

LOVING REST WORKSHOP

Mini Seminar
Thur 23 Jun 7-8.15 pm



LOVING REST WORKSHOP



4 UNIQUE STRATEGIES TO “KEEP YOUR BUCKET TOPPED UP”
Leading to **more energy**, more **mobility** and ultimately **raise your health level** so you can “**Do What You Love for Longer**”



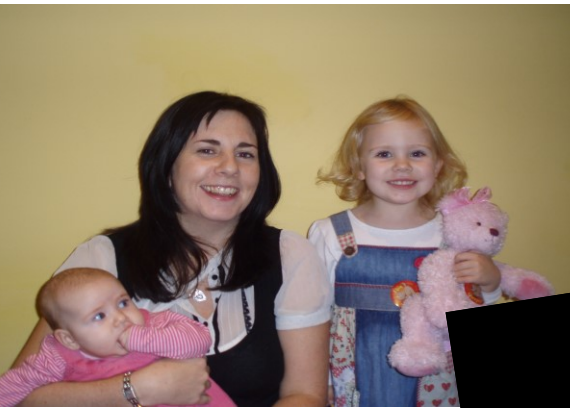


To Check Out Dr Matt Walker
(sleep guru , author and
excellent speaker) full TED talk
“Sleep – Your Superpower”
follow [this link here](https://bit.ly/3Nk9HVB) or
<https://bit.ly/3Nk9HVB>

Your Doctor



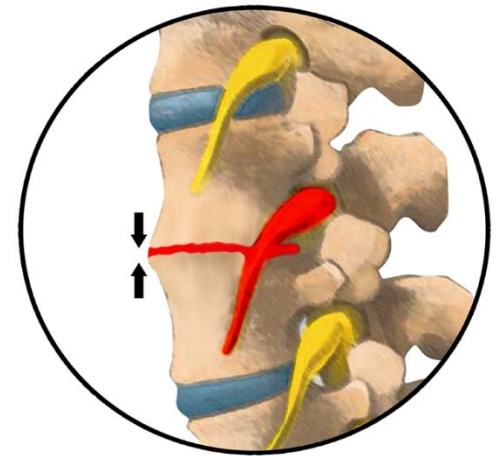
Our Why



HELPING YOU
AND YOUR FAMILY
TO DO
WHAT YOU LOVE
FOR LONGER?

NERVE INTERFERENCE PROCESS

=SUBLUXATION



LOVING LIFE PYRAMID

Do What you Love For Longer



The 4 Pillars of Health

Breaking Bad Habits For Life!

