

## Common Intestinal Problems

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Common intestinal problems that are overlooked run the gamut from “leaky gut” to irritable bowel syndrome (IBS). When the pathology becomes severe, conditions like Crohn’s disease and ulcerative colitis are found.

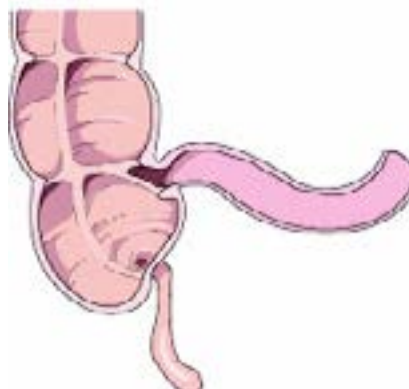
Many times, a patient will have mild to moderate symptoms that are not severe enough to get a name. The following is a partial list of symptoms that can be caused by intestinal problems.



- |  |           |          |
|--|-----------|----------|
| Constipation                           | Diarrhea  | Bloating |
| Lower abdominal ache or pain           |           |          |
| Abdominal muscle spasm                 |           |          |
| Excessive gas                          | Foul gas  |          |
| Dull Headache                          | Migraines |          |
| Sudden back pain for no reason         |           |          |
| Sinus congestion out of allergy season |           |          |
| Dark circles under the eyes            |           |          |
| Asthma like symptoms                   |           |          |

Let’s start with “leaky gut”. This is a condition where the lining of the intestinal tract has started to break down and it allows substances that should not be absorbed into you to pass through the intestinal wall.

There are many possible causes of this breakdown of the wall. Infections, antibiotics, non-steroidal painkillers, parasites, chemotherapy and other medications can initiate the breakdown. A poor diet that contains foods that you are allergic or sensitive to can cause inflammation that also breaks down the lining. The inflammatory process breaks down the cell barrier allowing larger molecules to pass through and ultimately enter your blood stream through the lymphatic system. This leads to a toxicity problem that can cause symptoms throughout the body.



Another common problem is the malfunctioning of the valve between the small intestine and the colon. This valve is called the ileocecal valve after its location. It is located very close to where your appendix is

and can cause symptoms of pain or ache in the lower right abdomen as well as more diffuse symptoms just like the “leaky gut” syndrome.

Just as the valve at the junction of your stomach and the esophagus can cause stomach acid to come up your esophagus, this valve can allow toxic material from your colon to go back into your small intestine and be absorbed into your body. Once your digested food passes through this valve, there is only one place that the matter should go, and that is in your toilet not back into you.

We have found that this valve can malfunction for a number of causes. These can include food sensitivities, infection, or even poor muscle support in your lower abdomen and pelvis. Likewise, the symptom pattern can also be varied from constipation to diarrhea to sinus ache to fatigue and the list goes on. This is because the valve can be “open” allowing backward flow of material or it can be “closed” stopping the flow from the small intestine into the colon. These conditions can easily be tested for using applied kinesiology and the appropriate care shown to you on how to rebalance the valve.

The irritable bowel syndrome is similar to the ICV problem and can cause the same pattern of symptoms. In IBS there is no inflammation just irritation that causes cramping, abdominal pain, bloating gas, diarrhea and/or constipation. In IBS, the muscles of your intestinal tract that move the food along can have contractions that are stronger and last longer than normal. Then, the food is forced through your intestines faster than it should and causes gas, bloating and diarrhea.

On the other hand, the opposite can occur, and the food passage slows, and the stools become hard and dry. The causes of IBS are usually either food related, hormonally related or caused by poor handling of stress. In all of these conditions, the treatment follows a similar pattern.

The first is to determine what is aggravating the lining of your intestines.

- Do you have food sensitivities?
- Have you taken medications or antibiotics that have damaged the lining?
- Do you eat a poor diet that is aggravating the condition?
- Could you have an infection in your intestines?
- Is your muscle support inadequate to provide support for your intestines?

