



DR. ROSENTHAL'S 7 STEPS TO HEALTHY LIVING

- 1) Breathing. In through the nose and out through the mouth. This will stimulate the first cranial nerve and increase oxygen consumption/intake.
- 2) Water. Start the morning with a glass of water and then drink throughout the day: ½ to 1 ounce per kg of body weight.
- 3) Protein intake (1.2 g per kg of body weight). Protein is essential for building muscle and preventing the effects of aging.
- 4) Stretching and exercise. Increases pliability of arteries, veins, nerves, muscles, tendons, ligaments, spine, joints and fascia.
- 5) Elimination. Should have at least one bowel movement during the day. Increase fiber and 2 heaping tablespoons of ground flaxseeds to improve bowel movements.
- 6) Food combining. Start off the morning with fruit. Eat the largest meal of the day at lunch when your metabolism is the highest. Don't eat starch and protein in the same meal, it slows metabolism.
- 7) Nutritional supplementation
 - a) Omega 3 oils (EPA/DHA). 2-6 grams per day. Provides essential fatty acids to rebuild and produce new cells.
 - b) Enzymes. To be taken with each meal. Will increase intestinal absorption of foods.
 - c) A daily Multivitamin (pick the best for your age – ask today).
 - d) B-complex and Zinc. B vitamins are the most common for cellular metabolism (80%). Zinc (40-80 mg per day) is required for protein synthesis, collagen formation and promoting a strong immune system.

CHIROPRACTIC, NUTRITION, STRENGTH & CONDITIONING

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