with other melons and fruits and berries. If you suffer from gas, bloating, or weak digestion, favor cooked fruit and small amounts of fresh juices.
 - (g) Certain supplements like buffered vitamin C and magnesium also alkalize and should be used in optimum doses as recommended in your LRA by ELISA/ACT[®] program.
5. Be patient and persistent. Remember, your pH indicates your reserve of alkaline minerals. It can take time to build up these reserves. Do not be discouraged with a slow movement toward the ideal alkaline state (pH 6.5 to 7.5). It may have taken years to decades to get where you are; a few months to sustained repair and renewal are worth the effort and attention.

Food & Chemical Effects on Acid / Alkaline Body Chemical Balance™

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda	Spices/Cinnamon Valerian Licorice •Black Cohash Agave	•Herbs (most): Arnica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	•Kombucha Molasses Soy Sauce	•Green or Mu Tea Rice Syrup Apple Cider Vinegar	Sulfite Ginger Tea •Sucanat •Umeboshi Vinegar	Preservative Beverage Sweetner Vinegar	MSG Kona Coffee Honey/Maple Syrup Rice Vinegar	Benzoate Alcohol Black Tea Balsamic Vinegar	Aspartame Coffee Saccharin Red Wine Vinegar	Table Salt (NaCl) Beer, 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
•Umeboshi Plum		•Sake	•Algae, Blue Green	Therapeutic		Antihistamines	Psychotropics	Antibiotics
			•Ghee (Clarified Butter) Human Breast Milk	Processed Dairy Cow/Human Soy Goat/Sheep	Cream/Butter Yogurt Goat/Sheep Cheese	Cow Milk Aged Cheese Soy Cheese Goat Milk	•Casein, Milk Protein, Cottage Cheese New Cheese Soy Milk	Processed Cheese Ice Cream
		•Quail Egg	•Duck Egg	Egg	Chicken Egg			
				Meat Game Fish/Shell Fish	Gelatin/Organs •Venison Fish	Lamb/Mutton Boar/Elk/•Game Meat Mollusks Shell Fish (Whole)	Pork/Veal Bear •Mussel/Squid	Beef Shell Fish (Processed) •Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
			Oat 'Grain Coffee' •Quinoa Wild Rice •Amaranth Japonica Rice	Grain Cereal Grass	•Triticale Millet Kasha Brown Rice	Buckwheat Wheat •Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Corn Rye Oat Bran	Barley Processed Flour
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond •Sprout	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil	Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca •Seitan or Tofu	Pistachio Seed Chestnut Oil Lard Pecan Palm Kernel Oil	Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food
Lentil Broccoli •Seaweed Noril Kombu Wakame Hijiki Onion Miso •Daikon/Taro Root •Sea Vegetables (other) Dandelion Greens •Burdock/•Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Jerusalem Artichoke Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga •Salsify/Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Artichoke Lettuce Jicama	Bean Vegetable Legume Pulse Root	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea Legumes (other) Carrot ChickPea/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive •Dewberry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	Citrus Fruit Fruit	Coconut Guava •Pickled Fruit Dry Fruit Fig Persimmon Juice •Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate	

•Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended

Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium. Reprints available from Health Studies Collegium, 2 Pidgeon Hill Drive, #410 Sterling, VA 20165, 703-788-5126. Sources include USDA food data base (Rev 9 & 10), *Food & Nutrition Encyclopedia; Nutrition Applied Personally*, by M. Walczak; *Acid & Alkaline* by H. Aihara. Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. [Rev 7/07]

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Get a Deep & Restful Sleep Now!

Getting a good night sleep is an extremely important and fundamental part of feeling great again. Your body releases a large amount of growth hormone while you sleep to repair all the damage that has been done that day. A great deal of rejuvenation occurs in the brain and the rest of the body while you sleep.

In order to get good sleep you should avoid the following stimulants:

- **Caffeine**
- **Chocolate**
- **Teas that contain caffeine**
- **Yerba Mate**
- **Guarana**
- **Alcohol**

You must also stabilize your blood sugar before you sleep by eating protein with dinner and a bed-time snack that contains protein. Avoid too many carbohydrates as this can throw off your blood sugar while you sleep.