The next step is to stimulate healing of the lining of your intestines. This involves reducing inflammation and potentially taking nutrients that can stimulate healing.

The final stage is to replenish the normal bacteria that live in your intestines. Substances known as probiotics accomplish this. When you take antibiotics, both the harmful bacteria and the beneficial bacteria are killed.

A reduction of beneficial bacteria can lead to digestive problems, such as diarrhea, yeast infections and urinary tract infections. When the good bacteria are destroyed, the bad bacteria that survive grow rapidly and take over the intestines. It has been estimated that there are more bacteria in your intestines than all of the cells in your body.

The good bacteria serve a number of useful functions in your body. First, they add to the fiber in your diet and give mass to your bowel movement. Next, they help in detoxification, boost your immune system, help reduce cholesterol and are involved in the transformation of some vital nutrients. Every year researchers find new good bacteria that help keep us healthy.

Years ago, there were just a few organisms that were thought to be beneficial and these were commonly used in making yogurt. Some good bacteria have been shown to also help in killing off bad bacteria or at least slowing their rate of growth.

One of the problems with these good bacteria is that they like to live in sections of our intestinal tract. For example, lactobacillus acidophilus reproduces at pH levels below 5.0.

Consequently, it lives in the small intestine. To complicate the discussion a little, a group of substances known as prebiotics were discovered. These substances help speed the growth of the probiotics. There are some foods that contain these prebiotic factors and these include chicory, artichoke, dandelion greens, garlic, onions, leeks, asparagus, wheat bran and bananas.

While all this sounds very complex, the treatment depends on what the causative factors are in your life. Positive treatment involves changing those factors, rebuilding the lining of your intestinal tract and then recolonizing the good bacteria throughout your intestinal tract.

## Metabolism

The average person gains 10 pounds a decade. If you were 150 pounds at age 18, don't be surprised if you weigh 200 plus pounds when you reach your 50's and 60's. Many people gain more weight than that.

It has been shown that after we reach the age of 30 our metabolism slows by 1 to 2% every 10 years. This means that in order to maintain the weight that you had at that age, you would have to slowly decrease your calorie intake year by year.

Genetics obviously plays a part in this. If your parents and grandparents were overweight, then you have a greater fight on your hand. You genetically have more fat cells than a skinny person, and it just makes it harder, but not impossible, for you to control your weight.

Exercise plays an important part in metabolism. Exercise will boost your metabolism and it also increases the amount of muscle tissue on your body. If you exercise long enough, your metabolism will stay up and be increased for a period of time when you stop. In general, this takes at least 40 minutes. It is like in the supermarket, if you buy a larger package you get extra for free. In exercise, if you go at least

40 minutes you get a boost in your metabolism that is added on that you don't have to exercise for.

It has been estimated that a pound of muscle will burn 35 calories a day, and that a pound of fat burns just 2 calories a day. Consequently, increasing muscle mass or preventing muscle loss is extremely important. This can be done with resistance training like light weights, elastic tubing or going to a gym. However, you should be checked out before starting a routine like this to make sure that there are no contraindications or malfunctioning muscles in the areas that you are going to exercise.

One problem with exercise is how to do it. Maintaining a constant pace, like walking or jogging at a constant speed, is a common component of many exercise programs. However, studies dating back to the 1980s have shown that short intense periods of exercise followed by a slower exercise has many additional health benefits aside from increasing your metabolism. Irving Dardik M.D., at one time head of the Olympic medical team, has shown that this type of exercise will boost immune function and help reverse many chronic health conditions.

Aside from increasing your exercise regimen there are other steps that can contribute to increasing your metabolism.

The word breakfast comes from breaking a fast. You have not eaten for 9 to 12 hours. Your brain says you are in a starvation mode. If you skip breakfast, your metabolism slows in an effort to conserve energy. Your breakfast should include protein to help elevate your metabolism as well as some complex carbohydrates to give you immediate fuel for energy. The hormones in your body that elevate your metabolism are derived from protein. A bagel and coffee contain no protein and consequently your metabolism will not rise sufficiently from a breakfast like that.

