



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

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GENERAL DIETARY GUIDELINES

Good health means much more than merely being free from disease. The following desirable qualities come together to form the picture of good health:

- Energy for All Activities and Surplus for Recreation.
- Good Appetite and Digestion
- Good Elimination
- Healthy Skin and Eyes
- Flexible Body and Mind
- Good Memory / Clear Thinking
- Freedom from Anxiety and Worry
- Ability to Relax and Enjoy Activities and Recreation
- Spontaneous Humor and Laughter
- Good Communication Skills
- High Personal Self-Esteem and Esteem for Others
- A Prevailing Sense of Happiness and Contentment
- Freedom from Disease

A nourishing, wholesome diet is one of the key factors for good health and happiness. Trust nature and seek its edible and medicinal (herbal) gifts.

This handout is designed to provide you with guidelines for establishing healthy eating habits that will support your best health. Of course, if you have specific allergies, food sensitivities or other challenges please seek individualized assistance and use this plan only as a general guideline. Consider making an appointment for a food sensitivity test to determine problematic foods.

You may select different foods to plan your diet around, but choices that your friends or family make regarding food may not be the best choices for you as an individual. It is unwise to allow convenience, habit or desire to dictate your food choices rather than nutritional value and your individual needs.

Vegetarians generally avoid the use of meat, fish and fowl, concentrating instead on grains, vegetables, beans/legumes, and fruits. Many people choose to abstain from red meats totally but include moderate amounts of fish and fowl. The macrobiotic diet is based on a foundation of 70% grains, beans and peas, and vegetables, along with fruits when in season. This diet generally includes no animal products except occasional fish. You may also have heard of the raw-foods only diet and the fruit only (fruitarian) diet.

In addition, combining foods in specific ways helps the digestive process. Each of these programs can be of benefit for certain people, or may be appropriate for certain phases of life or health conditions; but no one program is appropriate for everyone at all times. See Dr. Levy's [Food Lifestyles](#) article for detailed information on selecting the right plan for your body.



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Specific dietary regimens may be used for a certain time period to achieve certain therapeutic benefits. Some examples include the Rotation Diet for allergies and food sensitivities, the Mono-Diet (use of only one type of food for a specific time period), Detoxification Plans, and Fasting. Such programs should be monitored by a knowledgeable health care provider.

The effect of food on the health of both body and mind is much more profound than ever before realized. Rather than lists of proteins and carbohydrates and sodium, this Dietary Guideline stresses the use of “wholeness” foods, i.e., fresh vegetables, fruits, nuts, seeds and unrefined grains, beans, and other complex carbohydrates.

Here, then, are the main points of a sound nutritional program:

1. USE ORGANIC FOODS (FREE OF CHEMICALS AND PESTICIDES)

Most foods in the grocery stores and restaurants have been raised in soils containing high levels of petrochemical fertilizers and pesticides. These plants were sprayed with chemicals throughout their growing periods again for shipping and exposed to chemicals to keep them from becoming ripe “too soon”. Some have been colored and waxed.

We are exposed to increasing numbers of chemicals from our foods and from the air and water. Each chemical must be broken down (detoxified) by the liver, lungs, kidneys and skin; and then removed from the body. With this bombardment, we are becoming increasingly toxic and unable to rid our bodies of these poisons.

Our first line of defense is to avoid taking them in at all. Processed foods have an inherent financial benefit to their producers and marketers, but typically no benefit for the consumer. These provide empty, toxic calories.

2. USE UNREFINED FOODS IN AS NATURAL A STATE AS POSSIBLE

All refining, packaging, storing, and over-cooking results in loss of nutrients. Canning foods requires extreme temperatures which also decrease the nutritional value. Home canning in mason jars is preferable, especially compared with metal cans. Chemical contamination from containers can enter the food, resulting in decreased value and even toxicity. This includes meal cans (BPA free are best), plastic wrappers, foil, and aseptic packaging. These packages promote shelf life, not human life (or pet life).