Exercise can significantly improve your sleep quality. The earlier in the day the better if you are going to exercise but some exercise is better than none so do it late if you have to.

Avoid watching television before you go to bed as this can disrupt your sleep. Avoid intense movies or reading material as this can stimulate your adrenals which will keep you awake.

Turn off all electric devices in your room to reduce electromagnetic radiation and do not sleep in the same room with your cell phone unless it is completely powered off.

Your bedroom should be completely pitch-black. No clock radio, lights or outside light of any kind should be in your sleep space. Even though your eyes are closed your brain is still receiving light stimuli and can reduce melatonin levels.

Take magnesium before you go to bed to alkalize and calm your muscles and nervous system.

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Protein

In addition to developing an alkaline pH, adequate protein intake is a major fundamental aspect of achieving optimal health. One of the easiest and most inexpensive ways to measure dietary protein intake is by measuring grip strength with a dynamometer. Some of you have already had this test in our office as a measurement of protein intake and malnutrition.

According to the vast majority of nutrition textbooks, healthy individuals should ingest .8 g of protein per kilogram body weight every day. Unfortunately, this calculation is not accurate for everyone, because we all have different activity levels, stress levels, and genetics. Another flaw in this calculation is that some of the scientific literature shows that one must ingest 1.0 to 1.2 g of protein per kilogram body weight every day if there is a protein deficit. Therefore, I prefer, on average, for those who are chronically ill to consume 1 g of protein per kilogram body weight every day as a minimum.

If you wanted to calculate your protein needs using this average, you would first calculate your weight in kilograms. 2.2 pounds equals 1 kg.

So if you weighed 150lbs. The calculation would be: $150\text{lb}/2.2 = 68\text{kg}$
 $68\text{kg} \times 1.0\text{g (protein)} = 68\text{grams protein/day}$

Another important factor in these calculations is the quality of protein. Not all protein is created equal. So, the amount of protein consumed is heavily dependent on protein sources. Sometimes it can be difficult to get adequate protein intake from diet alone. This is where protein and amino acids supplements come into the picture. Before beginning any kind of protein supplementation, you should be sure that you are eating the highest-quality protein from food sources. These include:

- Eggs (ideally organic and free range)
- Types of fish that are only wild-caught known to be relatively low in heavy metals. Do not eat farm-raised fish!
- Chicken (ideally organic and free range)
- Noncommercial forms of red meats such as grass fed, locally raised beef, grass fed buffalo and grass fed lamb.
- Dairy products (ideally organic from locally raised dairy cows)
- Nuts and seeds, particularly pumpkin seeds, almonds, cashews (ideally organic)
- Legumes: Beans, peas and lentils (ideally organic)
- Soybeans (only fermented such as miso and tempeh)
- Dairy & Soy should make up the lowest percentage of your daily intake of protein

Since soy allergies are very common, this may be one of the foods on the list that you will need to avoid. In addition, soy products tend to be highly processed. Only soy products that are fermented such as tempeh and miso should be consumed as protein sources from soy.

Dairy is also problematic because of the high allergenicity, processing and reliability of sources. Dairy can also be very hard to digest, contaminated with antibiotics, hormones and toxins from the cows. Dairy is of course an excellent source of protein, but I recommend that the amount of protein consumed from dairy, should be minimal.

People are most willing to follow a dietary plan when there are a variety of food choices. This is why I recommend both animal and vegetable-based protein sources eaten in rotation.

Vegan diets can also be a concern regarding protein for a few reasons. If we review the primary protein source of a typical vegan diet in the United States, it is found that soy is the main protein source. Unfortunately soy is low in sulfur-based amino acids. This is important, because sulfur-based amino acids are required for optimal liver detoxification, building of glutathione (a powerful antioxidant) and is used in tissue repair. In addition, plant-based foods contain virtually all of the nutrients necessary for optimal health, with the exception of vitamin B12. I find that many, many patients are deficient in B12, and therefore require supplementation. Vegans must have a tremendous amount of knowledge for proper food combining and supplementation in order to achieve optimal protein and amino acids intake for a healthy body.