Skipping meals does not help with weight loss as again your brain thinks that you are in starvation mode and slows your metabolism. Instead, you would be better off with three small meals and two snacks midmorning and

mid afternoon. Obviously, the snacks should be small and designed to help keep your metabolism up.

In a past issue, we discussed the importance of the thyroid gland and iodine in the diet. If you missed that, go to [icakusa.com](http://icakusa.com) and learn how this condition is commonly missed.

The main goal of your diet plan is to keep a constant level of energy without spikes in blood sugar. A balance of protein, complex carbohydrates and good fats can accomplish this. A good diet plan should be combined with a daily exercise routine to maintain muscle mass and burn off those extra calories you are carrying around.

## *Brain Nutrients*

Over the last few years, a number of studies have shown that certain foods help keep your brain healthy and protect your mental functions as you age. These studies show that you can help to reduce your risk of developing dementia and other new or updated degenerative disorders.

There are two main mechanisms that can damage your brain. These are oxidative stress and inflammation. Oxidative stress is something we see all the time on metal as rust. If you cut a piece of fruit like a banana or apple, you'll see it start to brown. These changes are caused by free radicals that can damage the DNA, proteins and lipids and this also occurs in our brain and body. In extreme conditions, these chemicals lead to premature death

of healthy cells.

Inflammation can be good or bad. A small amount of inflammation is part of our body protecting ourselves in repairing damage. When it is excessive, inflammation causes an increased risk of disease like arthritis in our joints and dementia, Parkinson's or Alzheimer's in our brain. As we age this combination of inflammation and oxidative stress can damage our healthy brain cells and slowly lead to a decline in our brain function causing slower thinking and problems with memory.

A healthy lifestyle of a good diet, regular exercise, not smoking, getting a good night sleep, and reducing stress helps to prolong and slow these processes.

As a general rule, the more color that is in your fruits and vegetables, the more antioxidants they continue. Research done in Boston, at Brigham and Women's Hospital and Harvard Medical School, has shown that women over the age of 70 who regularly ate blueberries and strawberries had a slower rate of cognitive decline over a 15 year period than the control group. The Mayo Clinic has reported that people between the ages of 70 and 89 who had the highest vegetable intake had a 34% lower risk of developing cognitive impairment.

The following list includes some of the foods that are high in antioxidants that you should be including in your diet.

Blueberries	Strawberries
Spinach	Broccoli
Bell peppers	Oranges
Tomatoes	Pomegranate

The omega-3 oils have been shown to be extremely important in the development of the infant brain and they are just as important in the maintenance of the adult brain. These omega-3 essential fatty acids are referred to as the building blocks for the cells in our nervous system and are also required for proper signaling between cells. They are also producers of strong anti-inflammatory compounds called prostaglandins in our body. There are both fish and plant sources of these essential fatty acids. The best fish sources are salmon, trout, tuna, mackerel, halibut, sardines, and anchovies. The plant sources are from walnuts, flaxseeds, and sesame.

Amino acids, the sub units of protein, have been related to memory. Recent studies have shown that a group known as branch chain amino acids has a positive effect on short-term memory. Before getting a bottle of these amino acids, make sure that your diet has an adequate intake of good foods containing proteins.

# Tendinitis

Tendons are the tough flexible fibrous tissue that connects muscles to bones. Some tendons are long like the Achille's tendon or the biceps tendon in your arm. Other tendons are extremely short.

The muscle contraction pulls on the tendon and transmits the force to the bone.

