

# You: a Whole Being

**IT IS EASY TO FORGET THAT WE ARE WHOLE BEINGS, ESPECIALLY WHEN WE ARE SO USED TO COMPARTMENTALIZING EVERYTHING TODAY. EVEN OUR LIVES ARE THOUGHT OF IN SEPARATE PORTIONS OF TIME, CHILDHOOD, ADOLESCENCE, ADULTHOOD. UNFORTUNATELY WITH ADULTHOOD COMES RESPONSIBILITY, AND ON ITS BACK HITCHHIKING IS STRESS. THE RESPONSIBILITIES OF THE LIVES THAT WE LEAD TODAY HAVE SET US ON A BUSY PATH. IT IS EASY TO FORGET TO KEEP SOME TIME FOR YOURSELF TO MAINTAIN ALL ASPECTS OF HEALTH.**

**WE ARE WHOLE BEINGS. MANY TIMES WE MAY FAIL TO REMEMBER THAT WE ARE NOT JUST THE SUM OF THE PARTS WE SEE IN THE MIRROR. OUR BODIES ARE NOT THE ONLY PARTS OF US THAT REQUIRE MAINTENANCE. EACH OF US HAS A RATIONAL BRAIN, AN EMOTIONAL HEART AND A BRIGHT SPIRIT. THEY ARE ALL CONNECTED AND WITH THIS CONNECTION, ALL INFLUENCE EACH OTHER CREATING A WHOLE BEING.**

## PHYSICAL

- Exercise Routinely
- Fresh Air
- Sufficient sleep
- Healthy sunshine
- Wholesome Organic foods
- Human touch
- Chiropractic Adjustments

## MENTAL

- Think Positively
- Do What You Say You Will
- Visualize Your Goals
- Develop & Listen to Your Intuition
- Let go of Judgment
- Learn from Your Mistakes
- Don't Assume

**STRESS IS ONE OF THE MOST COMMON CAUSES OF SUBLUXATION. IN TURN SUBLUXATIONS CAUSE MANY HEALTH PROBLEMS BECAUSE THEY CUT OFF THE VITAL INFORMATION COMING FROM THE BRAIN TO THE REST OF THE BODY. THE CAUSES OF STRESS CAN BE FROM OUR PHYSICAL BODY OR TRAUMAS THERE TO. ALSO OUR EMOTIONS AND MENTAL STRESS CAN MANIFEST THEMSELVES INTO PHYSICAL FORM. THE MIND BODY CONNECTION CAN BE THE MOST IMPORTANT, AND IS ALSO THE MOST IGNORED.**

## TOTAL BODY HEALTH

**SO, BELOW ARE SOME SUGGESTIONS ON HOW TO REMIND YOUR SELF OF THE MOST IMPORTANT PART OF LIFE, TOTAL BODY HEALTH. WHILE YOU ARE THINKING ABOUT YOUR LACK OF TIME, PONDER THIS, WE DO NOT HAVE THE TIME TO IGNORE THE NEEDS OF OURSELVES AS WHOLE BEINGS. THE CONSEQUENCE IS MUCH GREATER THAN A LOSS OR DECLINE IN YOUR HEALTH.**

## EMOTIONAL

- Laugh & Smile Often
- Be Grateful & Humble
- Love Yourself & Others
- Heal Past Wounds
- Let go of Anger
- Uncover Your Fears

## SPIRITUAL

- Daily Quiet Time
- Deep Breathing
- Scheduled Meditation & Prayer
- Connect with Nature
- Follow your Heart
- Love, Be Kind & Forgive