Avoid refined foods such as “enriched” breads, white flour products, sugars, and white rice. In the refining, these foods have lost most of the nutrients, fiber, and trace minerals. Refined foods supply only empty calories, and actually rob the body of whatever nutrients it does have, as it works harder just to digest these imitation “foods”.



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Whole foods contain the carbon, oxygen, hydrogen, nitrogen, and various vitamins and minerals that are essential for health. Nitrogen is important for binding vitamins and minerals. When we alter our food (refining, over-cooking, etc.) the nitrogen is lost first, causing immediate loss of related vitamins and minerals. Without these substances, the food is “empty” and of little nutritional value.

Enzymes are necessary for the digestion of all foods. They are altered by cooking; therefore, cooking should be minimized in both time and temperature. Eat as many raw foods as possible and do not over-cook your food. Root vegetables (potatoes, parsnips, carrots, etc.) when cooked, should be baked or steamed in their skins. Other vegetables should be eaten raw, and when cooked, lightly steamed in a small amount of water, 3-8 minutes with leftover fluids (which contain many minerals) used for soup or stock.

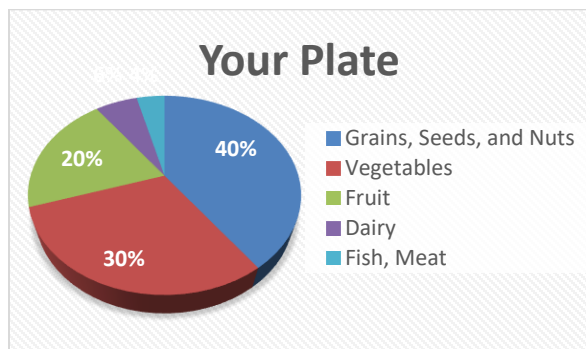
The body uses unrefined carbohydrates as fuel. The best sources come to us in whole grains and starchy vegetables such as sweet potatoes, carrots, squash, parsnips, and to some extent from beans. Refined foods, on the other hand, such as sugar, white flour products, and white rice give quick energy, but lead to strain on the pancreas and adrenals, which need to be fully functioning to maintain good blood sugar levels.

Some people seem to have food allergies or food sensitivities to certain grains, more often the gluten-containing grains. As a matter of fact, wheat, along with corn, is listed among the top ten food allergens. It is generally believed that this condition develops when an infant is fed grain products before the digestive system is ready to handle them.

Another cause of allergy / sensitivity is eating a food too often. In our culture we tend to overuse the gluten-containing grains. Genetic hybridization and modification also seem to contribute to food sensitivities.

3. BALANCE THE DIET

As in all aspects of life, balance is essential for your healthy diet. One way to view a healthy balance is:



<i>Food Type</i>	<i>% of daily food intake</i>
Grains, Seeds, Nuts	40 %
Vegetables	30 %
Fruit	20 %
Dairy Products	6 %
Fish, Poultry, Beef	4 %



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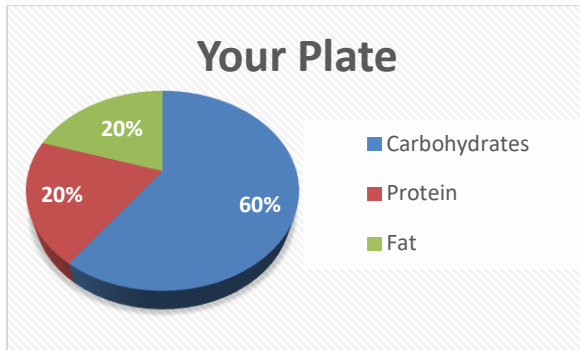
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Another way to describe this balance is:



<i>Food Type</i>	<i>% of daily food intake</i>
Carbohydrates	60 %
Protein	20 %
Fat	20 %

4. CORRECT INTAKE FOR YOUR BODY'S ACTIVITY

Balance your body weight by only taking in what you can use.