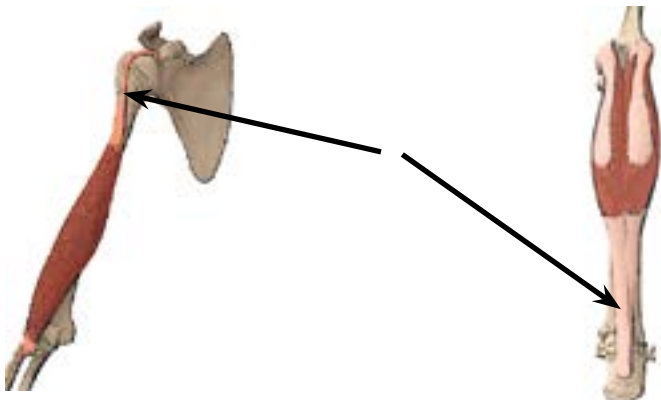
Clinically, tendons become inflamed and in extreme cases partially or fully torn.

When the tendon becomes inflamed, it becomes painful and the joint can become stiff. The inflammation can also cause small protein bonds called cross links to limit the normal motion of the tendon. This condition is called tendinitis.

Some tendons are more prone to injury. One theory is that the blood supply to areas of specific tendons is restricted. This causes a lack of oxygen, a condition called hypoxia, that causes slow healing and can lead to calcification in its extreme.

The most common tendons that are involved are the:

- Achilles tendon
- Patellar (kneecap) tendon
- Biceps tendon
- Rotator cuff tendons (in the shoulder)
- Hand/wrist tendons
- Plantar tendons (bottom of the foot)
- Adductor tendons (groin)



Tendinitis is caused by overuse of the muscle tendon unit. This can be from one extreme inci

dent like lifting something that is too heavy or by over use.

## Symptoms

- Tenderness directly over the tendon
- Pain with movement of the involved muscles and tendons
- Swelling of the tendon

## Treatment

This begins with why it occurred in the first place. If it is overuse, then rest is required. Many times the over use is due to improper mechanics. This is due to a weakness in another muscle that requires the involved muscle to over work to accomplish the task that you are doing.

Testing needs to be done to find this weakness and appropriate treatment and rehabilitation done to allow normal function. If the cause was an overuse as in lifting too heavy an object, then the muscle/tendon attachment needs to be assessed

for what is called a micro avulsion or small tear.

Examination can be done to find this and an appropriate treatment given. The standard medical treatment is rest and non-steroidal anti-inflammatories. While this will reduce the pain and sometimes resolve the problem, usually it just returns. This is because the underlying muscle defects have not been addressed.

**General exercise programs seldom fully address these conditions. A full examination of the local and sometimes more distant muscles needs to be done to find the actual cause of the problem.**

# Candida

An insidious problem that has been talked about for a number of years and many mainstream doctors overlook it, deny it, and disagree about it is an infection caused by a tiny micro organism known as candida albicans. This yeast lives mostly in your large intestine where it really doesn't cause any harm until it gets out of control.

A healthy body has good bacteria that keep the candida growth in check. When your good bacteria are depleted then the candida becomes overgrown.

Think of your colon as a hotel with lots of rooms. If your hotel is half-empty and the back doors are open, then unwanted guests sneak in and overtake them. This occurs when your good bacteria are depleted making room for the bad yeasts to over grow.

There are a number of common causes that allow the yeasts to overgrow. These include antibiotics, steroids, poor diets, high sugar intake, changes in hormones, heavy metal toxicity, stress, and chemotherapy and radiation.

Yeast infections can manifest themselves on your skin, in your mouth, sinuses, and lung.

There is a list of symptoms that accompany this article that are many times associated with yeast over growth. Check and see how many of these you have or have had recently.

It has now been shown that there are over 63 different forms of candida that can cause problems. Different strains of the organism can produce different symptoms affecting different parts of your body.

There are a number of natural ways for you to combat this problem. The problem with antibiotics is that they may kill off some of these forms but very seldom kill all of them,

and the ones that remain now have antibiotic resistance.

Controlling this condition involves a lifestyle change. It involves not only diet, but supplementation, and replenishing your good bacteria.

## Enjoy Anchovies

Another piece of the puzzle on how the Mediterranean diet is one of the healthiest in the world has been uncovered.