Spinal Hygiene Exercises

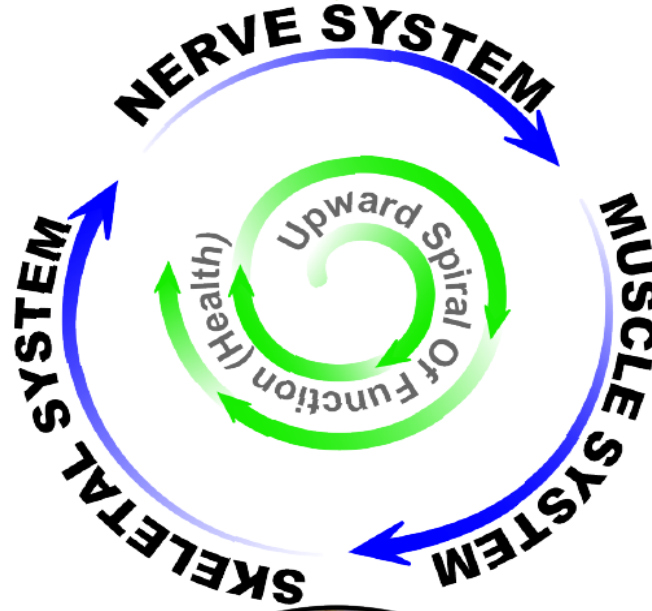
Hold Adjustments For Longer

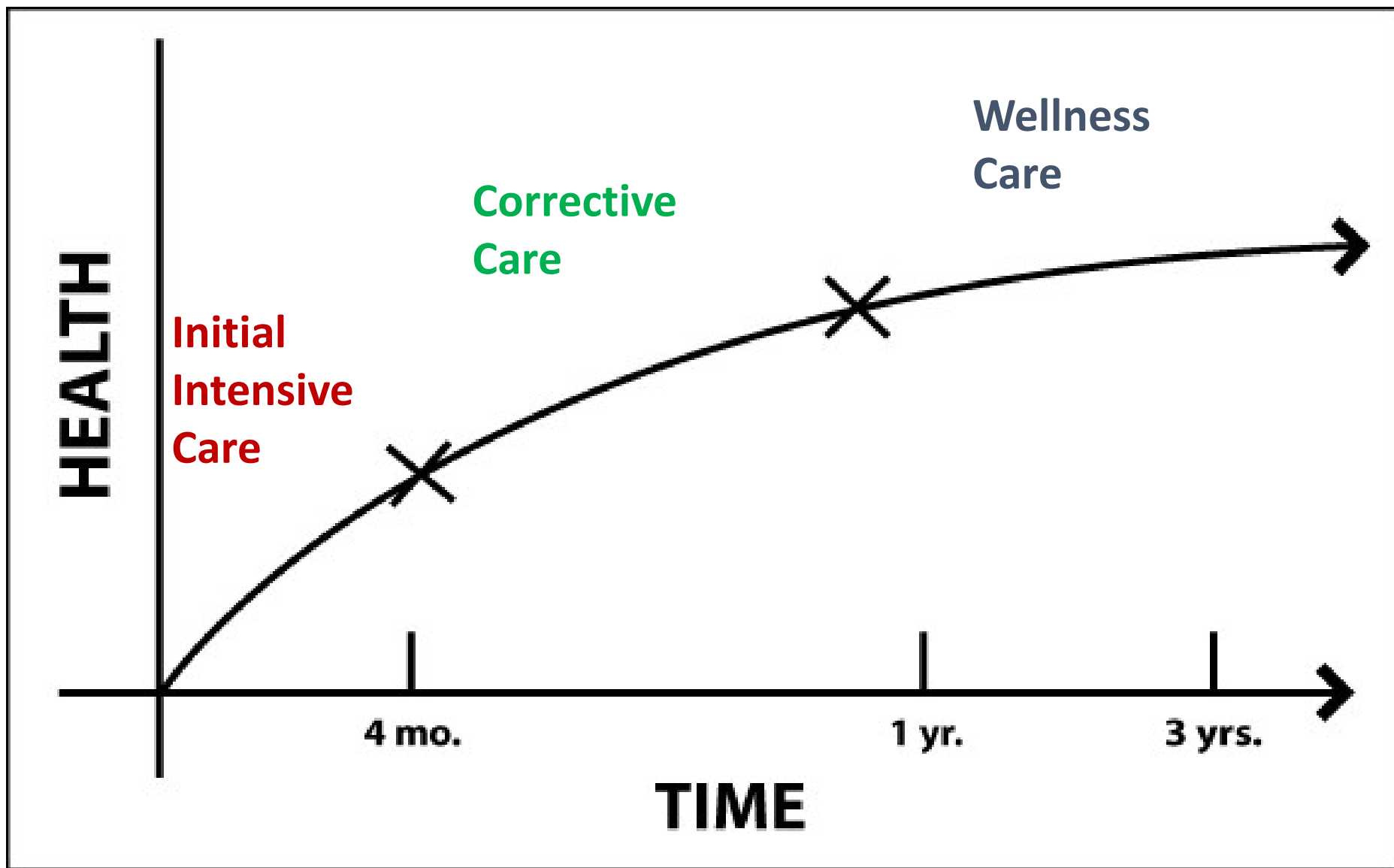
Adjustments in Rhythm

Remove Interference, Restore Function