This Calorie Calculator is based on the Mifflin-St Jeor Equation which calculates basal metabolic rate (BMR), and its results are based on an estimated average. The basal metabolic rate is the amount of energy expended per day at rest. This value is then multiplied by an activity factor (generally 1.2-1.95) dependent on a person's typical levels of exercise in order to obtain a more realistic value for maintaining body-weight.

For men: $BMR = 10 \times \text{weight}(\text{kg}) + 6.25 \times \text{height}(\text{cm}) - 5 \times \text{age}(\text{y}) + 5$

For women: $BMR = 10 \times \text{weight}(\text{kg}) + 6.25 \times \text{height}(\text{cm}) - 5 \times \text{age}(\text{y}) - 161$

While using the calculator is much more accurate, to get a simpler “ball-park figure” for adults:

1500 calories/day with minimum activity.

2000 calories/day with moderate work-out each day.

1000-2000 calories/day for a reduction program - geared to exercise.



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5. USE HIGHLY NUTRITIOUS FOODS

- Live, raw foods daily
- Iron rich foods
- Magnesium/Calcium, rich foods (in the ratio of 3 parts magnesium to 1 part calcium)
- Vegetables
- Fruits
- Grains, beans, peas, seeds, nuts
- Foods with naturally occurring vivid colors:
Blue, Purple, Red, Orange, Yellow, Brown, Black, etc.

6. USE ONLY HIGH QUALITY, TRULY COLD-PRESSED OIL

Avoid foods that are fatty or fried in vegetable oil, margarine, or shortening. Coconut oil, (high-quality) olive oil, sesame oil, and macadamia oil are best for low temperature sautéing and cooking.

7. USE SUPPLEMENTS AS NEEDED AND RECOMMENDED FOR YOU

Be sure that you use only the highest quality natural supplements. Click [HERE](#) for our handout on supplements.

8. CARBOHYDRATES, PROTEINS, AND FATS

A. CARBOHYDRATES: Unrefined carbohydrates are the primary source of fuel for the body. Carbohydrate foods can be classified as simple, moderate, and complex.

- 1) **SIMPLE CARBOHYDRATES (REFINED):** include white sugar (sucrose, which is table sugar and powdered sugar), glucose, dextrose, malto-dextrose, corn syrup, corn sweeteners, fructose, white flour, and white rice. This category should be avoided since these items evade the body's normal digestive and metabolic pathways and cause rapid fluctuations in blood glucose levels.
- 2) **SIMPLE CARBOHYDRATES (UNREFINED):** include fruit juices, honey, rice bran syrup, and natural maple syrup. These unrefined simple carbohydrates are very concentrated; remember to dilute and sparingly use these sweeteners in very small quantities. We have accustomed our taste buds to excessive sweetness. This taste can be an addiction! These foods do not provide adequate fuel, creating a nutritionally deficient state in your body.



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- 3) **MODERATE CARBOHYDRATES:** include the starchy vegetables such as potato, sweet potato, parsnip, turnip and squashes. These vegetables are slower burning fuels.
- 4) **COMPLEX-CARBOHYDRATES:** include grains, beans, and peas. These should provide 60% of your daily intake. Grains are divided into those that contain the protein gluten and those that do not. Some gluten-free grains are millet, brown rice, and amaranth. Corn and maize are often genetically modified, as well as hard to digest, making it best to avoid them altogether. Quinoa (keen-wah) is actually a high-protein seed which can be substituted for grain in many recipes.

The gluten-containing grains are wheat, barley, oats, rye, and buckwheat. Grains provide the most stable source of fuel for the body, will stabilize blood sugar levels, and if eaten in their natural state, contain most of the B vitamins, calcium/magnesium, enzymes and fiber needed for the body to digest and absorb them. If you experience a food allergy or sensitivity to a specific grain, seek nutritional counseling to learn how to avoid that grain.

The body requires B6, zinc, and chromium as specific nutrients to break down and metabolize carbohydrates. Complex carbohydrates provide these essential nutrients, while refined carbohydrates do not.