Anchovies are used in salad dressings, flavorings or dishes like pasta, and they are also a regular staple in the diet of the Mediterranean area. It has recently been found that this little fish contains an oil known as Omega 7.

Research done at the Cleveland Clinic has shown that this essential fatty acid can dramatically help in cardiovascular health.

Think of how many times you tell the person to take those anchovies off or out of the Caesar Salad or not to have it on a pizza. The anchovy, being a very small fish, is also one that has fewer toxins than larger fish.

You don't have to open a can and eat a number of anchovies, but is well worth the effort to take a small amount and get to enjoy the unique taste of this little fish.

# Possible Symptoms of a Candida Overgrowth

Check the box if you have one of the symptoms

- Inability to focus, poor memory , poor coordination or brain fog
- Irritability, crying spells, panic attacks, depression or anger
- Dizziness, insomnia
- Low libido or persistent fatigue
- Hyperactivity
- Cravings for sweets and alcohol
- Acid reflux, bloating, flatulence, indigestion or nausea
- Diarrhea, constipation or Itching anus.
- Acne, cysts, hives, fungal infections of the nails & skin, athlete's foot or body odor.
- Night sweats, psoriasis, eczema or dermatitis
- Thrush (white coating on tongue), halitosis, bad breath, canker sores or cracked tongue.
- Persistent cough, mucus in throat, sore throat, sinus congestion, chronic post-nasal drip, flu-like symptoms or hay fever symptoms
- Recurring yeast infections, recurring UTI's (urinary tract infections) or cystitis (inflammation of the bladder)
- Frequent colds and flu, allergy symptoms, food sensitivities, sensitivities to fragrances and chemicals.
- Inability to lose weight, water retention, or weight loss.
- Headaches, chronic body pain and/or joint pains, or muscle aches and stiffness.

**The more check marks, the more likely you have an over growth problem.**

# Sleep

It is becoming apparent that the quality of your sleep is very important in working towards optimal health. There are a number of things that you can do to help increase the quality of your sleep.

Studies have shown that you should average between 7 and 8 1/2 hours of sleep a night. Those who sleep more or less than this tend to have more health problems.

The first topic in regards to sleep is the level of oxygen in your bloodstream. A small device that you put on your finger that measures blood oxygen levels easily can measure this. A finding of 98% or 99% is excellent. Values below 98% show that you have more carbon dioxide and not enough oxygen in your bloodstream. Doctors using applied physiology have a number of ways of working to increase your respiration to raise these levels back to their healthy levels.

Another problem with respiration is that some people have difficulty breathing through their nose and their mouth. In the office setting, this can easily be challenged to see if a person has problems with either nose or mouth breathing. Again, using procedures developed in applied kinesiology, we are able to normalize this so that you can breathe effectively through both your nose and your mouth.

Jaw position is another important factor in sleep. As we age, we lose some of the muscle integrity in our body. When you're lying on your back, there is a tendency for your jaw to fall backwards closing off part of your throat and causing you to snore. At times, this can be addressed by working on the muscles that stabilize your jaw or you may need to utilize a device, a jaw splint, developed by dentists to hold the jaw forward.

The problems with the medications used to help you sleep are that they can have very severe side effects. These side effects include daytime drowsiness, impaired mental abilities, balance problems, an increased strong potential for addiction, and a study in 2012 showed an increased risk of death. A study of over 10,000

patients who had received prescriptions for sleeping pills when compared to over 24,000 who did not showed that those who used as few as 18 pills a year more than tripled the risk of death. Those who took 18 - 132 pills/year to aid their sleep increased their risk of death by over 400% and those who consumed over 132 pills/year by over 500%. In addition to this, the group taking the sleeping pills showed a 35% increase in the risk of cancer. Unfortunately, sleeping pills have shown that they only help a person fall asleep 10 to 20 minutes faster and sleep about 30 minutes longer.

