



# **Special Report**

## **ESSENTIAL RECOMMENDATIONS**

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Dear Health Seeker,

Humans are notorious for making life extremely complicated. Especially when it comes to health and fitness. In my career as a chiropractor I've seen so many fads come and go and all kinds of marketing trying to reach into my wallet and steal my cash. It makes your head spin trying to keep up with the latest "advancements".

I get emails and phone calls weekly with some company trying to sell me the latest, greatest piece of equipment for my office. They make you feel inadequate if your office isn't on the "cutting edge". I bought a few in my early years (some quite expensive), and never really had miraculous outcomes. Nothing close to what I was doing with my own two hands and the computer between my ears.

Then I woke up. Enough was enough. Why was I buying into this nonsense? Why was I letting other people hijack my mind? I sold all

the unnecessary equipment and gadgets and never looked back. I didn't need all that.

I unsubscribed from email list after email list. Like I said, it was all just making me feel inadequate anyway. As if I wasn't good enough without their \$30,000 piece of equipment. It took me months to get rid of the trash I didn't need anymore. I simplified.

I even changed my website. Notice how it's simple? It's on purpose. No flashy colors. No hard to read fonts. Just the essentials. The important information. It attracts people like yourself who are looking for the simple answers and repels the ones who are always looking for the next greatest thing. I can't do that anymore, and I don't want to be around it.

Constantly looking for the next greatest thing is exhausting. I spent years doing that. I study and read like crazy still, but it comes from a different place. It's not FOMO (fear of missing out), instead it's about enjoyment and expansion of the mind. It's relaxed. I'm in the flow.

I started reading books from the late 1800's and early 1900's.

Hundreds of them. All the "lost" secrets of health and fitness. Back when life was simpler. I was quite astonished at what I found.

So I urge you to understand life doesn't have to be overly complicated. Look around you. What do you have in your house or in your life that isn't bringing you enjoyment? What is derailing your life and getting you off track? Do you see the evidence of how your brain has been hijacked by marketers or trying to keep up with the Jones'?

The following is a list of recommendations I give my patients in the beginning of their journey with me. There is far more I teach them whether it be in the office or by my long distance health consulting, but this is the starting point. Make these changes and little by little your health will improve.

## Essential Recommendations:

- a. Drink a glass of water immediately upon rising. Do not guzzle.  
You are not a car radiator. Sip slowly.
- b. Do not eat after 7:00 p.m. You don't need food past this point. It's only going to find a home on your hips, belly, thighs, etc...
- c. **Beef should be grass fed.** (Arachidonic Acid equals autoimmune). Most beef is corn fed. Strive to find a farmer where you can purchase a freezer full.
- d. Attempt to minimize hormones and pesticides in food. Enough said.
- e. If you choose vegetarian, calculate protein intake carefully. While the human body does not need huge amounts of protein, it does need to be balanced. Being vegetarian is not eating bagels and salad (I've seen far too many people like this)

- f. Limit pasteurized dairy - other than **butter** which is excellent.  
Dairy is mucous forming, especially pasteurized, which is a dead food.
- g. No transfats. Man made chemical changes. Hydrogenated and partially hydrogenated fats.
- h. **Wine** with meals is okay. (Especially red) You have to enjoy life a little, right? Wine in moderation has health benefits. If you have problems with alcoholism, skip this.
- i. Chocolate is acceptable in reasonable amounts. (Dark is best)  
Quality not quantity. Small amounts, not a whole candy bar. Just break off a small square. Eat it slowly.
- j. Conditions in which the food is prepared are almost as important as the food itself. (**Attitude Is Everything**) Think back to a simpler time when life wasn't rush-rush. Energy was put into the preparation. It wasn't just about slapping calories onto the table, stuffing your face while scrolling your phone, and rushing to the next thing.

- k. Allow for yourself to eat “badly” occasionally, but make it **Special**. Don’t try to be perfect. Nobody is.
- l. Limit artificial coloring, corn syrup, and sugar substitutes. Acidic, fat accumulating, body clogging.
- m. Eat melons (cantaloupe, watermelon, honeydew, etc.) by themselves. Melons digest the best when eaten without other food.
- n. Get some **daily exercise**. No excuses. Buy a rebounder. (mini trampoline) Bounce on it 5 minutes morning and night. One of the best kept secrets to toning the muscles and improving the function of the internal organs.
- o. If you are struggling with a chronic condition and can’t seem to get better, seek out a nerve and/or body chemistry expert. [See my website](#).

**Bonus:** You need to digest your food. Cooking food destroys key enzymes that make this happen. We need to be responsible and put

the enzymes back. This is the first step when you start using nutritional supplements. When you digest the food you are eating better and more completely, you will extract more nutrients. Here is an offer you can't pass up. Just \$1 for a bottle of the #1 digestive enzymes we use everyday plus a really convenient pouch to carry them with you.

**\$1 Digest-A-Meal Offer.**