



Be Well, Stay Well
Lifestyle Improvements

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Place thin towel/shirt between
ice & skin.

Ice 20 minutes
(Repeat every hour as needed)

3 stages of ice therapy:

1) Coldness 2) Burning Sensation 3) Numbness

ICE THERAPY
101



HEAT Or ICE

What does it do?

Heat therapy opens blood vessels, which increases blood flow, relaxes muscles and helps alleviate pain.

When to use it?

Heat is a great way to help loosen up stiff joints and tight muscles, it is also a good method of pain relief for tension headaches and other chronic conditions. Always wait 48-72 hrs after an injury before considering heat therapy. When in doubt use ice.

Safety Tips

- Treat for no longer than 20 minutes at a time.
- Do not lie on a hot pack to avoid falling asleep and potentially burning yourself.
- Do not use heat if you have no feeling in the affected body part.
- NEVER use heat if there is **swelling** or bruising.
- Do not apply heat directly to the skin, use a thin towel.
- Do not use heat if you have poor circulation, such as if you have diabetes.
- Wait 1 hour between heat treatments.

What does it do?

Cold therapy slows down the blood flow to an injury, which reduces swelling, inflammation and pain.

When to use it?






Ice should be used right after an injury or after activity that aggravates a chronic condition. Ice is good for migraine headaches, bumps, sprains and strains that may occur with sports, slips & falls or lifting. Cold therapy is also beneficial for minor burns by applying cold water from the faucet. **When in doubt use ICE!**

Safety Tips

- Treat for no longer than 20 minutes at a time.
- During treatment, check skin every 5 minutes to make sure there is no damage, such as a freeze burn (skin would become reddened or blistered, just as when burned with heat).
- Do not place ice or packs directly on the skin, use a thin towel.
- Wait 1 hour between cold treatments.

AM I HYDRATED?

Urine Color Chart

1		If your urine matches these colors, you are drinking enough fluids
2		Drink more water to get the ideal color in Shade 1 and 2.
3		Dehydrated
4		You may suffer from cramps and heat-related problems
5		Health risk! Drink more water.
6		Health risk! Drink more water.
7		Health risk! Drink more water.
8		Health risk! Drink more water.

Why Drink Water?

Removes toxins
Raises energy level
Helps you lose weight
Promotes healthy skin



Prevents arthritis
Helps fight infection
Reduces risk of cancer
Promotes a healthy heart

$$\div 2 =$$

$$\text{Body Weight} \div 2 = \text{Oz in water}$$

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HINTS FOR BETTER SLEEP

Don't consume caffeine or alcohol within 3 hours of bedtime, and don't smoke cigarettes right before bed

Stick to a consistent bedtime and wake-up time from day to day

30% of adults sleep less than 6 hours per night

Resolve problems before climbing into bed to sleep **Once in bed, avoid watching the clock**
Make your sleeping area cool, dark, and quiet

NO EXERCISE
WITHIN 3 HOURS OF
BEDTIME

AVOID WRITING
LETTERS, USING
THE LAPTOP, OR
WORKING IN BED



**TURN YOUR
MOBILE PHONE
OFF AT BEDTIME**

If you find yourself unable to sleep once in bed, choose to **leave the bedroom** rather than be restless in bed and only return to the bedroom when you are once again tired

65% of adults have sleep problems at least a few nights per week

YOUR BED IS A SANCTUARY...
IT SHOULD BE USED ONLY FOR



In stage 1 we experience a light transitional sleep. This is where drowsiness and sleep begin.

Stage 1

In stage 2 more stable sleep occurs. Chemicals produced in the brain block the senses making it difficult to be woken.

REM

90-120
Minutes

Stage 2

REM sleep revitalizes the memory. In this stage brain activity is very high and intense dreaming is likely to occur.

Stage 3

Stage 3 is deep sleep. Growth hormone is released during this stage. Most stage 3 sleep occurs in the first third of the night.

TIPS TO FIGHT CHRONIC INFLAMMATION

SLEEP

Sleep deprivation causes an elevated immune response as well as increased inflammation.

OMEGA 3'S

Eating more of these nutrients assists the body in having more primary inflammatory responses and, in unison, minimizes the chronic inflammation.

EAT YOUR GREENS

Green veggies and superfoods are rich in phytochemicals, enzymes, and nutrients. Taken on an empty stomach, these nutrients can bolster and repair your cells.

GUT HEALTH

Since 80% of your immune system is in your gut, try consuming foods that are loaded with prebiotics and probiotics.

HYDRATION

You see, the human body is largely water – 85%! So having enough water matters more than many people realize.

