

# **seed starters:**

## **Beginning a Plant-Based Lifestyle**

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*Chiropractor, Acupuncture Practitioner and Plant-Based Physician*







**If you eat the standard American diet and live a standard American lifestyle, you should expect standard American diseases!**

**A plant-based lifestyle will be your first line of defense in navigating:**



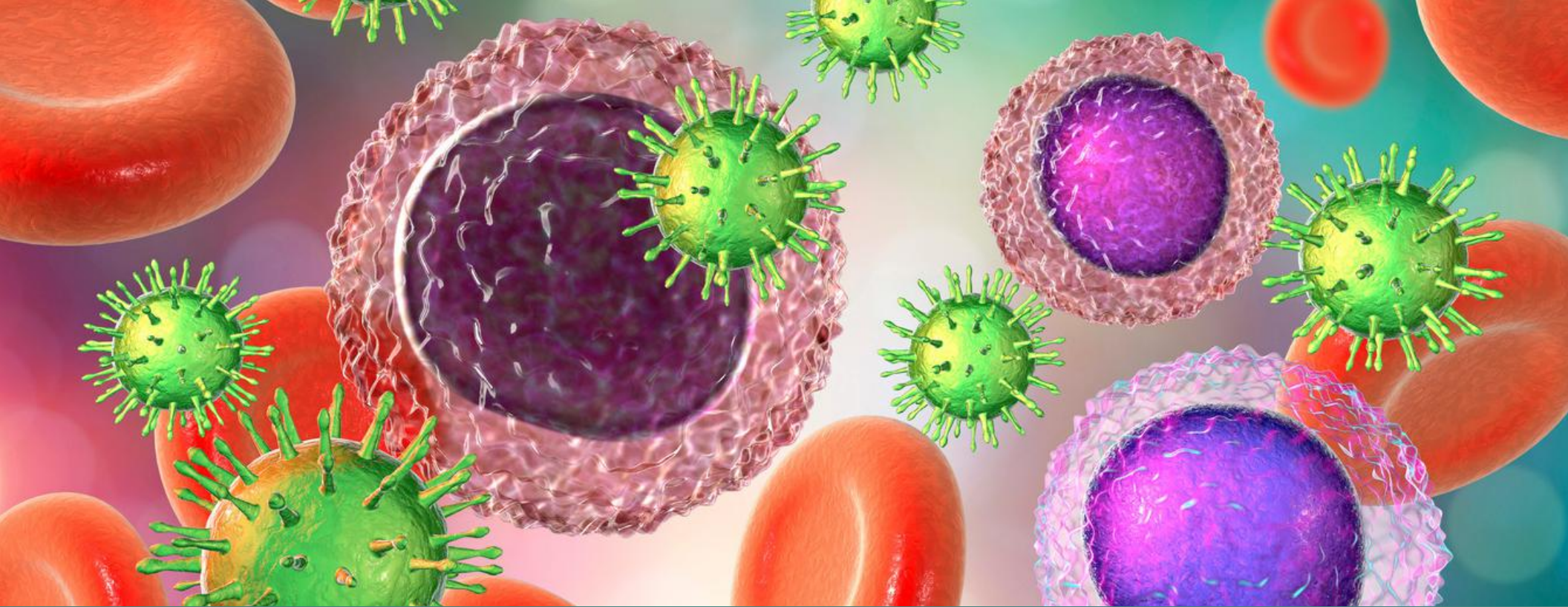
- Blood Pressure Concerns | Pain & Inflammation
- Headaches | Mood & Behavioral Imbalances
- Food, Chemical & Environmental Sensitivities
- Weight-Related Conditions
- Hormonal Concerns | Skin Concerns
- Stress
- Feelings of Fatigue
- Glucose Balance



## **What is a whole food, plant-based lifestyle?**

When you choose to eat mostly vegetables, fruits, legumes, nuts/seeds, and whole grains you will be enjoying a plant-based lifestyle! The emphasis is on reducing the amount of processed foods you eat and avoiding animal products. By “processed,” we mean adding something to the food that isn’t there in nature, such as preservatives.





# 80% of your immune system is in your gut

A healthy gut is composed of both "good" and "bad" bacteria strains. However, a lifestyle dominated by unhealthy food choices, stress, infections, poor sleep and inactivity can all create an imbalance, leading to distress and disease. To help nurture this delicate balance, take a look at your diet. Reducing your intake of processed, high-sugar, and high-fat foods can support a healthier gut. Strive to eat a variety of plant-based, whole-foods and increase your fiber to help restore diversity to your gut micro-biome.





## Why avoid **ANIMAL PRODUCTS**?

Animals are now being injected with hormones in order for them to produce more meat, as well as antibiotics which lower the chance of outbreaks on animal farms. When you ingest animal meat/milk you are essentially absorbing their micronutrients. This is why I call animals the “middle man.” Instead of consuming animal meat/milk which has been pumped full of hormones and antibiotics, you should get your micronutrients directly from the source. Organic vegetables, fruits, and legumes are full of healthy proteins, carbohydrates, and fats. This should be the staple of your diet.



