



## ***Five Factors of Health Building Your Health Account***

Similar to a savings account, your body's "health account" is affected by deposits or withdrawals that you make. A deposit into your health account using the five factors of health builds a stronger, highly functional body- a healthy body.

### **THE FIVE FACTORS ARE:**

**Nutrition** - Essential nutrients are crucial for your body to function. Processed foods, especially nutrient depleted refined grains, processed meats, sugars, and dairy products, drain your body of these nutrients. Contrarily, fresh fruits, vegetables, meats, and whole grains provide the body with the whole foods it needs for maximum function. These whole foods supply body building blocks and fuel for your body – just the way nature intended.

**Exercise** - The body needs movement to live. A morning exercise routine or exercise video and the advice of a trainer would be wonderful ways to get in motion. Simple solutions, such as parking away from a store and walking, serve the same purpose. Foam rollers, exercise balls, and bands are inexpensive aids to stretch and exercise muscles.

**Rest** - Healing occurs during rest. Adequate amounts of high quality sleep are vital for achieving optimal health. Meditation and relaxation techniques can be learned and utilized to allow the body to rest as well. Vacations are also an important deposit in our health accounts.

**Maintaining a grateful attitude** - Our thoughts affect our body chemistry; this is scientifically proven. A grateful, loving, appreciative attitude towards life produces nurturing body chemicals. Negative thoughts, however, release stress chemicals that deplete the health account. A healthy attitude costs nothing and the benefits are priceless.

**Energy** - the body has energy flowing through it. Nerves transmit energy to all body parts, and the brain coordinates all body functions. Think of energy as a circulation system. Just as you do not want blocked circulation in the system that carries your blood, you do not want energy blocks in your nervous system. A chiropractic correction program followed by regular check-ups keeps energy moving.

I hope this brief explanation of the five factors of health gives you ideas and information to build your own health account. I am dedicated to you being your very best and will assist you in any way I can to accomplish the optimal health you deserve. Please ask any questions and let me know how I can best assist you.

***Yours in health,**  
--Dr. Jack*