

Dr. Hunter's Requirements for Optimal Health

1. Optimal Neurology. An optimally functioning spine is required for optimal neurology and health.

- ✓ **Correct Your Spinal Function.** Generally 3-4 chiropractic adjustments per week for 1-4 months, along with spinal traction and postural exercises.
- ✓ **Maintain Optimal Spinal Function.** Generally 2-4 chiropractic adjustments per month, along with daily spinal range of motion and postural exercises.

2. Optimal Fitness & Mobility.

- ✓ **Lots of Daily, Low-Intensity Movement.** Ensure you accumulate no more than 8 hours of sitting each day.
 - This includes desk work, driving, watching television, computer use, eating, etc. Get up and move!
- ✓ **Moderate/High-intensity Workouts 3-4 Days Each Week.** Use functional (natural) movements.
 - Keep your program fun, balanced, and constantly varied. Include: 1) resistance training; 2) high intensity/short duration interval training; and 3) moderate intensity/moderate duration aerobic training.
- ✓ **Be Mobile.** Spend time after your workouts to increase the mobility of your spine, hips, shoulders, etc.
- ✓ **Recover.** Take 3-4 days each week to properly recover from your moderate/high intensity workouts.

3. Optimal Sleep. The goal is to sleep 8- 9 ½ hours, and awake feeling refreshed without needing an alarm.

- ✓ **Go to bed early.** Get to bed early enough to allow for 8-9 ½ hours of sleep per night.
- ✓ **Black out your bedroom.** Install black-out curtains, and cover all electronic lights.
- ✓ **"Lights out" after sundown.** Start dimming indoor lights, and reducing usage of computers, television, etc.

4. Optimal Thinking. Read over these 10 points each day.

- ✓ **Be Present.** Spend time each day focussing on the present moment (as opposed to the past or future).
- ✓ **Be Grateful.** Each day, take note of the good things that you have in your life. Write them down.
- ✓ **Maintain Perspective.** Each day, visualize explaining your problems to someone with a critical illness, or who lives in a war-torn or impoverished country.
- ✓ **Be Solution-Focused.** Focus daily on potential solutions, instead of on your problems themselves.
- ✓ **Focus on Things You Control.** Focus on YOUR actions TODAY. Focus less on the past or on what others do.
- ✓ **Live in Integrity.** Align your daily thoughts & actions with your core values (the qualities of a good person).
- ✓ **Maintain Healthy Relationships.** Make the people around you feel important, appreciated, safe, & loved.
- ✓ **Forgive.** Forgiving does not mean forgetting or condoning. It means letting go and moving on.
- ✓ **Continuously Learn.** Ensure that you are learning something new each week about health and happiness.
- ✓ **Relax.** Spend some time each day doing something that you find fun and/or relaxing.

5. Optimal Nutrition.

- ✓ **Eat Lots of Fibrous Vegetables Daily.** Leafy greens, broccoli/cauliflower, peppers, asparagus, celery, etc.
- ✓ **Eat Sufficient Healthy Protein Daily.** A variety of meats, and whole eggs. Naturally-raised is ideal.
- ✓ **Add Sufficient Healthy Fat Daily.** Coconut/Olive oil, ghee, avocado, coconut milk, nuts/seeds & nut butter.
- ✓ **Eat Some Healthy Carbs Daily.** Fruit, sweet potato, yam, squash. Quantity based on your workout regime.
- ✓ **Drink Sufficient Pure Water Daily.** Ensure that pure water is your main beverage throughout the day.
- ✓ **Supplement Daily.** Fish oil, vitamin D3, non-dairy probiotics, and a greens powder or multi-vitamin.
- ✓ **Eliminate:** Sugar; natural & artificial sweeteners; gluten (especially wheat); trans-fat; soy products, MSG; refined vegetable/seed oils; dairy; grains; legumes; fruit juice; dried fruit; and processed food.
Start reducing toxin exposure from your personal hygiene products, household cleaners, etc.
- ✓ **Indulge Occasionally in Your Cravings.** 1-2 servings of non-optimal foods on 1-2 days of the week.

Start CHOOSING Optimal Health!