

The Natural Laws Of Life And Health

The Law of Proper Nutrition—You are what you eat. You can't operate a car on 90% water and 10% gasoline. Neither can you expect maximum efficiency from the human body while living on devitalized and toxic food. The quality of the food you give your body has a great effect on the quality of the body you live in.

The Law of Sanitation— We wouldn't think of letting waste and garbage accumulate in our homes. We need to have the same standards for our bodies. Maintaining both a positive internal environment (with pure food, air and water) as well as a healthy external environment is an important key to health. Your body eliminates accumulated waste and toxins regularly. Too many toxins can overwhelm your body's ability to deal with them. Likewise, a body that's not functioning 100% will not be able to properly keep up with toxins either.

The Law of Sensible Movement and Exercise—Movement is life...stillness is death. Tone is the basis of health. To maintain tone you must move throughout the day and get a sensible amount of exercise regularly in order to function at peak efficiency.

The Law of Rest and Recuperation—You must balance daily activities with a time for necessary rest and recuperation. In this way, Nature is able to re-vitalize you for further activity and accomplishment.

The Law of Right Mental Attitude—Ralph Waldo Emerson once said, "A man is what he thinks about all day long." The Bible says, "As a man thinketh in his heart, so is he." Thinking negatively very often does make it so. Just as toxins in our environment build up, toxic thinking—either our own or in those around us—affects us as well.

The Law of Proper Nerve Supply—Our bodies need a good nerve supply at all times in order to function at their best. When there is a disruption or interference in the communication between the brain and body, dis-ease, disorder, and malfunction will follow.

**When We Violate the Laws of Life and Health,
We Pay a Dear Price**

Chiropractic Has Always Been Green

Courtesy of:

Active Care Chiropractic
Dr. Mark Wogahn

18762 Ventura Blvd.
Tarzana, CA 91356

128 Auborn Ct., Suite 100
Westlake, CA 91361

(818)342-2299

www.activecarechiropractic.com