



BE HEALTHY.

LIFETM
FOR

Live Your Life with Integrity

Choosing Excellence for Your Health, Relationships, and More

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Apply the Golden Rule to Yourself as Well as Others

As we have been told by our parents and teachers, be kind to those around us and treat others the way we would like to be treated. This applies to many areas of our lives - even our health. The way we treat our bodies today will affect our quality of our life later. It is important to honor our bodies in everything that we do. Being good to others begins by being good to our own selves. Some ways that you can be good to yourself today are:

- Have an attitude of gratitude, write down 5 things you are grateful for today
- Allow yourself time to meditate, pray, or engage in some type of self-care
- Exercise. Even if you don't feel like it, you will be glad that you did and the endorphins released will keep you focused on being your best
- Get connected. Make sure your innate ability to be healthy is supported by a nerve system that is free from the interference caused by subluxation. Make getting adjusted part of your regular health routine.
- Clean up regrets, resentments and destructive patterns that are harmful to your health and well-being.

Always Do Your Best

Whether it is civic responsibility, work ethics, or a desire to improve our own quality of life, we should do all things to the best of our ability. As taught by Don Miguel Ruiz, author of The Four Agreements and teacher of ancient Toltec wisdom, our best will change from moment to moment; it will be different when we are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret. Rewards will come, and we will enjoy life more.

A Human Responsibility

By definition, integrity is "a state of completeness and wholeness; adherence to a set of values." We can teach integrity to our children, apply it in our work environments, but can we achieve integrity with our health? Absolutely. When completeness and wholeness are the core of our physical being, we have achieved true health. This is a much better definition of health than being symptom-free or feeling good. Remember that integrity is not about perfection. It is a commitment to be aware of our behavior and to accept responsibility for that behavior, making corrections when we're out of integrity to bring ourselves back into our desired state of living. Our health, jobs, and relationships will appreciate this commitment!

Insert your doctor or practice name here
Insert your office address and phone number here