



HealthStyle
Wellness

THE 5 KEYS TO AMAZING HEALTH

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5 KEYS TO AMAZING HEALTH

1. Nutrition
2. Movement
3. Reduce Stress
4. Eliminate Toxicity
5. Maximize Nerve Function



PROPER NUTRITION

WHY IS IT SO DIFFICULT TO EAT HEALTHY?

- Industrial food producers prioritize Profit over Public Health
 - Highly processed foods are cheaper to produce and have a longer shelf life making them very profitable
 - Unhealthy food is far more accessible and readily available. Fast food, convenience stores and vending machines make it incredibly convenient to access unhealthy food, contributing to their ubiquity.
 - Highly processed foods are engineered to be highly palatable and addictive.
 - Bliss Point – the amount of salt and/or sugar that can be added to a food to make it addictive but not unpalatable.
 - McDonald Fries
 - Coca-Cola
 - Lax food advertising and labeling regulations allows food manufacturers to advertise unhealthy food to venerable populations and claim exaggerated health benefits.

Nutrition Facts
Serving Size 1 Pastry (50g)
Servings Per Container 8

Amount Per Serving
Calories 210 Calories from Fat 70
% Daily Value*

Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 34g	11%
Dietary Fiber less than 1g	3%
Sugars 12g	
Protein 2g	

Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B₆ 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF MOLASSES, SALT, CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE)

CONTAINS WHEAT AND SOY INGREDIENTS.
Distributed by Kellogg Sales Co., Battle Creek, MI 49016 USA
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0g Trans Fat
Good Source of Calcium
Good Source of 4 B Vitamins

36USC220506



PROPER NUTRITION

- Energy & Vitality
- Disease Prevention
- Brain Function
- Mood Regulation
- Weight Management

PROPER NUTRITION

As Much as Possible

- Raw Fruits & Vegetable
- Raw Nuts & Seeds
- Wild caught Fish
- Steamed vegetables
- Avocados

Balance Intake

- Organic Grass-fed Meats
- Pasture raise Chicken & Eggs
- Rice & Quinoa
- Beans, Peas & Lentils
- Potatoes & Sweet Potatoes

On Rare Occasions

- Wheat and Grain products
- Dairy products
- Canned foods
- Pizza or Hamburgers
- Refined carbohydrates

Never In This Lifetime

- Soft drinks
- Artificial Sweeteners
- Seed Oils & Synthetic Butters
- High Fructose Corn Syrup
- Ultra Processed foods

HYDRATION



Increased Cellular
Function



Improved Digestive
Health



Joint and Muscle
Support



Detoxification

MOVEMENT

WHY IS A SEDENTARY LIFE SO BAD?

- Increase risk of chronic disease
- Musculoskeletal issues
- Decrease muscle strength and bone density
- Mental Health Issues
- Reduced Life Expectancy
- Poor Posture and Mobility



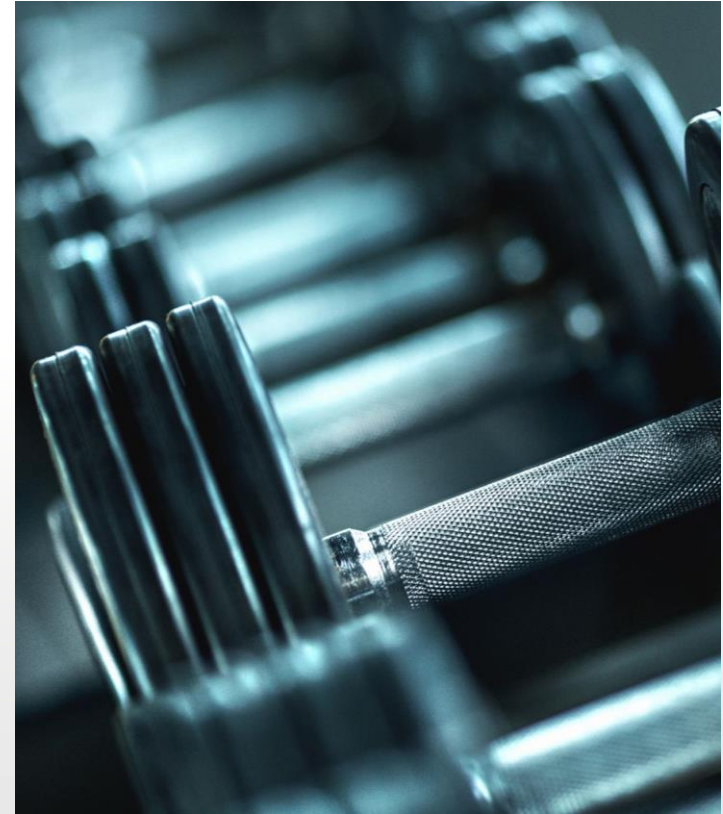
MOVEMENT

Physical Health Benefits

- Better Cardiovascular Health
- Improved Body Composition
- Enhances & Balances Hormones
- Decreased Risk of Injury
- Eliminates Toxins