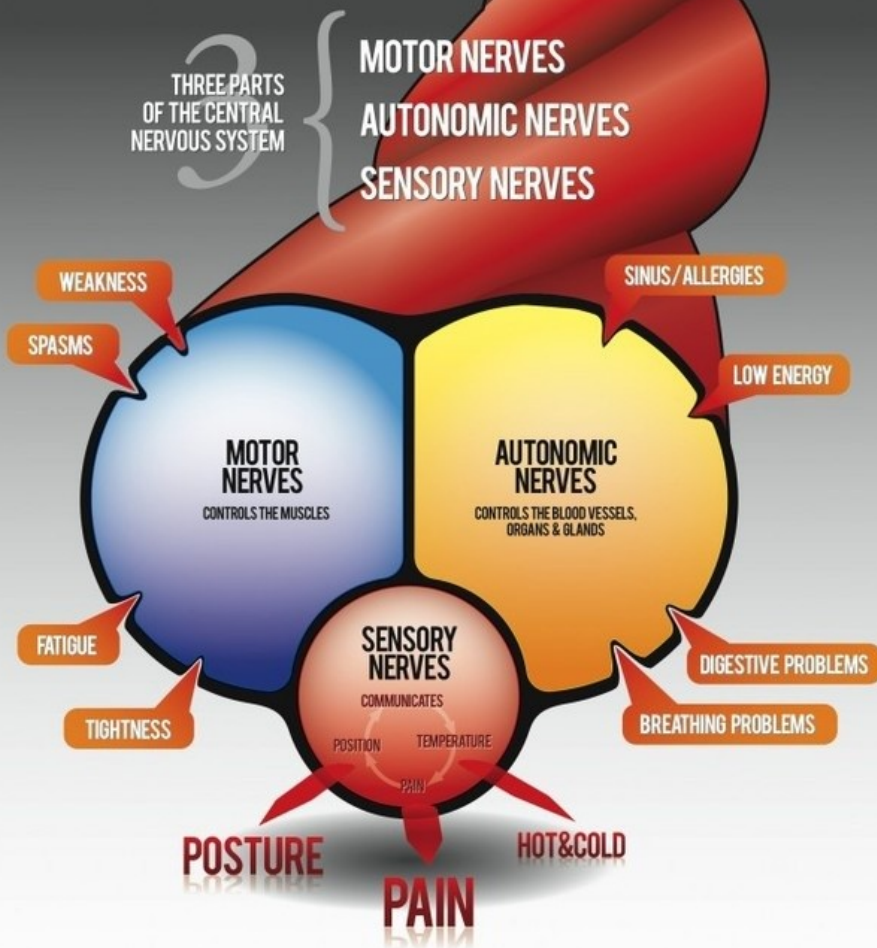


ADJUSTMENT PROCESS





FEELING vs. FUNCTION



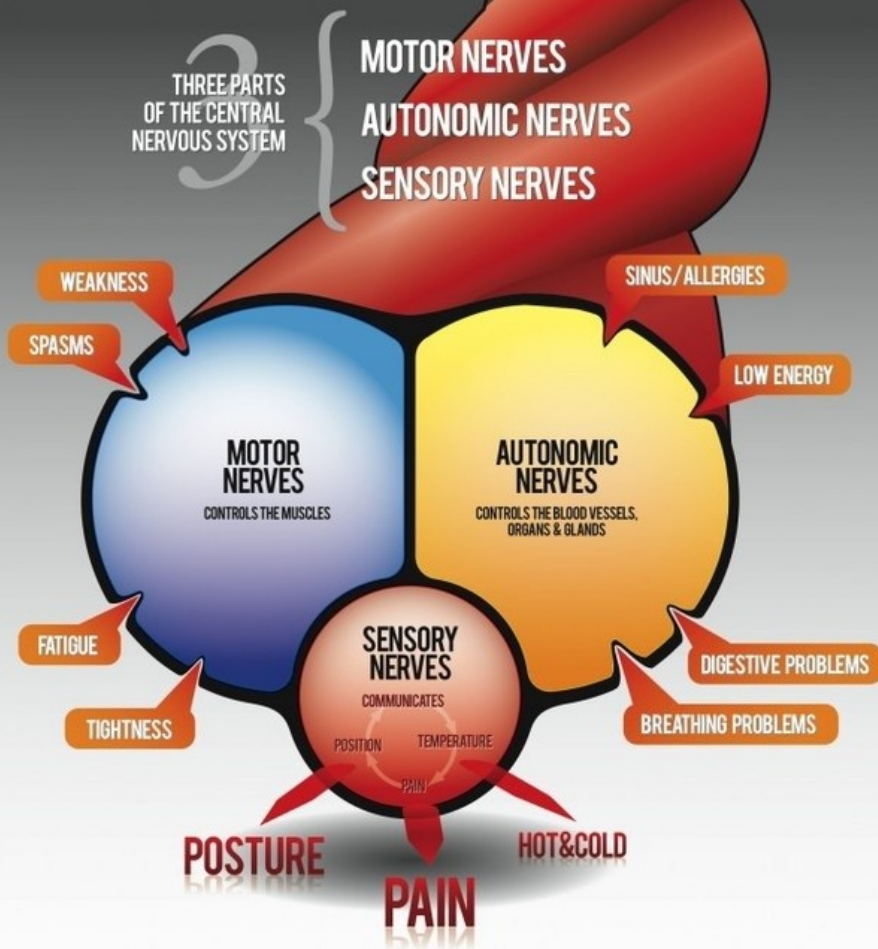
NOTICE THE SENSORY PART WHICH TRANSMITS PAIN, IS ONLY A SMALL PORTION OF THE CENTRAL NERVOUS SYSTEM.

