

Rosewood Chiropractic Clinic

FEEL BETTER & LIVE HEALTHIER

Eating more nutritiously not only feels good but has a positive impact on your overall health and can help to prevent potentially hazardous health problems.

According to the U.S. Centers for Disease Control and Prevention, “Only tobacco use surpassed poor diet and physical inactivity among leading causes of preventable U.S. deaths in 2000.”

Our office offers a full line of nutritional supplements as well as nutritional and health advice based on the most current research.

What Supplements should I take?

- A multi-vitamin
- Vitamin C
- Vitamin E
- Vitamin A
- Calcium
- Magnesium
- Phosphorous
- Essential fatty acids in the form of omega 3

Simple, easy steps to a healthier you...

- Decrease portions at each meal.
- Ingest 25-30 grams of fiber each day.
- Ingest flax seed oil daily.
- Monitor your daily caloric intake and decrease if needed.
- Decrease intake of soft drinks, candy and refined carbohydrates.
- Increase your intake of cruciferous vegetables (broccoli, cabbage, cauliflower, etc.).
- Also increase consumption of garlic, grapes, soy, tomatoes, hot peppers, onions and ginger.
- Increase consumption of raw foods. Fresh and frozen vegetables are best, overcooking and frying decreases nutrient value.
- Drink ½ your body weight in ounces of water each day. No substitutes.
- Decrease meat consumption. Keep portion of meat to the size of your palm.

