



## FROM DOC'S DESK

### What is your health plan?

As you can see by the daily news reports of increasing levels of chronic disease, spiraling "health" care expenditures, and resistance to any meaningful health care reform; the community needs expertise more than ever. They desperately need the answers to the questions "Why are do we develop chronic illness and pain?" and "What do we have to do to get and stay well?" Research is unequivocal on the unmatched positive impact that evidence-based lifestyle interventions make on your quality/quantity of life.

#### **Do you feel that your health is where it should be?**

Are you able to effectively sustain healthy lifestyle habits on a regular basis without compromising your family, social, and work life? Are you role-modeling this behaviour to your family & friends on a consistent basis?

If you are that's fantastic. However, it's possible that you are not. Perhaps you are so busy that it seems impossible to add anything else to your life without sacrificing something crucial. Perhaps you have seen your health or how you feel drop in recent months and are wondering what to do to.

I know it seems you have tried everything already. I know you believe that you don't have the time or energy.

#### **The secret is found in understanding your core beliefs about health.**

Let's use the example of those of you who are either non-smokers or people who have managed to quit smoking. If I asked you why your behaviour with respect to smoking is the way it is now, and you told me that it is because you believe, deep down, that the consequences are just too great, **I would believe you.**

The reason I would believe you is because your regular actions are the manifestations of your beliefs. It is black and white. If I want to know what you truly believe deep down, I just have to look at your actions.

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The question I asked at our most recent workshop on February 3<sup>rd</sup> was: "How many people here believe that their current and future health are **HIGHLY** leveraged on how they **CHOOSE** to eat, move, and think, and how well their nervous system is functioning?"

When everyone in the room raised their hand, I was compelled to say: "I don't believe you."

Let me explain, ...

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### UPCOMING WORKSHOPS:

#### **1. The Health & Wellness Report**

Wednesday, Feb 24<sup>th</sup> @ 6:10 p.m.

Location: Hunter Chiropractic

This is the most important workshop we offer. Learn the answers to the 3 most important questions regarding your health and your chances of illnesses prevention.

1. Why do we develop illness and pain?
2. What do we need to do to get and then remain well?
3. How do I **get myself** to do those things on a regular basis.

Don't miss this workshop, and if you haven't been a few times this year, attend again. Ask at the front desk to register yourself and a guest.

#### **2. Move Well – Movement and Brain Function**

Wednesday, March 3<sup>rd</sup> @ 6:10 p.m.

Location: Hunter Chiropractic

Come learn the critical information as to which movement choices lead us toward chronic illness, and which ones we require to achieve optimal health. Most importantly come get inspired, and learn the science of belief system change. Learn how to actually get yourself to move more and exercise on a regular basis.



613. 841.9355

4380 Innes Road, Orleans, Ontario  
(Next to The Bank of Montreal, at 10th Line)

WWW.HUNTERCHIROPRACTIC.COM

### Dr. Mark's Continuing Education

#### **Spine and Nervous System Correction Phoenix, Arizona (Feb 12-14, 2010)**

Dr. Mark is travelling this weekend to Arizona to sharpen his skills and knowledge. He will bring it all back for you to benefit!

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The reason **I don't believe you** (most of you) is because I know what so many of your regular actions are. In order to be healthy (all of your cells functioning in a state of balance), we must be working towards eating, moving, and thinking congruently with our genetic design, ... at the same time, for an extended period of time. The first step is to know what your genetic requirements are in all these areas. ... and this doesn't mean how to eat to lose weight or how to exercise a few times per week to look and feel better. I want to set the bar much higher for you, and this bar is actual HEALTH.

The second step is to learn how to change your belief systems about health so that you can actually get yourself to do these required things regularly. Just simply trying to change your behaviour has been proven over and over to be ineffective in the long-term. People sometimes succeed at first, but then can't sustain it.

**The key to belief system modification is that if you truly understood the health effects of many of your regular actions, you would live a different lifestyle. This I can promise you.**

Essentially, the main factors which cause your body to move away from health are stressors. Your body can't tell the difference between chemical, physical, and emotional stress.

Here are the types that we need to know about and consistently work on.

1. Nutrition: Which nutrients are you deficient in that your body's genetics require to function normally. Which foods are you eating that your body perceives as toxic?
2. Joint Movement: Where in your body do subluxations exist? Subluxations are joints in your body (most commonly in your spine) that are not moving/positioned correctly. **Subluxations are very often silent**, and are essentially unavoidable on a daily basis in our culture of prolonged sitting, poor posture, and repetitive motions. Subluxations cause nerve irritation which prevents proper health.
3. Whole-body Movement: Are you providing your body with the amount and types of movement it requires? Are you doing any movements which are toxic?
4. Your thoughts/emotions: Are you sufficient in the types of thoughts/emotions your body requires? How high is your level of toxic thought/emotion?

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If you want an accurate way to determine all of these levels, ask about our Health & Wellness assessment which analyzes your current lifestyle along with your current fitness and functional abilities.

To learn how to improve on these behaviours through belief system modification, sign up for the next workshop.

Start with the easiest actions first while you are working with us on your belief systems.

Some of the easiest include:

- Eat some raw fruit or vegetable BEFORE any meal or snack.
- Get your spine checked regularly for stress-causing subluxations in your spine. Get them adjusted.
- Drink more water
- Take the required supplements: Fish oil, probiotic, vitamin D (winter), and multivitamin.
- Make excuses during the day to simply move around and walk more
- Every day, think of the things that you are grateful for.

If you are absolutely ready to change and never look back, there is really only one program to consider: The Innate Lifestyle™ Program. Ask at the front desk for details.

I am here with you on your wellness journey. Choose well.

Dr. Mark Hunter

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