B. PROTEINS: Protein foods should provide approximately 20% of all calories. Most people in our culture eat too many animal proteins for their good health. Animal proteins are the most difficult to digest and require a much longer time in the stomach than protein from vegetable sources. The ideal ratio for protein intake is at least 15% of calories to be supplied by vegetables, sprouts, grains, beans/peas, and nuts/seeds. If you use animal products at all, limit these to 5% of your daily calorie intake, with the remaining 15% coming from the plant kingdom.

PROTEIN FROM THE PLANT KINGDOM (most-efficient foods):

A great variety of healthful foods abound.

- 1) **SEEDS:** raw sunflower, pumpkin, sesame, flax, chia, hemp, sprouted seeds (alfalfa, clover, radish, mung bean, sunflower), etc.
- 2) **BEANS:** split peas, lentils, adzuki, northern, pinto, black-eyed, kidney, black, garbanzo beans, etc. Many beans and peas can also be sprouted, which will increase their protein content.
- 3) **NUTS:** almonds, walnuts, pecans, filberts, Brazil nuts, cashews, pine nuts, etc. All nuts should be raw and unsalted. Some nuts can be sprouted, almonds being the easiest to sprout.
- 4) **VEGETABLES:** green leafy vegetables, mushrooms, seaweed, avocados, etc.
- 5) **GRAINS:** (see Complex Carbohydrates)



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PROTEIN FROM ANIMAL SOURCES (less-efficient foods):

- 1) Use only lean and organic grass-fed meat, purchased from a local farmer/rancher if possible. Most of the beef available from the grocery stores contains high amounts of toxic chemicals. The cattle are given hormones to speed up their growth rate, and all their feed has a high chemical content. The chicken industry also relies on heavy drug use to promote growth. Use your best consumer skills to obtain foods free of damaging chemicals and toxins.
- 2) Cold-water wild-caught fish are a good source of protein, i.e., cod, herring, squid, mackerel, salmon, etc.
- 3) If you use milk products, our recommendation is that you use un-pasteurized, if possible, and be diligent about avoiding low-fat or fat-altered milk products. Use hard, non-colored cheeses and unsweetened yogurt. Many cheeses listed as low-fat actually contain 56-60% fat and other cheeses contain 70-85% fat. Avoid processed cheese foods as they are high in sodium, chemical preservatives, and colorings. The synthetic vitamin D fortified milk has been linked with certain types of bone cancer. Synthetic "enrichment" does not compare with the food in its natural state.
- 4) If using eggs, obtain them from a local area where the chicken was free to roam and scratch. Grass-fed chickens produce high-quality eggs. Fertile eggs have the highest protein content.

C. FATS: Healthy fats are an *essential* part of a healthy diet, but they should be selected for being unadulterated and not heat-processed. Essential fatty acids are very important building blocks for our system. We need a high-quality source of fat to produce hormones, cell membranes and other cell substances, but most of us do not eat high quality fresh fats. Instead, we tend to overeat damaging rancid heat-processed, and hardened fats.

New research shows that the most readily available sources of essential fatty acids for health come to us from coconut oil, macadamia oil, sesame oil, flaxseed oil, and high-quality olive oil. The recommended amount is 2 tablespoons/day. The oil you use should be cold-processed and kept in a dark bottle in the refrigerator. Note: the term "cold-processed" can be misleading, so be sure your source is trustworthy.

If using oil for sautéing, do not heat the oil to the point where it smokes. When any oil is heated to a smoking point, it denatures and becomes rancid and may produce trans-fats. Deep frying food breaks down the essential fatty acids and the fat becomes saturated, and often changes chemically, creating trans-fats. Continued high-heat and re-use of the fat changes the chemistry of the acids, leaving harmful toxic products to be absorbed by the body which then have to be eliminated.

For salads I recommend supplemental flaxseed oil that has not been heated and will provide necessary fatty acids for your diet. Macadamia, avocado, or sesame oils are also good choices for salads. Avoiding Salad dressing or oil is a great choice, while adding diced avocado or other fruit for a bit of moisture is both healthy and tasty.



