PATH TO Optimal Health

How long do you think it will take to get there?

_____ DAYS _____ WEEKS _____ MONTHS _____ YEARS

How important is it for you to achieve your goal?

1 2 3 4 5 6 7 8 9 10

LEAST MOST

What makes us go down the path?

REDUCING HEALTH

What makes us go down the path?
Our lifestyle stress can accumulate and affect our health.

Physical Stress
Subluxation
Sedentary Lifestyle
Injuries/Accidents
Repetitive Stress/Posture

Chemical Stress
Poor Diet and Nutritional Imbalances
Dehydration
Chemical Overload
Medications and OTC's

Mental/Emotional Stress
Negative Thinking
Home, Work, School
Stressful Relationships









INCREASING HEALTH

What makes us go up the path? **At any time we can make healthier choices and move back up the path.**

Check any areas you may need to change:
- ❑ Become subluxation - free
- ❑ Strategies to better deal with emotional stress
- ❑ Think healthier thoughts
- ❑ Begin or improve exercise program
- ❑ Add specific nutrients
- ❑ Change your eating habits
- ❑ Other _____
- ❑ Other _____

Check results you hope to achieve as we address your subluxations and you make changes
- ❑ Reduced pain and symptoms and feel better
- ❑ Increased energy level
- ❑ More restful sleep ❑ Healthier weight
- ❑ More happiness ❑ Less anxiety
- ❑ Other _____
- ❑ Other _____

What makes us go up the path?