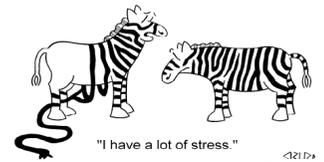
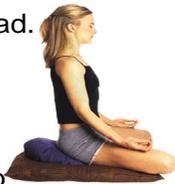


Easy steps to a long and vital life



Minimize the stress

Before adding more things to our lives we must give thought to shedding some of the work load. Stress is a killer of life and vitality. Find ways to minimize it, whether through relaxation techniques, changing jobs or playing more.



Feed the Mind and Soul

Many psychological and social factors may shorten or lengthen our lives. Getting enough sleep, having a sense of humor, developing a spiritual life, building long-term relationships with people, attending cultural events and owning a pet have all been associated with extending like expectancy.



Don't overindulge

Many times increased vitality can be felt immediately by reducing over-indulgence in alcohol, caffeine beverages, junk food, candy and a heavy, high-fat diet.



Exercise the body

For many people, exercising is not fun and it's hard to exercise consistently with a busy lifestyle. A fitness plan does not have to be elaborate to produce health benefits. **Even a daily 30-minute walk has been shown to improve health.**



Exercise the Brain

Staying mentally sharp is just as important as staying physically fit. Challenge the mind with new experiences, such as traveling, reading and being creative.



Eat a natural diet with plenty of fruits and vegetables

Fresh foods contain higher levels of vitamins than do processed (boxed, canned, or frozen) foods.

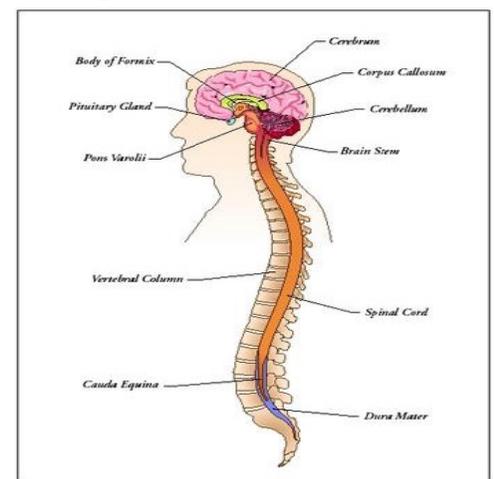
Have a purpose in life

Long-lived individuals often feel they have a mission or special purpose in life. Never stop learning, working or finding new causes to promote.



Maximize Nervous System Function

Be sure the life and vitality flowing from the brain through the spinal column and nervous system are free of interference. Clear the way through Chiropractic for the messages necessary for all organs, tissues, immune and other systems to work properly. Maximum nervous system function helps integrate other important health factors including proper rest, exercise, a nutritious diet and a good mental attitude.



**CHIROPRACTIC IS FOR EVERYONE!
CALL FOR AN APOINTMENT TODAY
AND EXPERIENCE IMPROVED
HEALTH AND WELLNESS.**

A publication by: [Central Connecticut Chiropractic](http://www.cheshirechiropractic.com)
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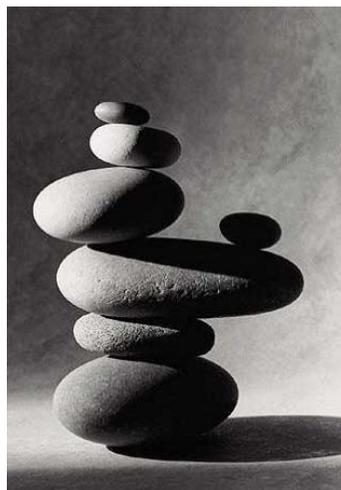
Can Chiropractic help with your MENOPAUSE disorder? Read the numbers!

Persons accepted for care	94.6%
Those well or much improved	81.8%
Those slightly improved	11.9%
Those who stayed the same	5.9%
Those who worsened	0.4%



From the Committee on research of the International Chiropractic Association; the majority of these cases have also been previously diagnosed and treated by practitioners other than Chiropractors.

GETTING A LIFE! A few steps towards “balance”



- ❖ Give yourself some quiet time and ask what you’re afraid of. The more honest you are, the easier it will be to address the real problem.
- ❖ Think of creating a personal life as an investment in your work. If you’re refreshed and balanced, you’ll be more productive.
- ❖ Measure your doses. Workaholics sometimes fear that if they take a break from work, they’ll permanently lose their momentum. Start small and slowly increase your time off as your tolerance builds.
- ❖ Keep a leisure log to track your activities- how long you spent, whether you enjoyed yourself.
- ❖ Study people whose lives are more balanced. Ask them how they do it.
- ❖ Plan something time-sensitive for immediately after work: Take a class, meet a friend for dinner, have a particular train to catch. A nonnegotiable deadline will get you out of the door on time.
- ❖ Get a buddy who will leave work with you. You’ll motivate each other.
Source: From O, The Oprah Magazine, Live your Best Life, Book

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