FEELING GOOD \neq GOOD HEALTH $=$ HEALTHY FUNCTION

NERVE TENSION CAN EXIST WITHOUT PAIN.*

*HAUSKE M. PAIN AND THE NERVE ROOT. SPINE 1993; 18(14):2053.

FEELING vs. FUNCTION



NOTICE THE SENSORY PART WHICH TRANSMITS PAIN, IS ONLY A SMALL PORTION OF THE CENTRAL NERVOUS SYSTEM.

FEELING GOOD \neq GOOD HEALTH $=$ HEALTHY FUNCTION

NERVE TENSION CAN EXIST WITHOUT PAIN.*

*HAUSE JA PAIN AND THE NERVE ROOT. SPINE 1993; 18(14):2053.

©2009 Major & Associates Consulting

LESS THAN 10% OF YOUR NERVES SENSE PAIN

EFFECTS OF SLEEP DEPRIVATION

MANY PEOPLE CONSIDER SLEEP A WASTE OF TIME AND SEE NOTHING WRONG IN SLEEPING LESS THAN 6 HOURS



RISK OF CANCER

LESS SLEEP >> +100% RISK



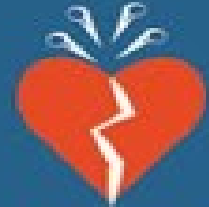
OBESITY

LESS SLEEP >> -15,3 LBS PER YEAR



WEAK IMMUNE SYSTEM

LESS SLEEP >> +100% RISK



RISK OF HEART DISEASE

LESS SLEEP >> +100% RISK



INCREASED BLOOD PRESSURE

LESS SLEEP >> +100% RISK



RISK OF DEATH

LESS SLEEP >> +20% RISK

EFFECTS OF SLEEP DEPRIVATION

MANY PEOPLE CONSIDER SLEEP A WASTE OF TIME AND SEE NOTHING WRONG IN SLEEPING LESS THAN 6 HOURS



RISK OF CANCER

LESS SLEEP >> +100% RISK



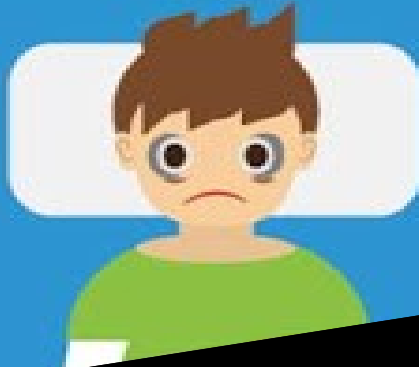
OBESITY

LESS SLEEP >> -15,3



WEAK IMMUNE SYSTEM

LESS SLEEP >> +100% RISK



RISK OF HEART DISEASE

LESS SLEEP >> +100% RISK



CREASED BLOOD PRESSURE

LESS SLEEP >> +100% RISK



RISK OF DEATH

LESS SLEEP >> +20% RISK

1 in 3 Canadian Adults
Less than 7-9 hours
1 in 4 Canadian Teens

STRATEGY#1
**KNOW WHAT FILLS YOUR
BUCKET**





What Fills Your Bucket?

- Write down 4-5 things which give you more energy inspiration and passion.
- Which 3 people or group s

STRATEGY #2

Apply the mechanics of better sleep

STRATEGY #2

Apply the mechanics of better sleep

MECHANICS OF BETTER SLEEP

WEIGHTED BLANKETS

BLUE LIGHT GLASSES

EXERCISE BEFORE BED

NO EXERCISE BEFORE BED

NO CAFFEINE/FOOD B4 BED

NO SCREEN TIME B4 BED

MECHANICS OF BETTER SLEEP

PRAYER / MEDITATION / JOURNALING

REVIEW OF DAY / SET UP THING TO DO

TURN LIGHTS DOWN/OFF

BLACK OUT BLINDS

How To NOT Use a Weighted Blanket!!



