



BE HEALTHY.

L  LIFE.™

Let's Clean Up Our Acts!

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"The constitution of man's body has not changed to meet the new conditions of his artificial environment that has replaced his natural one. The result is that of perpetual discord between man and his environment. The effect of this discord is a general deterioration of man's body, the symptoms of which are termed disease."

-Professor Hilton Hotema, Man's Higher Consciousness

There are many advantages to living in a modern, high-tech society, but as with many things in life, there are also disadvantages. As our society becomes more technologically and chemically advanced, changes occurring in our environment inevitably play a role in impacting our bodies and our health. Most of the time we don't realize the impact and affect of these changes until we are faced with a health crisis that occurs after years of subtle and often consistent exposure. It's hard to ignore the overall impact on society given the increasing numbers of cancers, immune system disorders, neurological problems, chronic fatigue syndromes, allergies and hormonal disturbances affecting our population today. A report by the Columbia University School of Public Health estimated that 95% of cancer is caused by diet and environmental toxins.

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While it is impossible to avoid all environmental toxins and dietary toxins, here are some things you can do to keep your internal environment and external environment as healthy as possible:

Drink pure water

Use water filters in your home to reduce the amount of chemicals on your skin

Eat organic produce and free-range, organic meats

Consume high quality purified fish oil

Avoid processed foods and foods with chemical additives

Eliminate artificial sweeteners

Limit drugs, both prescription and over-the-counter

Use environmentally friendly cleaning products

Keep your spine and nerve system healthy

Dietary and environmental toxins interfere with your body's natural ability to heal itself. When you remove the interference, your health will naturally improve.

One of the most important things that we can do to assist our bodies in eliminating the toxins from our internal environment is to receive regular chiropractic care throughout our lifetimes. Regular chiropractic care will keep your nerve system free from interference, allowing your nervous system to function at a higher level, thereby enabling your body to handle toxic exposure.