Mental Health Benefits

- Better Sleep
- Increased Stress Tolerance
- Reduces Depression
- Higher Energy Levels
- Improved Cognitive Function



MOVEMENT

- Low-Impact Exercises
- Moderate-Intensity Activities
- High-Intensity Workouts
- Flexibility & Balance Exercises



STRESS

- Mental Health Issues
- Cardiovascular Problems
- Immune System Dysfunction
- Musculoskeletal Problems
- Reproductive Issues
- Skin Conditions



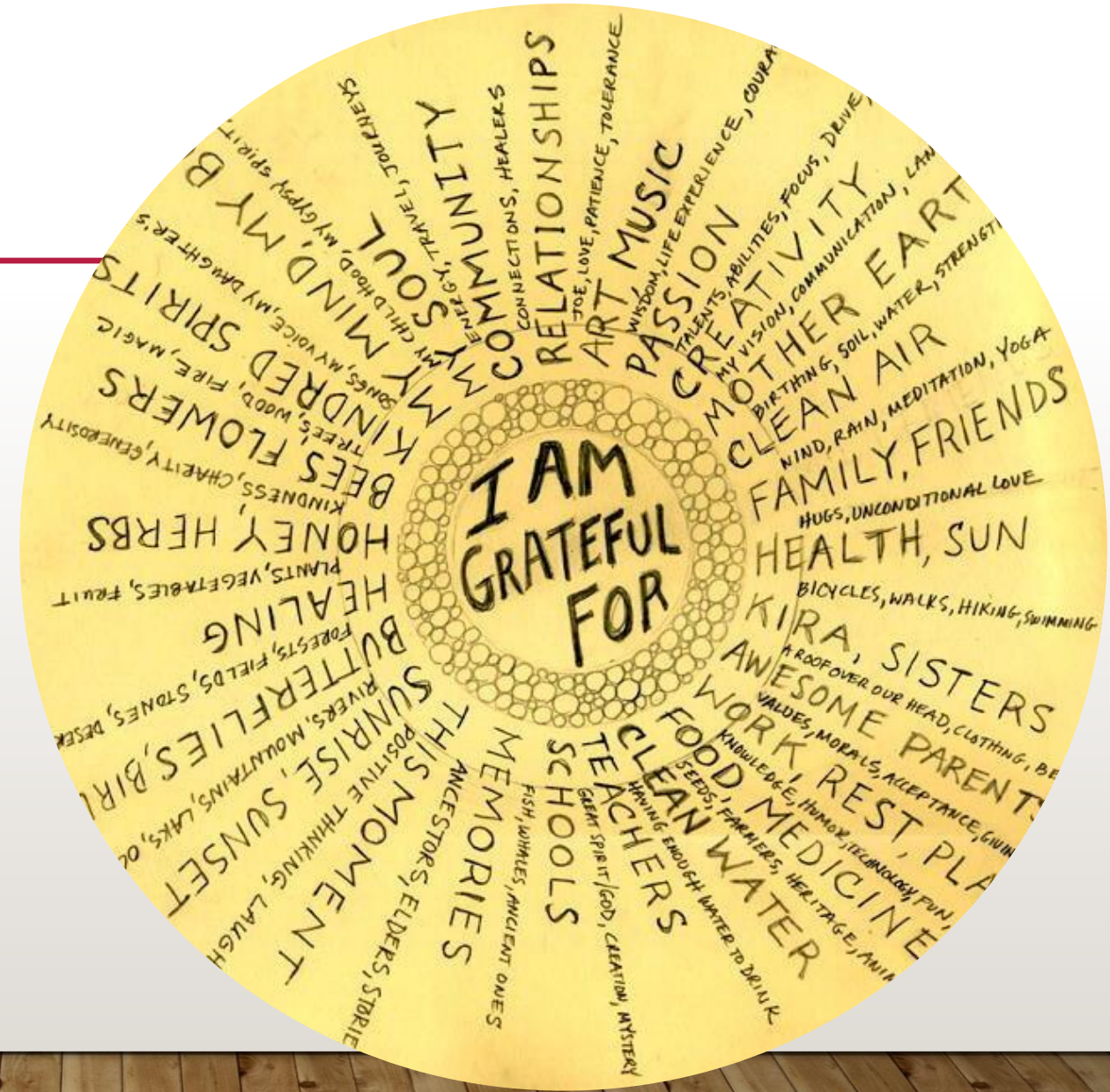
GRATITUDE

- Improved Mental Health
- Enhanced Well-Being
- Reduced Stress
- Better Sleep
- Improved Relationships



GRATITUDE

- Gratitude Journaling
- Expressing Thanks
- Gratitude Meditation
- Gratitude Letters