Follow This Link <https://bit.ly/3nIr8e2>

Computer Glasses vs Blue Light Glasses



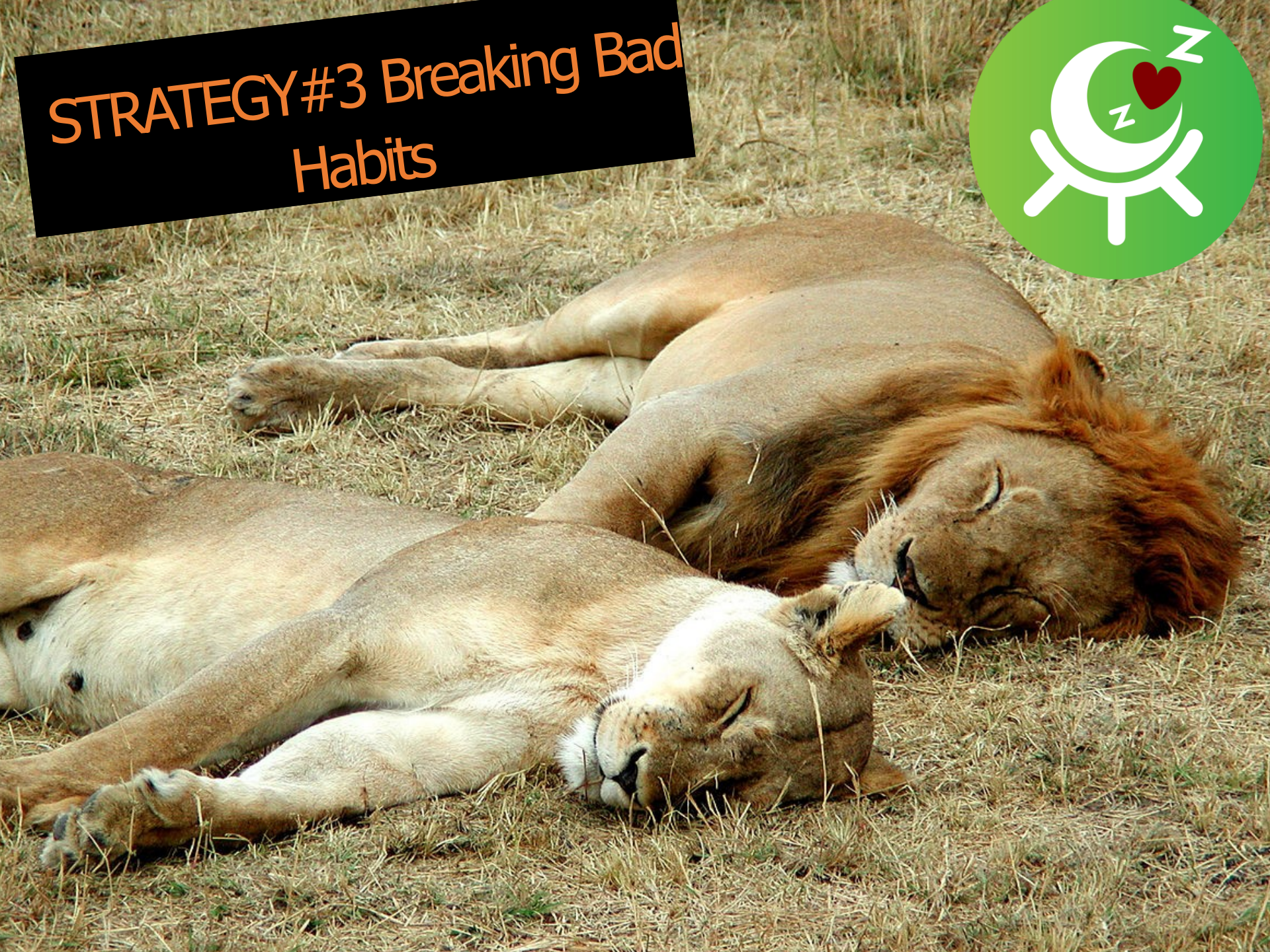
<https://bit.ly/3yoOI5I>

Dr Matt Walker with Joe Rogan



For Full 1hr+ interview [click here](#) or use <https://bit.ly/3bqGMSF>

STRATEGY #3 Breaking Bad Habits



Your Body Is A **TEMPLE!**



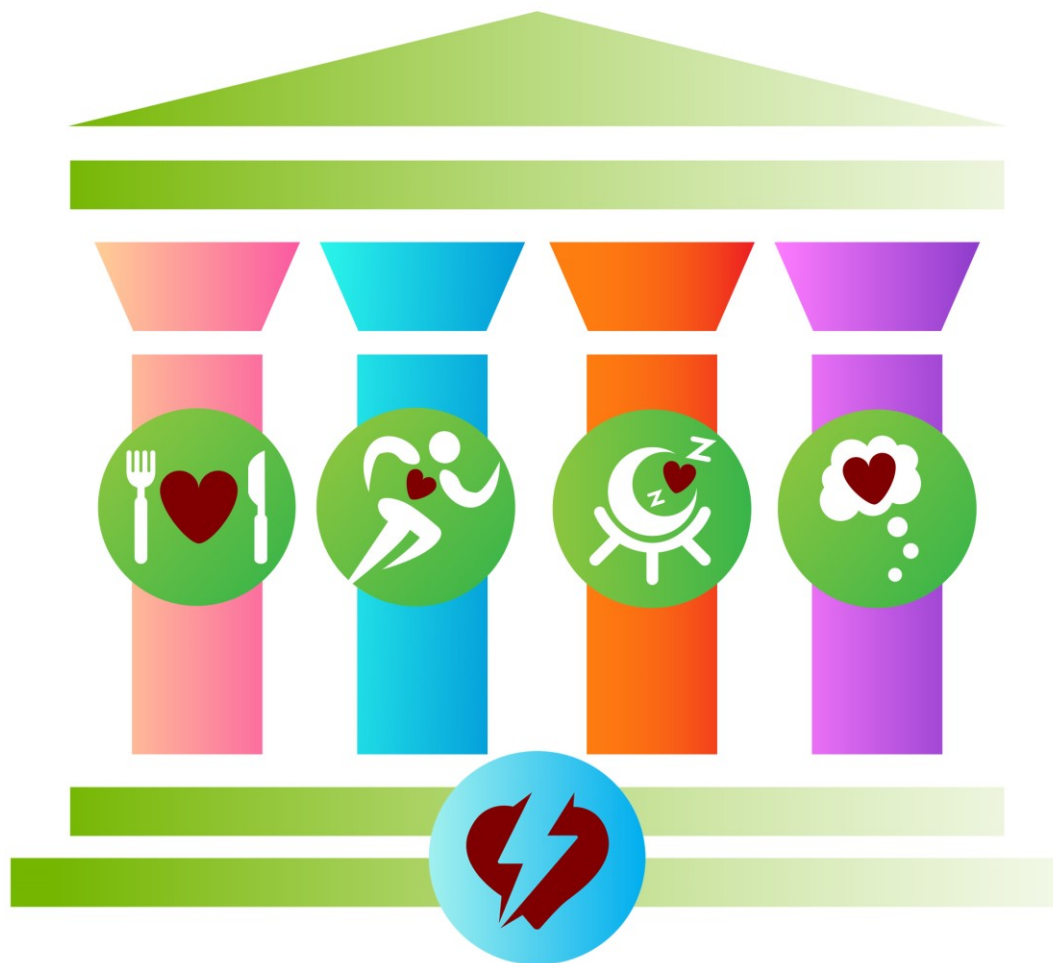
THE 4 PILLARS OF HEALTH

Breaking Bad Habits



THE 4 PILLARS OF HEALTH

Breaking Bad Habits