## What are the **BENEFITS** of choosing plant-based foods?

WFPB diet is the only diet that not only prevents heart disease but may reverse it as well! Heart disease is currently the leading cause of death in the United States and it is strongly correlated with the Standard American Diet. We have the ability to obtain **optimally functioning cardiovascular systems** by combining the WFPB diet with exercise/ meditation. Other benefits of this diet include **sustained energy levels, decreased indigestion, weight loss, less acid reflux, and so much more!**

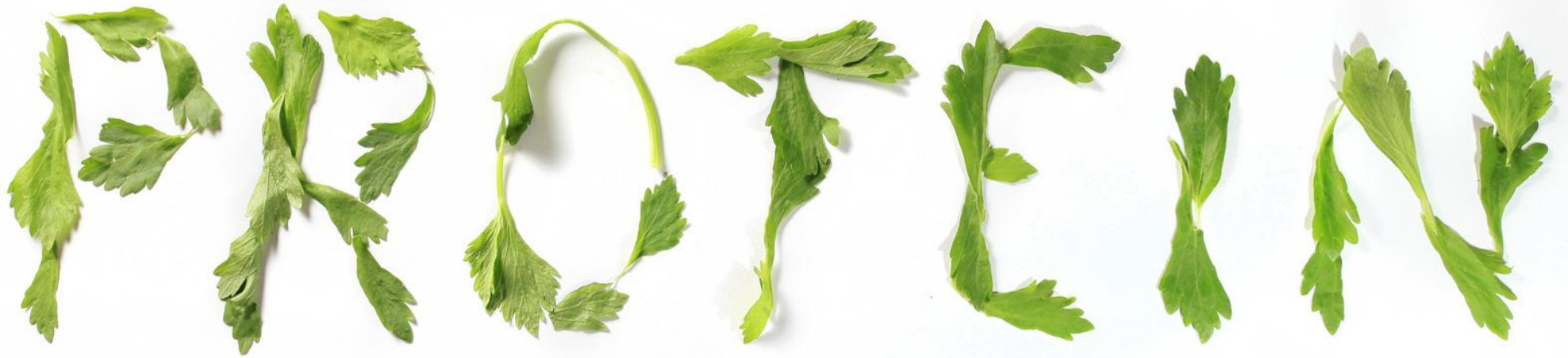






## Why is **CARDIOVASCULAR HEALTH** so important?

Your cardiovascular system is responsible for sending all of the nutrients you consume to the cells in your body. Every organ/tissue/cell relies on this system to function properly. For example, anytime you workout and break down muscle your cardiovascular system provides the nutrients to build the muscle back up. This is why so many athletes are switching to plant-based diets. It optimizes recovery speed and aids with digestion. Another example is spraining your ankle—your body relies on your cardiovascular system for repairs. Cardiovascular disorders will slow down repair/healing time.



## Will I be getting enough **PROTEIN** from plant-based foods?

Protein is a macronutrient that is comprised of essential and non-essential amino acids. In order for us to survive we must consume essential amino acids from our diet. **All plant foods (besides gelatin) contain every essential amino acid**, which means that we do not need to consume animal protein sources to survive. A well-planned WFPB diet will not run into any protein deficiencies. If you frequently exercise I recommend supplementing protein and BCAA's to help recover faster.





## Chiropractic Care for Hiatal Hernia Relief

It often surprises people when they realize chiropractors can help adjust so much more than necks and backs! A hiatal hernia is a displacement of the stomach in which it pierces through the esophageal hiatus of the diaphragm into the chest cavity. In other words, your stomach is too high up. This condition can cause an array of symptoms including: **indigestion | heartburn | stomach cramps | neck pain | jaw pain | difficulty swallowing | hiccups**. If you've been diagnosed with a hiatal hernia, or have tried dietary changes without relief, let's discuss how chiropractic can help.



A spiral-bound notebook with a black cover and silver rings is open on a teal wooden surface. The notebook page is white and features text in a bold, black, sans-serif font. To the left of the notebook, there are several small white bowls containing different types of spices: a bowl of green herbs, a bowl of yellow granules, and a bowl of red powder. A wooden spoon is also visible on the left, filled with brown seeds. A red chili pepper is at the bottom left. On the right side of the notebook, there are two garlic bulbs and a wooden spoon. The background is a teal wooden surface with a distressed, painted texture.

**Are You Ready to Get Started?**

**E-mail a request for more information  
to [skelly@firststatehealth.com](mailto:skelly@firststatehealth.com)  
and I'll send you 5 of my favorite  
plant-based recipes for culinary  
inspiration!**

*Dr. Mike*





Chiropractic | Acupuncture | Nutritional Counseling

Let's work together to identify  
and correct the imbalances  
that are preventing you from  
living your best life!

**Get Moving with Dr. Mike**

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**First State Health & Wellness** has been providing award-winning integrative healthcare and education for over 30 years. Services among 7 offices across Delaware include Chiropractic, Acupuncture/Cupping, Whole-Body Cryotherapy, Massage, Nutrition Counseling, Spinal Decompression and Rehabilitation. Our chiropractors provide all-natural, non-surgical, drug-free options for pain relief, healing and health maintenance for all ages.



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