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To decrease your use of rancid fats, avoid the following:

- all margarines, shortening, vegetable oils
(often heat-processed or chemically treated)
- foods containing processed or fractionated coconut and palm oil
(raw coconut oil or palm oil is fine)
- fried foods
- heavy sauces
- oily commercial salad dressings
- hydrogenated peanut butters
- Roasted, salted nuts

9. USE FRESH, PURE WATER

Water is the only drink that hydrates the body. I recommend purified water or bottled spring water that eliminates the fluoride, chloride and as many bacteria as possible. The second choice is distilled water with fresh lemon juice or liquid minerals added. Caffeine-free herbs teas are excellent beverages. Avoid caffeine, de-caffeinated drinks, and drinks with sugar or with artificial sweeteners. Caffeine and alcohol are addictive substances and cause many health-related problems.

Use the following as substitutes while abstaining from their use; Water, Pero, Teechino, Roma, Caffix, Postum, herb teas (those that never did contain caffeine), diluted vegetable juices, and diluted unsweetened fruit juices (can be used occasionally if you do not suffer from blood sugar problems or Candida).

Click [HERE](#) for Dr. Levy's [Coffee – America's Favorite Drug](#).

10. SUGAR AND SALT INTAKE

A. SUGAR: We have discussed the effect of simple sugars on your health. Sugar has been found to cause hyperactivity in children, food sensitivities and allergies, mood alteration, depression, vitamin and mineral deficiencies, hypoglycemia, diabetes, and is implicated in dementia.

To break down and properly use carbohydrates, your body requires trace minerals (especially zinc and chromium), vitamins (especially the B group - B6 most notably), fiber, and enzymes. Refined sugars have had all these substances removed.



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When you eat refined carbohydrates, the body is forced to deplete its own natural store of trace minerals, vitamins and enzymes, causing deficiency states. Refined carbohydrates over-stimulate the adrenal gland and will eventually lead to adrenal burnout. These glands are involved with stress control, excessive swelling problems, and mood regulation.

PREFERRED SWEETS: These may include rice bran syrup, barley malt syrup, molasses, raw honey, maple syrup, apple juice, finely chopped dates or other dried fruits (without sulfites), Sucanat (raw sugar cane product), and Stevia. If using honey, choose Tupelo honey, which is the slowest burning form. Regular honey and molasses burn very rapidly in the body, so use them sparingly. Two tablespoons or less per day is the recommended amount.

B. SALT / SODIUM: In our culture, we tend to overuse salt. Excess inorganic sodium upsets the delicate fluid balance of the body, which can result in swelling and bloating, high blood pressure, kidney disease and other problems. By eating a more natural diet, the salt content will be cut down.

To season, moderately use unprocessed Sea Salt, Real Salt, or Himalayan Salt, and herbs and seasonings that do not contain salt. Some salt-free seasoning liquids on the market that you might try, are Bernard Jenson's "Quick Sip", Dr. Bronner's "Mineral Seasoning", and Braggs "Liquid Aminos".

Avoid all foods that contain refined or commercial salt, such as: processed cheeses, crackers, chips, fried foods, processed meats, soda pop, and mineral water drinks containing sodium. Read the labels for sodium content. An easy way to cut your salt intake is to stop your habit of salting your food while cooking.

11. FIBER IN YOUR DIET

Increase your fiber to 20-30 grams/day. The best way to do this is by using natural, whole grains, and raw vegetables and fruits. Adequate fiber is necessary to move the raw waste products through the body for elimination. If you are constipated, your system is more subject the effects of toxic substances.

12. MAGNESIUM/CALCIUM AND IRON

Foods high in iron are prune juice, baked beans, millet, kidney beans, dried split peas, lentils, whole grain oats, whole grain wheat, Jerusalem artichokes, beet greens, Swiss chard, dandelion greens, parsley, spinach, walnuts, sesame seeds pecans, and hazelnuts.

Green leafy vegetables are a rich source of chlorophyll, which is high in magnesium. Click for Dr. Levy's free Guide to Foods High in [Calcium](#) and [Magnesium](#).