Thur 28 July @ 7.00pm



Your **LOVING THOUGHT** Workshop

- Learn the 2 second meditation
- 5 Positive Sources of News
- Discover the 4 things you should do every morning to set yourself up for success...

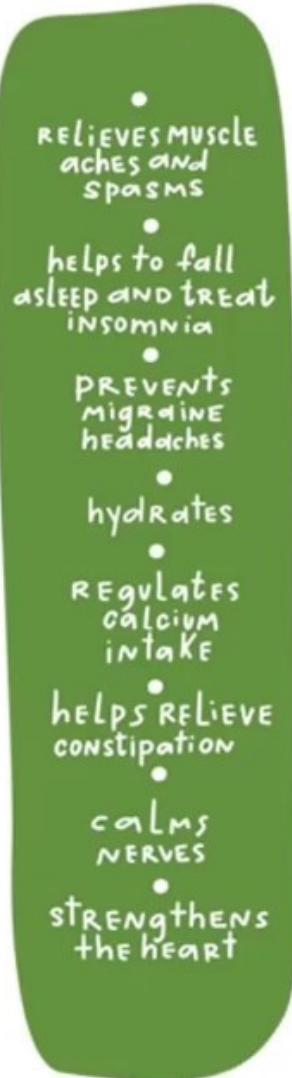
And Much More

STRATEGY#4 Food & Supplements



MAGNESIUM

Rich foods





STRATEGY#5 Get regularly
Adjusted



Jim's Story



Click this [link](https://bit.ly/3OCpZdr) or visit <https://bit.ly/3OCpZdr> for full story

