

DIY Wellness Program

Beginner

- * Add in Healthy choices
- * Vitamin D, Multivitamin, and Fish Oil
- * Eat Raw Fresh Fiber First : Fruits and vegetables at the start of every meal
- * Read: *Discover Wellness*
- * Begin minimum 10 minutes exercise or vigorous activity every day
- * 5 minutes of focused meditation/prayer daily
- * At a minimum get your nervous system checked by a wellness chiropractor
- * Plan 2-3 months before progressing to intermediate
- * Explore gym, fitness, recreation center opportunities
- * Watch the DVD Super Size Me

Intermediate

- * Read Paleo Diet
- * Begin to remove unhealthy choices
- * Reduce grain based foods
- * Reduce significantly all dairy products
- * Cut out all soda and sweetened diets
- * Begin to reduce processed foods, canned, bottled or prepared foods or condiments
- * Explore yoga
- * Mediate/pray 10 minutes a day
- * Start day with affirmation spoken aloud
- * Increase exercise/vigorous activity to 20 minutes
- * Find ways to reduce sitting time

- * If not under chiropractic care. Do a 2-month trial of regular visits, a minimum of 8.
- * Read 100 year lifestyle
- * Plan 6-9 months before progressing to advance
- * Join a gym/fitness center. Go a minimum of 3 times a week.
- * Reduce the time in front of the TV by 25%. Progress to 50%.
- * Watch the DVD Food Inc

Advanced

Master the Following:

1. Organics: 100% certified. Focus on locally grown.
 2. Only whole foods
 3. Food ratio of 35% lean meats, 65% vegetables and fruit
 4. Exercise/vigorous activity for 35 minutes or more a day six days a week
 5. Majority of recreational activities movement based
- * Pray/meditate 5-20 minutes daily
 - * Yoga: 1/2 session one to two times a week
 - * Free range, grass fed organic meats
 - * 99% of liquid intake distilled water
 - * >50% of vegetable and fruit intake raw
 - * Dairy and grain intake <5%
 - * One hour a week research on subject of wellness
 - * Read at least one wellness themed book each quarter. Include nutritional books.
 - * Chiropractic adjustments one to two times a month.
 - * If not already connected. Explore and engage in spirituality.
 - * Watch no more than one hour of TV per day. Exceptions below

Approved Programs to watch:

- * Nature programs
- * Fit TV

- * DIY programming
- * Healthy cooking shows