



VITAL
HEALTH
WELLNESS
CENTER



THE FIVE KEYS TO HEALTH

THE FIVE KEYS TO HEALTH

As a culture we many times focus on disease treatment or disease management. While that may be necessary at times, actually building our health can go a long way in decreasing the need for either.

There are ways to consistently improve and build our health. This is the area that chiropractic care excels! There are Five Keys to Health. Let's look at them.

- 1 | Optimize the Nervous System
- 2 | Pure Nutrients
- 3 | Adequate Exercise
- 4 | Adequate Rest
- 5 | Not just Physical

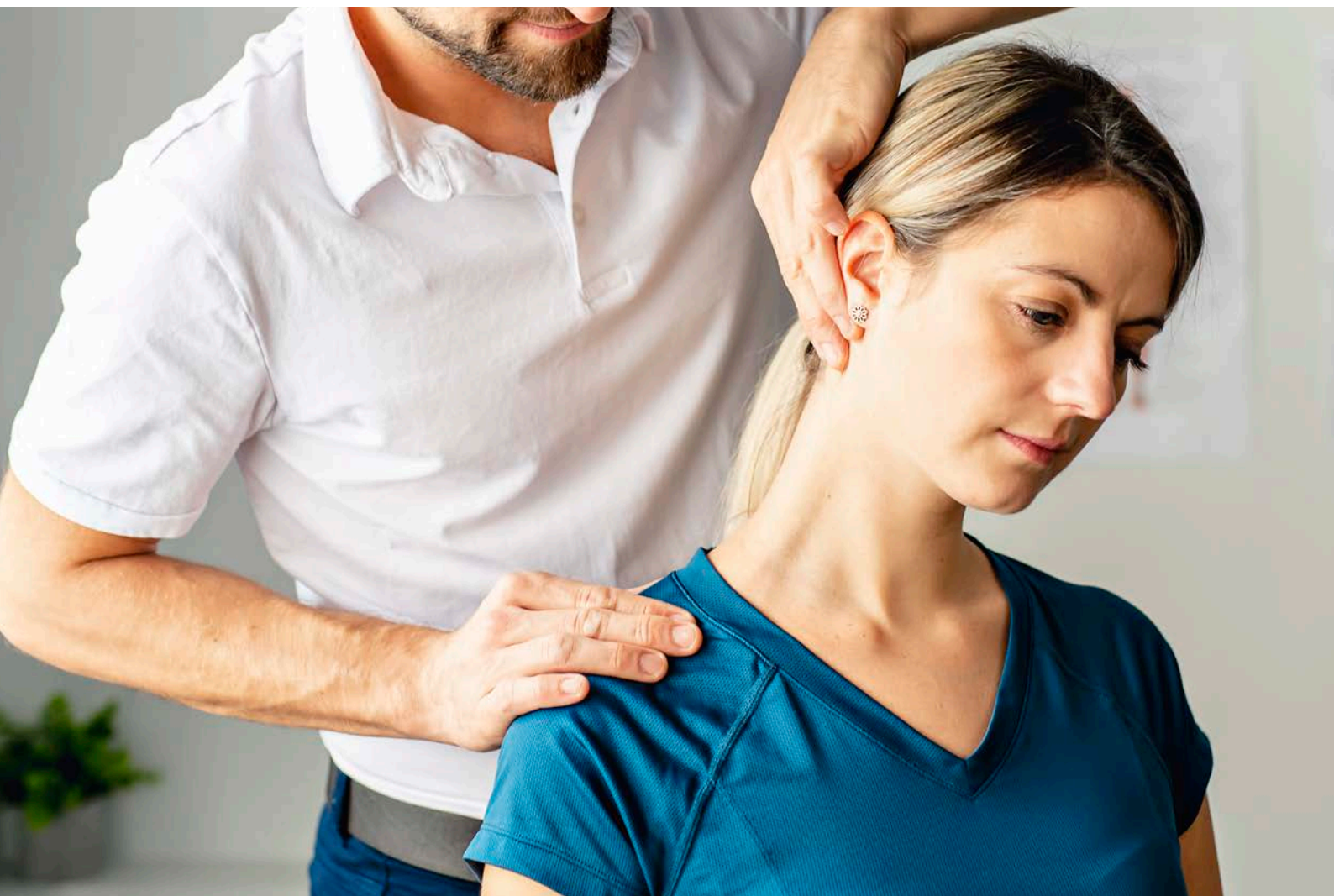


1

OPTIMIZE THE NERVOUS SYSTEM

You must assure that the nervous system is working properly because it controls and coordinates every cell, tissue and organ in your body. It's the Master Control system. The muscles do what the nervous system tells them. Your organs are controlled by the nervous system. All of the systems including your immune system are controlled by the nervous system.

Chiropractors work to assure that you do not have abnormal motion & position in the spine that causes interference to your nervous system. We do that through specific spinal adjustments to restore neuromusculoskeletal function (and that feels great)!





2

PURE NUTRIENTS

You must have a sufficient amount of pure nutrients in your diet and an absence of toxicity. It is a bit cliché, but it is true that we are made of what we eat. We must put the basic building blocks of whole-food nutrition into our bodies, if we want our body to be able to build and repair itself properly. Also, we must not put toxic substances into our bodies that our body must then detoxify and repair. It's hard to build health at the same time we are tearing it down.



3

ADEQUATE EXERCISE

We must have a sufficient amount of exercise. Our bodies are designed to move. We do not have an adequate defense for prolonged sitting. Our culture tends to be very sedentary. This harms our spine, nervous system and body. Regular movement and exercise is essential for staying healthy and building our health.



4

ADEQUATE REST

We must have an adequate amount of rest. Our bodies do most of our healing while we are sleeping. We cannot burn the candle at both ends for too long before our health begins to degrade. Good sleeping posture and a supportive mattress go a long way to providing good rest.

Another thing that can be very helpful is limiting computer or phone screen time before bed. The blue light emitted from our screens tends to disrupt the normal chemicals our nervous system makes to help us get to and stay asleep well.

NOT JUST PHYSICAL

We must maintain a positive mental and emotional outlook and a proper spiritual connection. Study after study shows that our mood, our expectations and our connection vastly boost health. A spirit of gratitude and thankfulness chases away fear and negativity...both of which zap our health potential.





THE FIVE KEYS TO HEALTH

These are the Five Keys to Health that work all of the time. At the Vital Health Wellness Center, we are happy to coach you on any of these five. We are committed to assuring that your nervous system is working properly with safe, effective and comfortable adjusting techniques (our primary chiropractic technique is NUCCA where we never have to turn or twist your neck). We develop personalized nutrition plans for people who may have areas of toxicity or insufficiency. Personalized exercises? Yes, we provide those too. Sleep, mental & emotional outlook, proper spiritual connection? You bet! We can help you in any area that you desire.

If you have any questions or wonder if chiropractic care could unleash your vitality and health, please give us a call at (937) 435-1895. We'll set up a time to connect and talk about your needs and desires.



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