

## The 7-Steps to Peak Energy Challenge Workshop

I go to bed fatigued, I wake up fatigued, and I run out of energy by mid morning. I walk through the door at the end of the day and collapse on the couch. Workout? I'm just plain worn out!



### Step 1: Proportioned Eating

Eating proteins, carbohydrates, and fats in the wrong proportions can cause unwanted health conditions such as cardiovascular disease, diabetes, and fatigue. While all three components are very important in all diets, you must eat the proper amounts! Equal portion of protein and carbohydrates is the key!

### Step 2: Water Intake

Water is essential for the body to cleanse and detoxify by eliminating waste. Most people are dehydrated and don't even know it! Symptoms of dehydration can include headache, fatigue, feeling hungry, or having dry lips or skin. A general rule of thumb for proper water intake is half of your body weight in ounces each day.



### Step 3: Supplements

In today's world, supplementation is a necessity. Our foods are not as nutritionally dense as they once were due to soil depletion, genetic modifications, herbicides and pesticides. Adding to the fact is that we eat outside the home more often, Ask a health professional to recommend a good multi-vitamin and essential fatty acid (omega 3's).



### Step 4: Rest

We all know how important it is to get proper rest. You may think all that is needed is a good night's sleep of about 8 hours, right? Well resting throughout the day also keeps our bodies with a good amount of energy. It need only be for about two to three minutes. This means ceasing activity and just taking a few deep breaths and exhaling through your mouth. You might be surprised how effective this simple method is.



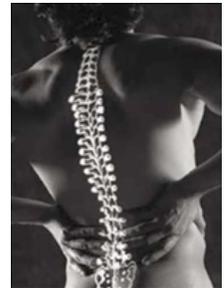


## Step 5: Stress Reduction with **PROADJUSTER** Chiropractic Treatment System



Most people don't take notice, or care, that we are putting more physical activity on our bodies than they can properly handle. This can lead to Nerve Impingement Syndrome, where pressure is being put on the nerves leading from your spine to all over your body. Even if you do all the other six steps of this program, you may not reap the full benefits if Nerve Impingement Syndrome is causing any organs or muscles in your body to function at lower than optimal levels. A doctor of chiropractic can help locate these areas and remove the stress these nerves are experiencing. Better yet, a chiropractor using the ProAdjuster can very specifically locate them and make it very easy and comfortable to relieve your Nerve Impingement Syndrome.

**PROADJUSTER** - No twisting, No turning, No cracking. The New ProAdjuster™ Chiropractic Treatment System is *comfortable, consistent, and computerized.* High-tech spinal analysis and adjustment of joint misalignments are crucial to a healthy nervous system and a healthy body. Cutting-edge chiropractic advancement, the ProAdjuster™ is safe and effective for patients of all ages.



## Step 6: Active Stretching

Actively stretching and keeping motion in your body on a daily basis is very important and will help keep your body in top shape and prevent injury. Performing simple exercises and active stretches throughout the day will help stabilize joints that are put under stress through daily activities leading to Osteoarthritis. Use the ProPosture Program to strengthen your spine, maintain proper posture and improve coordination and balance.



## Step 7: Time Management

"I don't have enough time." Planning your day is the first step in accomplishing the creation of more time. Managing your time will allow you to plan for your tasks as well as your eating times and what you eat. You can plan your power down times and times to actively stretch, and still have time left over! Plan for training in your workday. This will allow for improvements with any given task, which will increase your certainty and confidence, and your productivity. You will get more things accomplished in your day and feel great doing it!