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13. AVOID USING STIMULANTS

Alcohol, caffeine and sugar are stimulants and actually increase stress. Avoid them. Note that caffeine is found not only in coffee, but also in many over-the-counter drugs, as well as most soda pops, and chocolates. Click [HERE](#) to see the Caffeine Content of Foods and Medications.

Tobacco is another stimulant and smokers, as well as those subjected to side-stream smoke, will suffer many ailments related to its use. Because the nicotine in tobacco is addictive, abstinence requires perseverance. Herbs and dietary choices, including vitamin C complex, vitamin B complex, Khella and Turmeric herbs, and Kudzu, can help to reduce tobacco cravings. For optimal health, you must work to rid yourself of your stimulants. See Dr. Levy's article: [Cravings – You Can Conquer Them!](#)

14. AVOID USING OF OVER-THE-COUNTER DRUGS

NSAIDS – Non-Steroidal Anti-Inflammatory Drugs – such as Aspirin and Ibuprofen, are detrimental to the body. The kidneys, stomach, immune system, even the quality of your bones, and much more, all suffer terrible and sometimes irreparable damage at the hands of these dangerous substances.

Sensitivity reactions are common and, disastrously, so are the fatalities from overdose. The numbers are astounding. Yet every day, millions of people eat them like popcorn. We must educate the masses! Click [HERE](#) to read Dr. Levy's simple three-page handout and hand it out to everyone you know!

15. EXERCISE REGULARLY

A daily exercise program is one of your most important health tools. Proper exercise will cause your body to both process and use your food for your maximum benefit, besides offering a multitude of health benefits. If you have specific challenges, a modified exercise regime can be designed by a health care professional.

Select and continue your favorite sport or exercise such as swimming, bicycling, hiking, tennis, caving, etc., if this is comfortable and well tolerated. Consider walking, yoga, Tai Chi, or Essentrics ®, for more relaxed less exhausting, and more meditative movement activities.

Refer to chapter 4, *Move It and Preserve It*, in [Your AGING Body Can Talk](#).



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16. ACUPUNCTURE AND CHIROPRACTIC CARE

It is important to recognize that we have two electrical systems in the body. If either of these two systems is malfunctioning there will be diminished function in the body, and less of a chance for optimum health.

First, there are 12 Major Meridians and 2 other important meridians which supply energy to the body and connect organs to muscles, joints, and other parts of the body.

We each also have a central nervous system, with nerves which begin at the brain, go into the spinal cord through a hollow space in the vertical column, and branch out to supply the body. Small nerves even supply the blood vessels.

Poor nutrition can certainly affect the nerves, which may have serious repercussions concerning organ function. If an organ is compromised or not functioning properly the related acupuncture meridian can become disturbed, incorrectly transmitting the body's energy (called Chi).

It is important to correct any incomplete or partial dislocations (called subluxations) which may cause nerve irritation. A simple realignment is often enough to allow the body to heal and maintain health once again.

17. REDUCE STRESS AND RELAX

Involve yourself with activities that are relaxing and restful. Intentionally incorporating these times into your busy calendar has shown to yield great results for a longer, more rewarding and fulfilling life.

Experiment with different techniques – the one you are not sure about just may be the one you end up enjoying most. Consider:

Aromatherapy

Biofeedback

Breathing Exercises

Daydreaming

Doodling

Drinking Herbal Tea

Gentle Dance Exercise

Going to Bed Early

Herbal Baths

Home Spa

Increased Leisure Time

Intimate Relations

Journaling

Laughing at a Comedy

Low-Stress Cooperative

Games

Meditation

Mindfulness Practices

Music Appreciation

News Fast

Organizing Clutter

Painting

Pets

Positive Self-Talk

Prayer

Quiet Time/Day

Reading a Good Book

Relaxed Cooking

Small Gardening

Tai-Chi

Taking a Nap

Taking a Stroll in Nature

Therapeutic Massages

Throwing or Attending a
Small Party

Walking Your Dog

Watching Aquarium Fish

Worship Services

Writing

Yoga

...and much much more!

Best wishes for your health!