TOXICITY

- Air Pollution
- Water Contaminants
- Food Additives
- Cleaning and Personal Care Products
- Electromagnetic Fields
- Medications



DETOXIFY

- Limit Exposure to Environmental Toxins
- Sauna/Steam Bath
- Adequate Sleep
- Regular Exercise
- Proper Diet
 - Clean Foods
 - Hydration



MASTER SYSTEM OF THE BODY

Central and Peripheral Nervous System

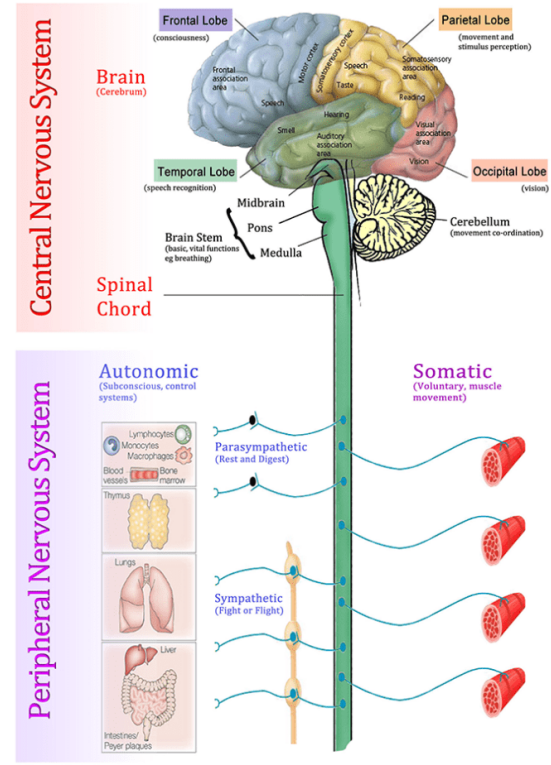
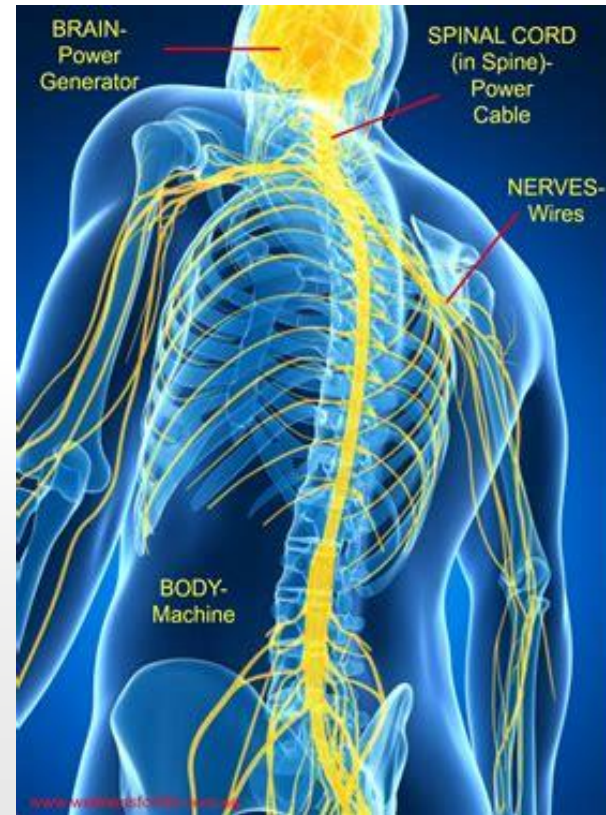


image via: <http://clinatortreview.net/>

MAXIMIZE NERVE FUNCTION

- Muscle Activation & Movement
- Organ Function & Homeostasis
- Immune Regulation
- Stress Response & Cognitive Function
- Injury Prevention & Recover



