

The Lifehouse Chiropractic & Dr. Norman's **Top Ten Tips for Outrageous Vitality**

An Open, Clear and Flexible Nerve System Your nerve system is the master control system of your body and your spinal cord is the main conduit of energy flow in your body. Choose to have an adjustment at least once a week for maximum performance and maximum benefit from your healthy lifestyle.

Maximum Nutrition Nurture yourself with whole, fresh and vibrant foods. Simple tips to follow - Happy foods are those that rot quickly and have a short list of ingredients with words that you can pronounce. A great question to ask yourself before eating "Is this going to clog me or cleanse me?"

Enhanced Physical Fitness Choose a well balanced variety of activities involving strength, flexibility, grace, and endurance to support your body's function, stability, longevity, and harmony. Choose activities that you enjoy and that feel good to you. Daily activity for a minimum of thirty minutes is ideal. Suggested activities include but are not limited to: strength training (ie: weight training and sports), flexibility (yoga and stretching), balance, grace, fine motor coordination (Tai-Chi, dancing) and endurance (walking, running and swimming).

Mental and Emotional Wellbeing Your mind is a powerful, high performance, instrument. You can use your mind along with your emotions, for a reliable, state of the art, moment to moment, navigational system. Learning to use them together is very simple but not always easy so be patient with your self; be diligent, and practice.

Ultimate Hydration You are approximately 74% water. Bless your body with the cleansing power of water. This can be fun and easy and a great way to achieve a healthy body weight. There is no consistent amount that we should drink; this varies depending on our activity level, environment and food choices. Carrying a water bottle with you allows quick and easy re-hydration. As a guideline, aim to drink between 1 to 2 litres a day.

Social and Spiritual Wellbeing In our modern world social and spiritual wellbeing have become a lost art; overlooked or undervalued. However, these two components are fundamental cornerstones for your overall health and feed the flame of your vitality. Finding your core essence, answering the question of why you are here, and discovering how you will grow and evolve in service within your community, establishes your connection to yourself and others, grounding your existence to something greater than yourself.

Conscious Breath The act of breathing is not the same as the art of breathing. Although breathing is automatic, the art of breathing can be consciously practiced and improved (ie. directing breathing rate, rhythm and location) and can be a powerful tool to relax the body and mind, increase energy levels and further the body mind connection. Deep breathing releases stress, balances the nervous system, and increases oxygen levels. Ask at our front desk for a customized "Breathe" sticker for a friendly reminder or if you want to bring the art of breathing to another level attend one of our SRI workshops.

Play and Laughter There are numerous health benefits of play and laughter including decreasing stress hormones and increasing infection fighting antibodies, lowering blood pressure and protecting the heart. Remember, it isn't only that we laugh when we are happy; we are also happy when we laugh! Laughter is a choice. Make your choice in any moment; make it today!

Beautiful Sleep Your body does the majority of its healing at night. For most of us, 6-8 hours of sleep is ideal. Regularity and consistency is the best. We all have natural rhythms; find and honor yours today. You spend close to 1/3 of your life sleeping! As comfort is an individual choice, discover what works best for you and your body.

Choose Life We all know that there are a number of behaviours that are harmful to our being and many that we do to avoid life. When smoking, drugs, food, sex, TV, gambling, etc. become addictions, they are detours from our path. We need something to replace the old. What are your favourite life affirming activities? What things make you feel most alive, connected, and full of joy? Understand your addictions/potential addictions and unhealthy habits so you can recognize moments before you choose. A great question to ask yourself is, "How can I 'Choose Life' in this moment?" Your next action will be more in alignment with your highest good.

**A BEACON OF HEALTH, HEALING, WELLNESS
AND CONSCIOUS EVOLUTION**