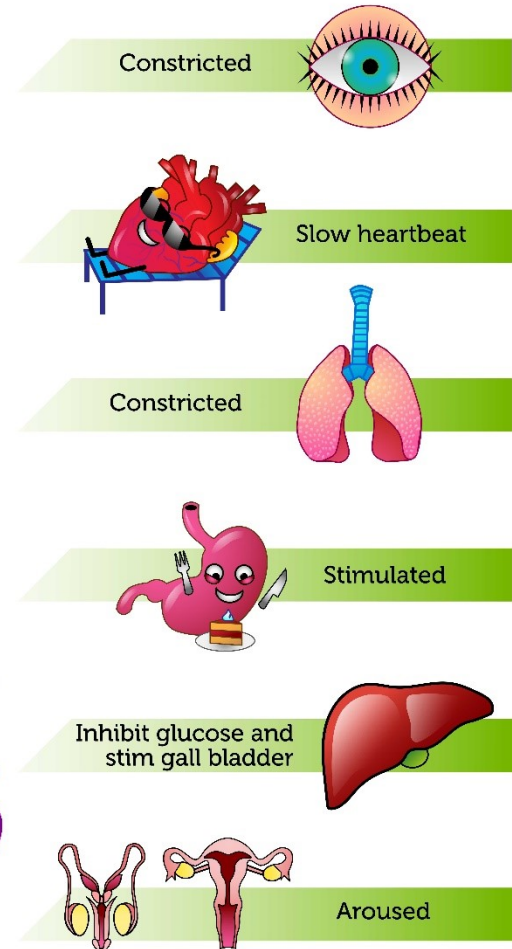
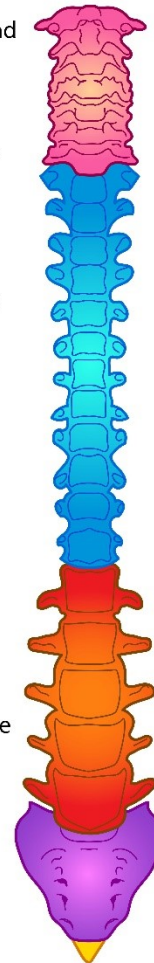
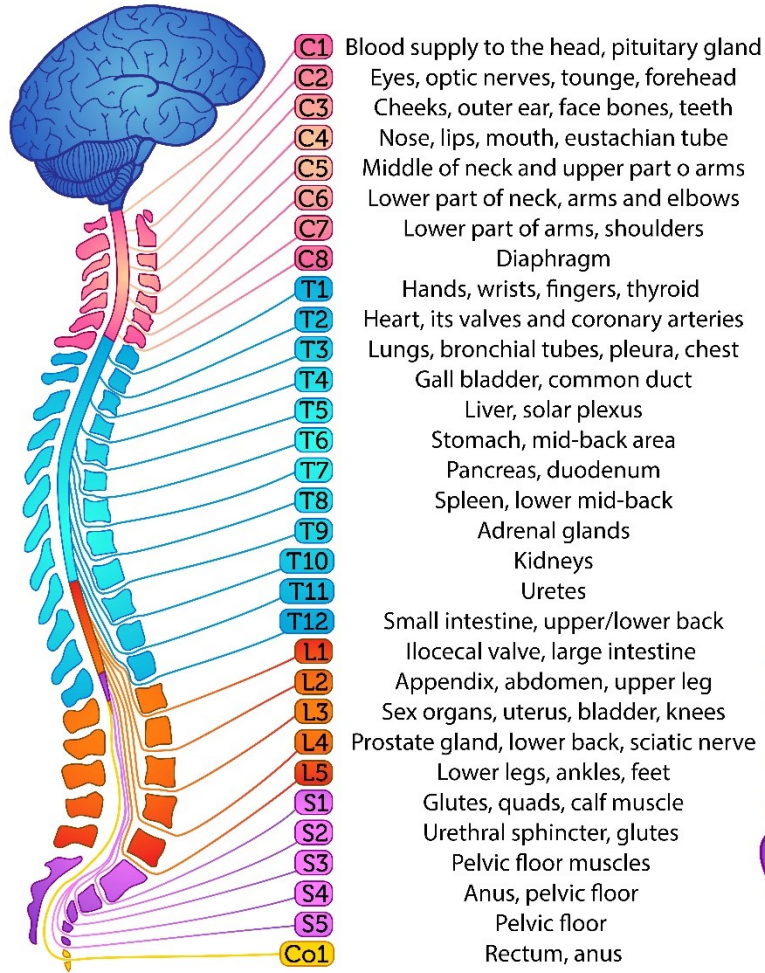
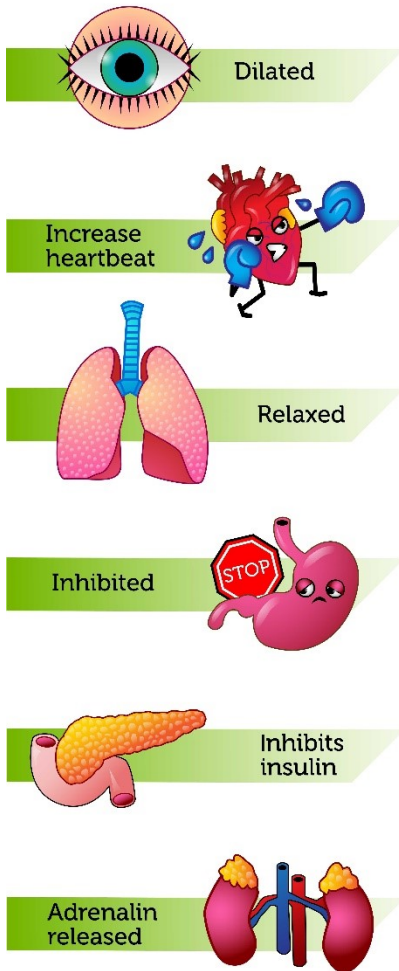
FIGHT & FLIGHT