When it comes to protein and amino acid supplementation, there are a variety of healthy choices. For those who can tolerate whey protein, I recommend Designs for Health's Whey Cool. For those who cannot consume dairy I recommend dairy free, Paleomeal from Designs for Health, which is pea-based. Pea and hemp protein sources can also provide high quality protein and amino acids. Protein powder products are the most beneficial to those who have good digestive function. For those who have impaired digestive function I like to use free-form amino acid products for direct delivery of protein building blocks into the system. Some people require HCl or digestive enzymes, in order to optimize digestion and absorption of amino acids.

Please feel free to stop in any time to test your grip strength with our dynamometer to see if you are consuming adequate protein from your diet.

Protein Reference Sheet

(All portion sizes are 4 oz servings, unless otherwise noted)

Beef-	32 gms.	Lamb-	30.2 gms.
Turkey-	32.6 gms.	Chicken-	33.8 gms.
Calf liver-	24.5 gms.	Venison-	34.3 gms.
Salmon-	29 gms.	Scallops-	23 gms.
Shrimp-	23.7 gms.	Cod-	26 gms.
Tuna -	34 gms.	Sardines-	22.7 gms.
Tofu-	9.2 gms.	Egg- 1	6 gms.
Lentils- 1cup	17.9 gms.	Dried peas- ½ cup	6 gms
Cottage cheese- ½ cup	14 gms.	Yogurt- 1 cup	12.9 gms.
Kidney Bean- 1 cup	15.4 gms.	Pinto Beans- 1 cup	14 gms.
Lima Beans- 1 cup	14.7 gms.	Black Beans- 1 cup	15.2 gms.
Garbanzo- 1 cup	14.5 gms.	Navy Bean-1 cup	15.8 gms.
Peanuts- ¼ cup	9.42 gms.	Walnuts- ¼ cup	3.81 gms.
Almonds- ¼ cup	7.62 gms.	Cashews- ¼ cup	5.24 gms.
Almond Butter- 2 TBSP.	7 gms.	Peanut Butter- 2 TBSP.	4 gms.
Cashew Butter- 2 TBSP	5 gms.		
Design's for Health/Whey Cool Protein Powder- 1 scoop	24gms.		
Design's for Health/Paleo Meal protein powder - 1 scoop	17gms.		

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Blood Sugar

One of the most important things you can do to increase energy, burn fat, improve your mood and renew your vitality, is to balance your blood sugar. Whenever you eat a high-carbohydrate meal that contains foods such as bread, pasta, rice, cookies, crackers, soda and all other processed, sugar-laden foods, you wreak havoc on your body.

The first thing that happens is your immune system becomes severely impaired from all the sugar in your blood for 6 hours! In fact, one study looked at white blood cells that protect you from infections under a microscope after a high-carbohydrate meal and they were actually spinning around like they were drunk and didn't know what to do!

The second thing that happens is your body is triggered to start storing fat. Blood sugar is converted into triglycerides (blood fat) and is then stored as fat around the stomach, hips and thighs.

The third thing is your adrenal glands and thyroid are put under tremendous stress. High blood sugar inhibits thyroid hormone production and overstimulates the adrenal glands. So the thyroid shuts down and your adrenals pump out the fat-storing hormone cortisol.

There are many other detrimental effects of eating too many carbohydrates but these are the big three. You must avoid these kinds of blood-sugar swings to maintain a healthy immune system, hormone balance and metabolism.

The single most important thing you can do to stabilize your blood sugar each day is to eat a high protein breakfast with moderate to low-carbohydrates. It's called the 30/30 principle: Eat 30 grams of protein within 30 minutes of waking up. This will stimulate your body to burn fat and keep your blood sugar stable throughout the day.