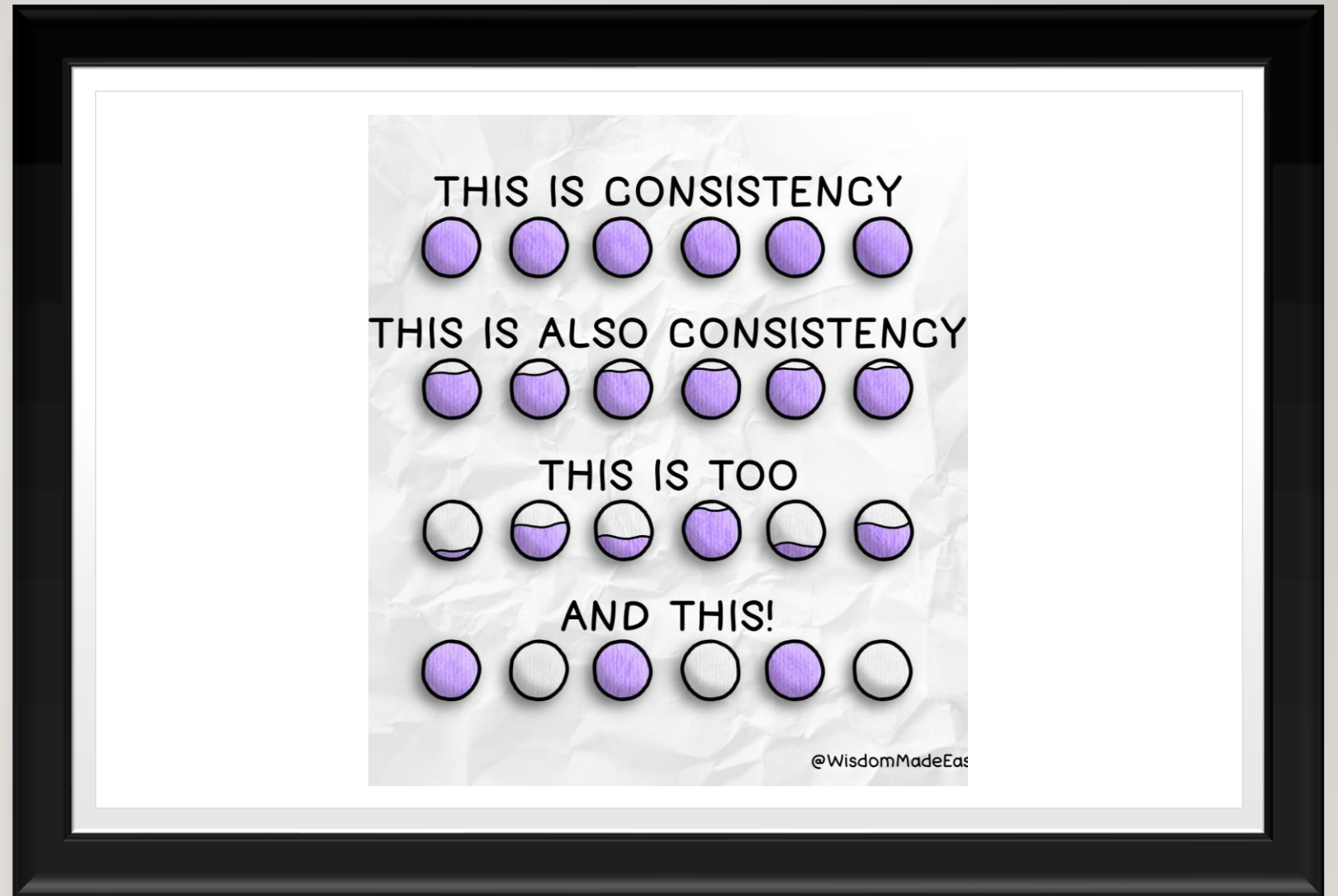
Malfunction in the Power Generator, Cable or Wires, will lead to malfunction in the Machine.

The same goes for your BODY.

Take care of your Nervous System and Spine.

Chiropractic specializes in maintaining the Nervous System & Spine.

CONSISTENCY



QUESTIONS

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SCAN ME