The TRUTH About
CANCER™

EAT YOUR GREENS!



ARUGULA - Inhibits cancer growth and improves immune defenses.

COLLARD GREENS - Helps lower LDL cholesterol, regulates blood sugar, and combats osteoporosis.

ICEBERG - Although lowest of all leafy greens nutritionally, iceberg lettuce combats anemia, heart disease, and age-related illnesses.

KALE - Most nutrient-dense green related vegetable. It aids in blood clotting, promotes healthy vision, and fights cancer.

MUSTARD GREENS - Prevent arthritis and anemia, lowers LDL cholesterol, battles the onset of heart disease and offers protection against cancerous growth.

ROMAINE - Promotes heart health and prevents strokes, as well as cancer.

SPINACH - Improves red blood cell function, strengthens bones, regulates heart rate, and combats free radicals.

SWISS CHARD - Helps maintain connective tissue, controls heart rate and blood pressure, as well as sugar

FOOD LABELS 101

✓ Can you pronounce or recognize the ingredients?

-YIKES...stay away!

✓ Does the first ingredient reflect the product?

-The 1st Ingredient is the dominant one.

✓ Is the word "Artificial" on the packaging?

-"Artificial" is NOT "Real"!

✓ What is the expiration date?

-Real food doesn't last forever!



DON'T LIKE READING LABELS...EAT "REAL" FOOD

REAL FOOD SUBSTITUTIONS

INSTEAD OF

MARGARINE, CRISCO, EARTH BALANCE, CORN OIL, CANOLA OIL, GRAPESEED OIL, SOYBEAN OIL, VEGETABLE OIL & HYDROGENATED OILS

REFINED WHITE SUGAR, CORN SYRUP, SPLENDA, BROWN REFINED SUGAR,

WHITE FLOUR

CORNSTARCH

CONVENTIONAL EGGS & MEAT

CONVENTIONAL PRODUCE

PASTEURIZED, HOMOGENIZED DAIRY

LOW-FAT DAIRY

CANNED BROTH or STOCK

CANNED "CREAM-OF" SOUPS

TABLE SALT

PROBIOTIC SUPPLEMENTS

MULTI-VITAMINS

CHOOSE

GRASS-FED ORGANIC BUTTER or PASTURE RAISED or GRASS-FED ORGANIC LARD or ORGANIC TALLOW

ORGANIC EXTRA-VIRGIN OLIVE OIL or ORGANIC EXTRA-VIRGIN COCONUT OIL

LOCAL HONEY or REAL MAPLE SYRUP or ORGANIC SUCANAT

WHOLE GRAIN FLOUR, PREFERABLY SPROUTED, SOAKED, or SOAK-LEAVENED

ARROWROOT STARCH

ORGANIC, PASTURE-RAISED EGGS & MEAT INCLUDING ORGAN MEATS

ORGANIC or LOCAL PRODUCE

RAW GRASS-FED DAIRY

FULL-FAT, WHOLE DAIRY

HOMEMADE BROTH or STOCK

REAL CREAM + SPICES

REAL SEA SALT

FERMENTED VEGETABLES, HOMEMADE YOGURT & KEFIR

FERMENTED COD LIVER OIL

What Can You Do?

The old standard of 20-30 minutes of exercise a day improves your health and mood, but isn't enough on its own.

Take walking breaks:
Hit step goals of

10,000
PER DAY

Stretch your legs
or stand up every

30-40
MINUTES

Use a Stand-Up Computer Desk.

60
CALORIES

Standing burns
60 CALORIES
more per hour
than sitting

Stand up
16 for **2**
TIMES MINUTES

—it's healthier than **32 MINUTES**
of straight exercise

STRETCH your wrists.
ROLL your shoulders.
LIFT your feet.



What is Stress?

Stress is:

- ❑ A physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in disease causation.
- ❑ Is a normal part of life and is impossible to avoid.
- ❑ Can come from both positive and negative events.
- ❑ In mild doses, stress can be beneficial (motivation).



Acknowledge Your STRESSORS

PHYSICAL

CHEMICAL

EMOTIONAL

_____	_____	_____
_____	_____	_____
_____	_____	_____

Too much stress makes coping & adapting difficult.
Chiropractic can't eliminate stress, but regular care
can enhance your ability to deal with it.

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HOLDING LEGS UP ON THE WALL FOR 5 MINS A DAY

Is a powerful restorative pose that gives our body a break from gravity especially if you're on your feet most of the time, have bad posture, or sit all day.