A sample breakfast could be eggs, beans or lentils and vegetables. Protein shakes also work well for breakfast but don't mix them with fruit, juice or sugary non-dairy milks. My favorite shake is a scoop of chocolate whey protein with a tablespoon of peanut butter blended with unsweetened almond or rice milk.

The rest of the day continue to eat a high quality protein source as outlined in the protein step with plenty of vegetables. Your carbohydrates should come from slow-digesting carbs like beans, lentils or peas. You can also have a good protein snack before bed if you are having trouble sleeping to keep your blood sugar balanced all night. Follow this simple step and I guarantee you will have more energy, feel better and will lose weight!

Tips for Relieving Stress

Whether stress leaves us drained and exhausted or anxious and wound up, here are some simple suggestions for renewal:

Start your day in gratitude. Name 5 things you are grateful for.

Notice where in your body you hold stress. With loving compassion, place a hand gently on that area and breathe into it for several minutes.

Change your perspective. We are so blessed to live among these beautiful mountains. Ascend to the heights, soften and absorb the sights, smells and sounds of nature.

Practice whole body breathing. Babies breathe with their entire bodies. Allow 5 minutes on your back or your belly and breathe through your entire body, relaxing all of your muscles on the exhalation.

Take a vacation from toxins. Evaluate what is toxic to you. Whether it is sugar, alcohol, caffeine, the internet, the daily news, or a specific person, take a mini-vacation from it.

Float. In this glorious summer weather, find a body of water and float. Let your body surrender and feel the water holding you, releasing all tension.

Breathe. Find a cue that reminds you to be aware of your breath. It can be a red light, a stop sign, a bird singing, the phone ringing. Keep it simple.

Include that which you love on your "to do" list. Make playtime a priority.

Suzannah Tebbe Davis
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Suzannah offers a diverse variety of mind/body therapies blending indigenous wisdom traditions and western theoretical practices. She specializes in treating individuals who are suffering from chronic pain, anxiety, depression and auto-immune disorders

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Exercise

I saved everyone's least favorite step for last but it doesn't have to be! One of the reasons why people don't stick with exercise is because they do things that they don't enjoy or they think they need to work out more than they actually have to.

Exercise is vital if you want to improve your health and increase your energy. Exercise boosts your immune system, burns fat, massages your organs and has been shown in studies (Duke University) to improve mood better than medication!

The first thing you need to decide is what type of exercise do you really enjoy doing? Do you like to hike? Maybe you love tennis or pumping iron in the gym? Others prefer more gentle exercise such as yoga or tai chi. Whatever it is you like to do it's time to start doing it!

Start out small such as walking 30 minutes a day with a friend or loved one. Join a gym that has a pool you can swim in if that is what you like. Make sure you are having fun when you work out so that you will stick with it. If you need help with exercise contact our office and we can give you personal trainer recommendations as well as the best training facilities to join.

How much do you really need to do? Ideally at least 30 minutes/day of some kind of movement. Your body was meant to move every day to stay flexible, burn fat and increase energy.

Once you have created a routine that you enjoy it is time consider the type of exercise that is the most beneficial for your overall health and that is resistance training. Whether its bands, weights or kettle bells, it's time to start loading your bones, muscles and joints with some weight. This doesn't mean that you have to become a bodybuilder but I can guarantee that this type of exercise provides the best overall bang for your time.

Why do this type of exercise? Because one of the most significant factors in chronic disease is the loss of muscle mass as we age. Each year that you lose muscle mass your health will begin to deteriorate. Growth hormone levels drop, your bones lose their density, your brain doesn't work as well and your metabolism begins to drop and you gain fat.

Just 30 minutes/day, 2 days a week is all you need of resistance training. Remember, start slow, find something you love and then start maintaining your muscle mass for optimal health and well-being.

I hope you enjoyed this eCourse the “7 Steps to Optimal Health”. Visit my website often for the latest and greatest in health information. Please tell your friends and loved ones who want to get healthy about this free course and they will thank you for it!

Yours in Health,
Dr. Nikolas R. Hedberg