What are the alternatives? Melatonin is our natural sleep aid. Melatonin is released in darkness, so the levels rise when the sun goes down and we go to bed. This is one of the reasons that your bedroom should be totally dark. The more ambient light that you have in your bedroom adversely affects the melatonin release. Then, there are some of us who don't produce enough melatonin. This can be addressed in two different manners. In applied kinesiology, we have a simple test that can be used to tell that you are able to produce melatonin. Melatonin is produced from the amino acid tryptophan and also the mineral zinc. These can easily be tested for in the office. By correcting this, you may be able to make your own melatonin instead of adding melatonin into your diet and taking it as a supplement.

There is an herb that has been used for centuries because of its calming effect that helps to curb anxiety. This is Valerian. As you can probably guess, the pharmaceutical industry extracted very small component of this and created the prescription drug Valium. Valium can easily become habit forming and using the herbal form can dramatically reduce this.

Other natural substances that can help you sleep are chamomile, hops, lemon balm, and an amino acid called L – threonine. This amino acid is derived from green tea. Green tea has a number of positive health benefits and a cup of this before going to bed may very well help you sleep more soundly and be more restorative for you.



# Elbow Problems

## How do elbow problems happen?



Elbow problems have many causes. They range from tennis and golfer's elbow to falls and overuse syndromes.

It is uncommon not to find a shoulder or wrist prob

lem that is at least a partial cause of the elbow problem. Poor body biomechanics is the cause of many of these problems. For example, if your weight shift is inadequate or you have a weakness in the shoulder muscles, then you elbow takes a beating playing golf or tennis.

The same holds true in throwing a ball. Improper support from the shoulder causes the muscles of the upper arm to have to overwork and creates stress on the muscles and ligaments that support the elbow.

## What are the symptoms of an elbow problem?

All of the injuries at the elbow share some of the same common symptoms. These include localized tenderness, pain and possibly numbness. There is always associated muscle weakness and usually muscles that are overworking.

Nerve entrapments are one of the major consequences of elbow problems. At the elbow, three major nerves are coming down the arm. Imbalances in the elbow can cause irritation or entrapment of any one, two or all three of these nerves.

These nerves control not only the hand muscles but also the muscles of the forearm. To find out which nerves are involved, we use muscle testing. This is very accurate as only specific muscles are supplied by each of the three nerves.

By testing the muscles of the forearm and the hand, it is possible to determine which nerve is involved and how to fix the problem.

There are 2 major nerves in the forearm. One goes to the thumb and 2 fingers and the other goes to the little and ring finger. These are named the median and the ulnar nerves. Many times, nerve entrapment at the elbow is misdiagnosed as nerve entrapment at the wrist. This occurs when only the symptoms of the hand are considered. There is one other nerve that can be trapped and that is called the radial nerve.



In epicondylitis, there has been an injury causing inflammation of the tendons of your forearm muscles.

Due to excessive or prolonged repetitive stress, you have microavulsed (partially torn) the tendons of these muscles where they begin at the elbow.

The muscles of your forearm attach via tendons called Sharpey's Fibers (which are like plant rootlets) that dig into the shell of the bone. If the muscle has been pulled on hard enough, it will actually tear these Sharpey's Fibers away from the bone and that is what starts the cycle of pain.

## What happens if it isn't treated?

As in most joint problems, if the condition is not treated it slowly degenerates. Local problems like tendinitis and bursitis can result. Over time, arthritic changes in the joint occur. One of the worst problems is that you will alter your normal mechanics using other joints causing more damage to them.

# Summer is coming – time to get in shape

Whether you are a teenager or in your golden years, now is the time to take a look at your health and your goals for the summer. Let's start with the basics. You need to set some simple goals that you can accomplish in the next 8 - 10 weeks. As far as these goals are concerned, you need to be very specific on what you want to accomplish. This could be as simple as losing 10 pounds, walking a mile and not getting out of breath, competing in an organized walk, or even being able to climb a flight of stairs and not be breathless. You need to set very specific goals and a time frame that is reasonable to get there.