- Lowers anxiety & stress
- Helps drain detoxifying lymph fluid
- Eases headaches & regulates blood flow
- Restores swollen, sore, tired feet & legs
- Improves digestion & gut health
- Helps reproductive health



YOU WOULDN'T LET THIS HAPPEN TO YOUR PHONE.



DON'T LET THIS HAPPEN TO YOU EITHER.



SELF-CARE IS A PRIORITY.
NOT A LUXURY.

WHY GET YOUR FEET SCANNED?



1/4

of the body's bones are in the feet



1%

percentage of the population with an 'optimal' foot



\$50 Billion

amount spent annually in the US on low back pain treatment

99%

percentage of the population that pronates or supinates

5,117

average number of steps taken on a daily basis



Problems in the feet = problems in the body

Scanning points out the problem areas and shows how custom-made orthotics can help.



it's a chain reaction

the HEADACHE in your temple

the CRICK in your neck

the ACHES in your back

the STIFFNESS in your knee

the DISCOMFORT in your foot

the IMBALANCE in your feet



Ask us how our Associate® Platinum digital posture foot scanner can help you!

Your whole body needs proper support from the ground up.

Injury, aging, or stressful activities can all cause a misalignment in your spine which triggers different symptoms throughout your body. Chiropractic adjustments and Foot Levelers' custom-made Spinal Pelvic Stabilizers help bring your body back to its natural state of alignment. Stabilizers — a unique form of in-shoe orthotics — help hold your chiropractic adjustments in place and reduce skeletal stress and pain. And our office utilizes the Associate® Platinum digital scanner, which is the fastest, most accurate, and most advanced method of processing your Stabilizer order. Call us today to find out how we can help improve your total body wellness — from head to toe!



Foot Levelers custom-made Stabilizers provide the support you need for action, work, and play.





Your body needs to slow down, and if you can't find a way to do that, your body will find one for you.

- **Go outside in nature**
 - Barefoot in the grass
 - Walk in the woods
 - Breathe in the air before it storms
- **Breathing Techniques**
 - Consciously slowing your breath & making long exhales
- **Yoga**
 - Poses that place hands above the head
 - Forward bends
- **Daily Mindfulness Meditation Practice**
 - Find a quiet space, breathe, close your eyes, relax, stay focused on your breath.
- **Build social connections**
 - Partner, family, friends or pets
- **Massage or Acupuncture** (stimulates the nervous system to promote healing)
- **Maintain stable blood sugar**
 - Limit dessert-like foods (especially for breakfast)
 - Eat protein by 10am
 - Eat protein with every meal
- **Cold Water Exposure**
 - Warm-to-cold showers
 - Straight to cold shower
 - Immerse hand, foot, or body in ice water
- **Maintain healthy gut bacteria**
 - Probiotic/Prebiotics
 - Bitter foods (ex. kale, arugula, artichoke, apple cider vinegar, coffee, dark chocolate)
- **B multivitamin & magnesium** (promotes normal function of the nervous system)
- **Write** (Get your feelings & emotions out)
 - Keep it, tear it, or burn it to release it!
- **Counseling**
- **Laughter** (Relieves stress & enhances your intake of oxygen-rich air)
- **Digital Detox** (reduce or eliminate electronic devices)
- **Allow more time for rest**
 - Get 7-9 hours of sleep at night
 - Be consistent with sleep & wake times
 - Keep your room at 68 degrees
 - Take a warm bath an hour or two before bed
 - Reduce alcohol before bed. (It impairs production of melatonin)
 - Melatonin (lowers core temperature & therefore supports circadian rhythm)
- **Do more of what you enjoy.**

Understanding Your Pulse Wave Profile Results



Artificial sweeteners have been controversial since they were first introduced to the market in the 1950's, & scientific research shows they are associated with many dangerous side effects:

- Migraines
- Change in vision
- Nausea & vomiting
- Insomnia & sleep problems
- Abdominal & joint pain
- Change in heart rate
- Depression
- Memory loss
- Seizure
- Brain cancer
- Weight gain & bloating
- Dangerous addiction



SWEETENERS DR. OSBORNE

SCIENCE · FUNCTIONAL MEDICINE · COMMON SENSE · COMPASSION

Avoid



Acesulfame-K (Ace K, Sweet One)



Aspartame (NutraSweet, Equal)



Saccharin (Sweet'N Low)



Sucralose (Splenda)



Processed Sugar
(Glucose, Sucrose, Dextrose)

It is best to use sugar in moderation in your diet.
Natural sugars can be consumed by eating organic fruits.



