

## Energize your life!

Hectic, fast-paced, high-stress, and tired. Does this describe YOU? Questions and concerns about stress and fatigue cause many visits to primary care providers and health food stores, often leading to the question, “*What can I take to have more energy?*” or maybe more to the point, “*Why am I so tired?*”

In a survey of the American population, it’s over 90% that say they wish they had more energy; they just don’t know what to do.

Now, let me quiz you very quickly. How many of you would like to increase your energy by up to 40% in the next 14 days? How many of you would like to reduce stress in your life by 50%? Strengthen your structure and increase mental clarity by 33%? *Do I have your attention?*

Give me two minutes of your time, and I’ll show you how to increase your energy by up to 40% in 14 days.

What I’d like to do is introduce you to some solutions that will help improve your health and well-being. This involves an easy, 7-step program. You can start this program today!

The **7 steps** are as follows:

- 1) Portion combining macronutrients – 1 part Protein, 1 part Carbohydrate, 1/10<sup>th</sup> part Fat (portion size = palm of your hand)
- 2) Proper water intake
  - a. Formula: Your weight divided by 2 = the number of ounces of water to drink per day. Water is not coffee, tea, or soda. Water intake is the same for children.
- 3) Nutritional Supplementation – high quality multi-vitamin, high quality omega 3 fatty acids
- 4) Resting and Relaxation – rest 2-5 minutes, 2-5 times per day
- 5) Stress reduction therapy – **Chiropractic Care**, stretching, **Acupuncture**, **Massage Therapy**, Physical Therapy, Pressure Point Therapy, Rehabilitation, Exercise
- 6) Time management – Follow the *D-Rule* – **Do**, **Delegate**, **Defer**, **Dump**
- 7) Strengthen your spine – follow proper biomechanics when lifting, bending, sitting, carrying, etc.

I’m hopeful that what I’ve shared with you has inspired you to think differently and decide to become more in tuned to health, so you can increase your energy, your well-being, and your life.

I’m also hopeful that what I’ve shared with you is something you can **share with others** so they can improve their life as well.

I want to offer you two gifts. One is an opportunity to come to our *Peak Energy Solution* lecture series that begins in June (please rsvp at 278-YOST). Two is a chance to discuss any health problems that concern you. You are invited to consult with myself or my associate doctor has no charge.

**PS - If you're suffering, or want more information about Yost Family Chiropractic, give us a call. 278-YOST.**

**Chiropractic, Massage Therapy, Acupuncture, and Nutritional Supplementation might just be the answer to improving your quality of life.**

Yost Family Chiropractic, 8521 Hickman Rd, Urbandale, IA 50322

**278-YOST**

[www.YostFamilyChiropractic.com](http://www.YostFamilyChiropractic.com)