

Total Life Chiropractic

***Total** Life Chiropractic …*
educating, adjusting and inspiring

BE A DOG

I recently heard a veterinarian say that in the 70s, Golden Retrievers lived about 18 years. Today the life expectancy is only 9 to 10 years. Why? Why is there such a significant reduction in this animals life span? What about humans? Are we living longer today? Are we healthier today? Are we experiencing less diseases? ….. NOPE
Of the top 11 industrialized countries the US ranks 11... at the bottom !
People in the United States have:

- ✓ **More Heart disease** even with more and more people taking cholesterol lowering drugs!
- ✓ **More Bad birth outcomes** — we have the highest rates of infant mortality amongst the top ten countries
- ✓ **Shorter lives** — Ranking 30 out of the top 30 countries.
- ✓ **Obesity**— the U.S. Ranks the 9th highest in the occurrence of **obesity** and third highest for **diabetes**.
- ✓ **Chronic lung disease** — is on the rise
- ✓ **Autoimmune conditions** — is on the rise with 15.4 million Americans (4.6%) estimated to have at least one diagnosed autoimmune disease

THE GOOD NEWS! Your health your choice. You're not a victim, take charge! **BE A DOG**



So, what can we learn from our furry friend?
1. They eat a species-specific diet – if you love your dog, you wouldn't give it a PB and J, right? It's not natural. What are you told by your vets? Give it only dog food. Well, likewise we humans should only eat human food. Predominantly animal based (true superfood), vegetables and fruits (sparingly and in season).
2. They eat only 1-2 times per day— Someone told humans they have to eat 4 to 6 meals per day. Taking into consideration that anything that passes your teeth, other than water, black tea or coffee is considered a meal, the average human may be consuming 10 or more meals a day!
3. They exercise- Ask your dog if he'd like to go for a walk. What happens? Exactly, they're overcome by excitement! Its vital! Move it or lose it!
4. They get proper rest—This is something you'll never see a dog skimp on. They sleep through the night and take naps. This helps the body regenerate and repair.
5. They have a positive mental attitude - How does your dog greet you when you come home from work or if he hasn't seen you for a while? Do they ever seem sad and depressed? No! They're always excited and enthusiastic and just happy to be alive!
6. They're pack animals - Socialize. Just like our furry friends, we need community and human interaction.
7. They honor their innate intelligence - Within all living creatures there is an innate intelligence that whispers messages of guidance and direction. Its the intelligence that tells a dog to lick his he traumatized should I go there and scratch at the door the nervous system free of any interference.

Misaligned spinal vertebra known as subluxations interfere with nerve transmission preventing the body from functioning at its best. Removing subluxations with a specific scientific chiropractic adjustment helps your nervous system function better and therefore your body is more likely to experience a greater level of health and vitality.
So simply, be a DOG to be the best HUMAN you can be!