Agave Syrup or crystals



Honey



Maple Syrup



Monk Fruit (Luo han)



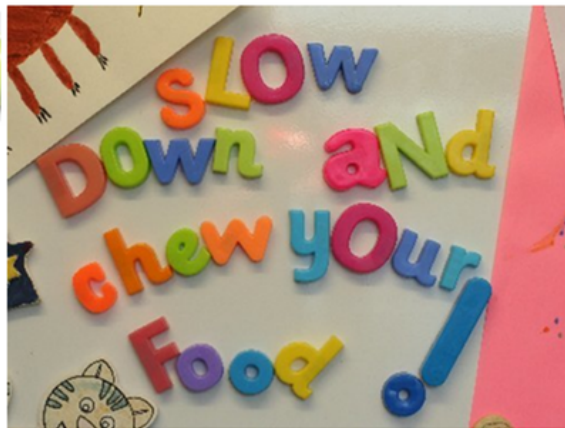
Stevia, pure (SweetLeaf)



Sugar Alcohols (Xylitol)

www.DrPeterOsborne.com

- 1) Take small bites of food.
- 2) Place food or utensil down between bites.
- 3) Chew slowly & steadily.
- 4) Chew until food is liquefied.
- 5) Swallow before you take another bite.
- 6) Wait to drink fluids until after you swallow.



Eat a Rainbow Chart

	Red	Orange	Yellow	Green	Blue, Purple, Black	Brown, White
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

VEGETABLES

- Every day Eat the Colors of the Rainbow. (including white)
- Fill at least 1/2 your plate/bowl with veggies.
- Don't forget about your leafy greens.
- Steam or eat raw for the most nutrients.
- Eat as much as you want...they are anti-inflammatory!
- Wash in sink with 90% water and 10% distilled vinegar.
- Store in airtight container or bag.



Is fruit good for you?...YES!

- Water
- Fiber
- Vitamins
- Plant nutrients (protection from disease)
- Sweetened with natural form of fructose

How much fruit should you eat?

Think of fruit as a "sweet" to be enjoyed in moderation.

Total grams of fructose from fruit= 15g/day



FRUCTOSE IN FRUITS

grams of fructose in 100 grams of fruit

■ Dates (Medjool): 31.95g	■ Cherries, sour: 3.51g
■ Raisins: 29.68g	■ Watermelon: 3.36g
■ Figs, dried: 22.93g	■ Plums: 3.17g
■ Dates (Deglet Noor): 19.56g	■ Melon, honeydew: 2.96g
■ Apricots, dried: 12.47g	■ Strawberries: 2.44g
■ Prune: 12.45g	■ Blackberries: 2.4g
■ Jackfruit: 9.19g	■ Tangerines (mandarin oranges): 2.4g
■ Grapes, green or red: 8.13g	■ Raspberries: 2.35g
■ Pears, bartlett: 6.42g	■ Oranges (navel): 2.25g
■ Cherimoya: 6.28g	■ Pineapple: 2.12g
■ Apples: 5.9g	■ Melon, cantaloupe: 1.87g
■ Persimmons: 5.56g	■ Grapefruit, pink or red: 1.77g
■ Cherries, sweet: 5.37g	■ Clementines: 1.64g
■ Blueberries: 4.97g	■ Peaches: 1.53g
■ Bananas: 4.85g	■ Nectarines: 1.37g
■ Mangos: 4.68g	■ Lemon juice: 1.1g
■ Kiwi: 4.35g	■ Apricots: 0.94g
■ Papaya: 3.73g	■ Cranberries: 0.63g
■ Currants, red & white: 3.53g	■ Lime juice: 0.61g

a healthy day on a plate



If You Didn't Know

Diseases are a combination of

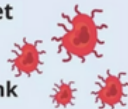


The food you eat

The exercise you get

The sleep you get

The thoughts you think



The toxins you absorb

The Stress you experience

HERBSOVERMEDS

The anger you keep

The unforgiveness you hold





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...

Did you know ?



An aloe plant can raise the oxygen levels in your home. It can absorb carbon monoxide, carbon dioxide, and formaldehyde. Just one aloe plant can achieve what 9 biological air purifiers can do.



A "CHEMICAL" STRESSOR
IS
The "AIR" You Breathe



EFFECTS OF *Negative Thinking*

FEELING DOWN:

anger, frustration, irritability, anxiety & depression

PHYSICAL EFFECTS:

compromised immune system, low energy, low self-esteem, possible eating disorders, physical illness & disease

Having a positive attitude means to maintain a set of ideas, values, beliefs, thoughts & actions that, simply put, feel good!