sympathetic



REST AND DIGEST

parasympathetic



facebook

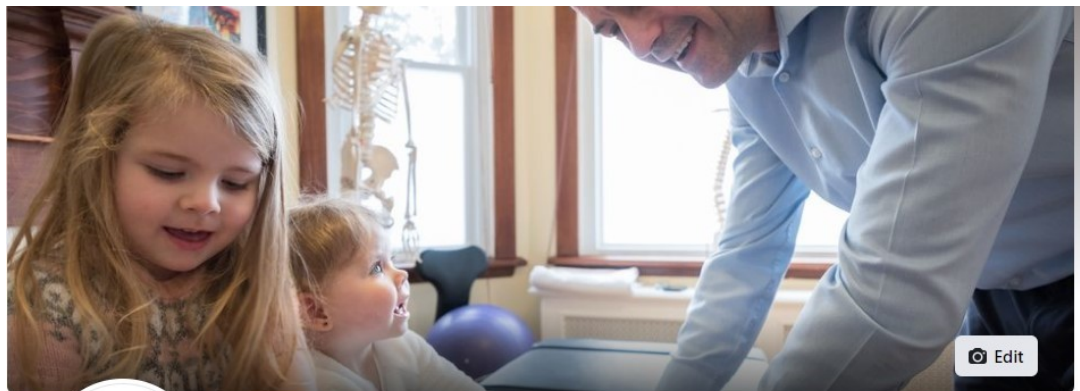
Page and Private Group



PRIVATE PAGE – MUST JOIN

Mon (Odd) - Ask Dr Craig Q & A

Various Days – Behind the scenes live stream



PUBLIC - Follow

Mon Morn Motivation

Mon (Even) – Ask Dr Craig Q & A

Wed- General Health

Fri-Chiro facts

Our YouTube Channels



Dr. Craig Hindson
691 subscribers

SUBSCRIBE

CSV EXPORT

ADD COMPETITOR

HOME

VIDEOS

PLAYLISTS

COMMUNITY

CHANNELS

ABOUT



TRENDING

STATS

Neck and Low Back Problems 2 x Monthly



The Loving Life Pyramid
26 subscribers

CUSTOMISE CHANNEL

MANAGE VIDEOS

CSV EXPORT

HOME

VIDEOS

PLAYLISTS

CHANNELS

ABOUT



Chiropractic Wellness Tips, Exercises & Recipes 2 x Monthly



**OUR GIFTS to YOU
and YOUR FAMILY**

Your **LOVING REST** Toolbox





The 600 Challenge- Into Action

Every Day Earn up to 20 points for completing:

10 points – 7 -8 hours sleep

15 points – 8-9 hours sleep

5 points – No computer/phone 1 hr before bed

10 points - No computer/phone 2 hours before bed

5 points – You decide – what actions would help you get better quality sleep

FULL DETAILS TO FOLLOW