

Trade in your stress for health success!

Presented by
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EMOTIONAL STRESS

- A. Keep a positive mental attitude. "As *a man thinketh* in his heart *so* is *he*," (Proverbs 23:7)
- B. Go to bed early so you can rise early-pump your self up.
- C. Set Goals and do affirmations-road map to your future.
- D. Stop procrastinating and eliminate your intolerances.
- E. Don't watch the news, especially before bed or first thing in the morning.
- F. Prayer and Faith.
- G. Stop limiting your beliefs, be more open minded.
- H. Systems-Save-yourself-stress-time-energy-money. Un-conscious competence.
- I. 500 mg of Magnesium
- J. B Vitamins/ Eat Healthier
- K. Exercise
- L. Quite time
- M. Sleep
- N. Meditate/Deep breathing exercises
- O. Get Adjusted
- P. Raise your standards
- Q. Attend Change UR Direction, Pregnancy and Early Motherhood, Mindfulness Meditation

PHYSICAL STRESS

- A. Buy a new bed/or pillow
- B. Change your posture every 30 minutes
- C. Proper Ergonomics at work and home
- D. Purchase a Lumbar support
- E. Exercise
- F. Perform Mirror image strength and stretch exercises and anti-gravity stretches
- G. Stretch and strengthen your core
- H. Change the way you carry your purse and wallet
- I. Get fitted for orthotics
- J. Get Adjusted
- K. Attend Jump start and Half hour of power workshops

CHEMICAL STRESS

- A. Eat more fruits and vegetables-30 grams of fiber.
- B. Don't cook your vegetables to much.
- C. Take supplements.
- D. Do a cleanse or fast.
- E. Drink carbon filtered water, at least ½ your body weight in ounces a day.
- F. Eliminate Processed Foods and Fast Foods
- G. When shopping stay on the outside radius of the grocery store.
- H. Avoid using beauty products that are not all natural.
- I. Stay healthy so that you can avoid the use of medications.
- J. Take a good multivitamin
- K. Get Adjusted
- L. Get A Functional Medicine Test Performed
- M. Attend the following workshops-Winners R Losers", Healthy Eating, Detoxify, Cleanse and Replenish, Hormones, Conquer Your Emotions, Supercharge Your Immune System