Now, you need to think about what you've done in the past that has gotten you in the condition you are in. Maybe it's the evening snack, the lack of exercise, you're just too tired, or you just don't like working out.

The most important thing to do is to clean up your diet. If you're eating a bad diet, there is no exercise program that can overcome it except possibly running a marathon every day. One of the biggest problems that people do with their diet is trying to do too much. Change one thing at a time. First, write down everything you eat per week and then review it. Choose one meal a day to start to change. Let's start with breakfast. This meal needs to supply the energy you need to get going in the morning.

Every week choose one meal to improve or to omit like an evening snack. Try to make one change a week. This could be cutting out soda, increasing vegetables in your diet, omitting refined sugar or grains that contain gluten. The important thing is to make changes slowly so that you can succeed.

Next, you need to think about what activities you like to do. Nobody wants to do an exercise program they don't like. Sometimes, it's easier to think about what you don't like to do. Then look at what you haven't done and try it. It's all right if you don't like it; just try another activity.

Find something that you enjoy doing that you can do for a period of time. There's hardly an activity that covers all of your body. For example, running uses your legs as does walking, but there's little upper body motion or arm activity for strength. Swimming can be great for your arms, but most people don't use their legs that much when they swim.

So the first step is to find something that you enjoy doing that you can continue. Then, we can talk about and find the area of your body that is not being activated sufficiently, and find something that you can do to work that portion of your body.

Exercising is going to help you maintain muscle mass and also builds muscle. It will also strengthen your heart and your blood vessels. Additionally, it helps you lose weight, increases your endurance and also your flexibility.

If you think about how you walk, you either walk like a young athletic person with motion or you tend to start to walk very stiffly with your feet. There will be little upper body movement except that your arms may swing back and forth. The first walk helps to keep you flexible and also increases strength, while the second walk makes you stiff, weak and you age before your time. We'll have more on walking in one of the next newsletters.

For now, you should take stock in yourself. Are you starting to slump over at the shoulders? Is your lower back flat? Are you noticing weakness in your arms? Do you get tired walking any long distance? Is your head starting to fall forward? Do you just feel out of shape? Each of these requires a little different type of exercise and activity to correct them. In the office, we will test the muscles that support these different areas and find out if they're working properly.

If you have areas that are overly tight, then usually they are the result of a weakness some place else. While yoga or other stretching exercises will help to loosen them, you need to find the weak areas and correct them so that the opposing muscle doesn't continue to shorten.

We shouldn't have to go to gyms and work out to maintain our strength. You should not have to go to a yoga class or do stretching to maintain general flexibility. However, many of us will need to work to increase our flexibility or increase our strength. Many need to do both of these in order to maintain good musculo skeletal function. Today, we lead a sedentary life and few of us get the exercise we need. Consequently, we need to do additional work to maintain our flexibility and strength.

It all sounds easy when you write it down, but in reality it isn't. You have to be inspired to do it. So, the final question is -

“What is your inspiration?”

This should be part of your goal.

Why do you want to change?

What do you want to improve?

Why do you want to do it?

You need to write down your goals and your inspiration and have them out for your review so that you can look at them every day. If your enemy has been that ice cream in the freezer, then your goals and your inspiration should be on the refrigerator door so that you can look at it before you open the door.

Fill out the questionnaire and answer the questions about what you would like to accomplish and bring it to the office. We will discuss your goals and the steps you need to go through to get there.

Goal 1. \_\_\_\_\_

Goal 2 \_\_\_\_\_

Goal 3 \_\_\_\_\_

Diet changes I need to make

\_\_\_\_\_  
\_\_\_\_\_

Physical changes I feel I need to do

\_\_\_\_\_  
\_\_\_\_\_

The lifestyle changes I feel I need to do

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Exercise activities I enjoy doing

\_\_\_\_\_  
\_\_\_\_\_

Exercise activities I do not like to do

\_\_\_\_\_  
\_\_\_\_\_

Why do I want to do this?

What is my inspiration?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## In May

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