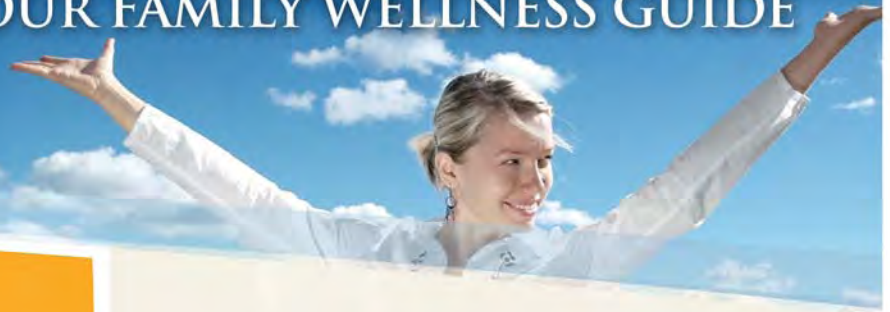




## YOUR FAMILY WELLNESS GUIDE

FROM DOC'S  
DESK

Hi everyone,

Anywhere I travel to health conferences or seminars, the focus is always on the fact that we are losing our health at a rapid rate, especially in the industrialized world. **Every year, we are getting sicker and sicker, instead of healthier and healthier.** At our current rates, 50% of the people in any one room will end up with heart disease, while 2/3 of the remaining 50% will end up with cancer (and those rates are increasing). The Journal of the American Medical Association indicated that medical error is the 3rd leading cause of death in the U.S. We are the sickest animal species on the planet!

I think that everyone would agree that health is our greatest asset. The prevailing belief system as to why we are sick is because of bad luck, bad genes, and bad germs. That's bad science. **As long as you believe this, you have no power over your health.** We are not sick because of bad luck, bad germs, or bad genes. We are sick because of bad choices.

The purpose of our workshops is to show you, based on the best peer-reviewed research from the top journals in the world, that what determines whether we are sick or not, ... is how we eat, move, and think.

**We are constantly led to believe that we can leave our health up to the "experts".** But the truth is, **you need to be the expert,** because it is YOUR choices which are going to determine your health.

Until we change our choices, we have no chance. And as I said at the last workshop, this is extremely motivating to me.

*The QUALITY of your life is determined by the QUESTIONS you ask..*

**If I could accomplish one thing with any one of my patients it would be this:** to get you to start asking the question "I wonder either what requirement I am deficient in or what am I toxic with that my genes can't adapt to?"

If you could just start asking that question, instead of: "I wonder what I have/what's wrong with me?", "What treatment do I need?" or "what should I do/take to accomplish \_\_\_?", your health will change dramatically.

**The purpose of your adjustments,** for example, is not to treat your pain! Pain relief is only a side-effect of your spine getting healthier. A vital requirement of your body to stay healthy is a type of neurological message called proprioception. This charges your brain like a battery, and regulates your organ health, mood, and muscle function. When your spine doesn't move properly, e.g. from sitting all week at work, you become literally deficient in this required nutrient.

You see, **treating something (your weight, your pain, your cholesterol, your thyroid, etc.) will never make your body any healthier,** unless what you are doing is creating sufficiency in something that your body genetically requires, or it is reducing toxicity that your genes can't adapt to. Make sure to e-mail me (dr.mark@hunterchiropractic.com) if you are wondering about something you are currently doing.

I would love to have everyone's goal to simply be HEALTH. Feeling great, normal body chemistry, normal mood, normal energy levels, normal weight, etc, are all simply natural side-effects of your body being in a state of balance called homeostasis (health).

This month the workshop is "Eat Well". Come listen, and then spend the next 30 days before your next workshop getting 1% better. Your health depends on it!

- Dr. Mark

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(Next to The Bank of Montreal, at 10th Line)



## UPCOMING WORKSHOPS:

### **1. The Wellness Eating Strategy** (Eat WELL series) **Wednesday, Aug 26th @ 6:10 p.m.**

We are going to be discussing:

1. What your body's genetic requirements are in terms of FOOD, to move towards homeostasis and health.
  2. What FOODS are toxic, to which your genetics have no idea how to adapt.
  3. How to successfully implement this into your busy, hectic life. We are going to be discussing the science of personal change. You will learn how to change how you eat easily, comfortably, and gradually.
- Don't miss this critical workshop in our Eat Well, Move Well, Think Well series!

*Reserve seats for you, your friends and family*

### **2. The Science of Wellness & Prevention** **Wednesday, Sept. 9th @ 6:10 p.m.**

This is, without question, the most important workshop in our series. We will discuss the 2 fundamental questions regarding your health.

1. Why do you become sick?
2. What do you require genetically to get and then remain well?

We are going to be discussing the 5 root causes of all chronic illnesses and pain, and we are going to set up your lifetime strategy towards preventing them as well as achieving optimal health, energy, body image, immune response, digestion, and much more!

*Reserve seats for you, your friends and family*

## EAT WELL TIPS before our workshop

I am amazed about the answers I get when I ask whether someone is eating properly or not, and what eating properly actually means. Here are 3 key points:

1. A certain food is not necessarily part of healthy eating simply because it has a lot of antioxidants/vitamins, gives you energy, helps you lose weight, lowers your blood pressure, is good for heart disease or cancer, etc. None of these things, however, mean that the food is not ultimately toxic to our body. But, because of our society's fragmented view of health and "treatment", the bulk of nutritional information/research is based in this way. Only by answering the question "is this a food that my body is designed to have?", will you learn how to move your body towards homeostasis. Losing weight/feeling great/disease prevention are simply natural side-effects!
2. Most people realize that their eating strategy is not based on achieving homeostasis, but on a bunch of smaller, separate goals similar to the ones listed above. Remember, the ONLY way to achieve ALL of your health goals is to work towards achieving homeostasis in your body. There is only 1 way to do this: by eating what your body is genetically designed to eat.
3. The prevailing belief about how to change your lifestyle is as follows: "try", "fail", "try harder", "fail again". The reasons for failing to sustain a healthy lifestyle are not because "you are too busy" or lack of discipline or self-control. The 2 reasons for lack of success are:
  - a) You are trying to change your behaviour, despite the fact that your behaviour is the EFFECT of your belief system about the food choice. So, before changing your behaviour, we have to develop ACCURATE beliefs about the actual, cumulative effects of your food choices.
  - b) Your strategy can't consist of stopping eating the things you love and forcing yourself to eat the things you don't like! This goes against all laws of human nature! The key is to change slowly and gradually. Start by adding some raw fruit or vegetable before EVERY meal, and some pure fish oil every day. Don't give up anything for now, ...until you start noticing that your cravings have changed. The cravings will change once your physiology and your belief about the food starts to change. and your belief about the food starts to change. Remember we are a team, and I am proud and grateful to be your health coach.

-Dr. Mark

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