Benefits of Positive Thinking

- Improves ability to learn
- Lowers rates of depression and distress
- Increases resistance to physical illness
- Increases ability to bounce back from stressful experiences quickly and efficiently
- Increases ability to form relationships
- Triggers upward spirals toward improved emotional well-being over time
- Increases life span

Magnesium helps your muscles & nerves function properly by being in balance

CALCIUM

- Excites Nerves
- Contracts Muscle Cells



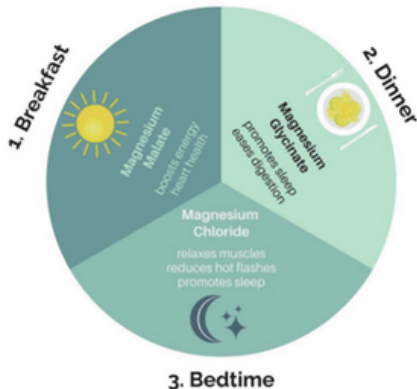
MAGNESIUM

- Calms Nerves
- Relaxes Muscle Cells

Stress keeps the switch "ON"

Magnesium Rotation Method

The fastest way to replenish magnesium levels



4. Travel/Constipation



Magnesium Citrate
calming
promotes BM

HOW TO POOP LIKE A CHAMP



DRINK WATER

H₂O will keep things hydrated and soft.



AVOID STRESS

Bad stress leads to bad poops.



BUMP UP THE FIBER

Fiber is your friend and fluffs up your poop!



EAT PROBIOTIC FOODS

Good gut bacteria makes your bowels happy.



LIMIT CAFFEINE

Caffeine is a bowel irritant.



GET EXERCISE

Exercise gets your blood flowing. Helps everything else move too.



ELEVATE YOUR FEET

Putting your heels up can help with elimination.

Note: If you've worked your way through this checklist and you're still having poop woes, see your doctor.



Textures of poop



Separate hard lumps, like nuts
You're lacking fibre and fluids. Drink more water and chomp on some fruits and veggies.



Sausage-shaped, smooth and soft
Optimal poop! You're doing fine!



Watery, no solid pieces, all liquid
You're having diarrhoea! This is probably caused by some sort of infection and diarrhoea is your body's way of clearing it out. Make sure you drink lots of liquids to replace the liquids lost otherwise you might find yourself dehydrated!



Sausage-shaped but lumpy
Not as serious as separate hard lumps, but you need to load up on fluids and fibre.



Soft blobs with clear-cut edges
Not too bad. Pretty normal if you're pooping multiple times a day.



Sausage-shaped but with cracks on surface
This is normal, but the cracks mean you could still up your intake of water.



Fluffy pieces with ragged edges, a mushy stool
You're on the edge of normal. This type of poop is on its way to becoming diarrhoea.



Soft and sticks to the side of the toilet bowl
Presence of too much oil, which could mean that your body isn't absorbing the fats properly. Diseases like chronic pancreatitis prevent your body from properly absorbing fat.

12 THINGS YOU NEED TO KNOW TO BE HEALTHY

1 YOU ARE DESIGNED TO BE HEALTHY

Healthy is Normal. Unhealthy is Abnormal.

3 INNATE INTELLIGENCE COMMUNICATES ACROSS THE NERVOUS SYSTEM

The Nervous System helps us adapt to and deal with STRESS.

5 STRESS CAUSES A CONDITION KNOWN AS SUBLUXATION

Subluxations Create Interference in the Nervous System Communications.



2 YOUR BODY IS SMART

There is an Innate Intelligence that runs your body.

4 YOUR SPINE IS YOUR SUIT OF ARMOR

Your Spine protects your nerve system spinal cord – like skull protects brain.

6 SUBLUXATION CAUSES DYSFUNCTION THAT CAN MANIFEST AS SYMPTOMS AND CONDITIONS

Subluxations are the root cause of many common health issues.

7 YOUR LIFE IS UNNATURALLY STRESSFUL

Modern Life is unnaturally fast-paced and filled with stress.

9 HOW WOULD YOU KNOW IF YOU HAVE SUBLUXATION?

Only a Chiropractor is trained to objectively test for Subluxation.

11 WE ARE ON A MISSION TO HELP OUR COMMUNITY

Everyone who wishes to be healthy must be checked by a Chiropractor.

8 SUBLUXATION IS CAUSED BY STRESS

3 Types of Stress that cause Subluxation are Thoughts, Toxins and Traumas.

10 WHAT SHOULD YOU DO IF YOU HAVE SUBLUXATION?

Only Specific Chiropractic Adjustments correct Subluxation.

12 I NEED YOUR HELP

If You Do Not Tell Your Family and Friends – Who Will?

