



# Back to Life Chiropractic Workbook

[www.backtolifechiropracticky.com](http://www.backtolifechiropracticky.com)

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## **Putting the Why before the What**

**Please list 3 reasons Why you should devote regular time and energy toward your health:**

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**Please list 3 things you could do right now to improve your health on your own:**

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## Stress Happens

Your body is programmed to respond to any perceived stress in a very predictable and consistent manner. As a result, your physiology will respond to the combinations of physical, chemical, and emotional stresses that you experience. Understand that this is a perfect response and is there to increase your likelihood of survival to stressful experiences. Your body does not know or “care” if this stress is from a real life-threatening situation like a confrontation with a tiger or a perceived stress such as completing and paying your taxes – the body response will be the same. Understanding this response and then understanding that one of the primary keys to better health is the ability to inhibit or shut off this response is critical to any wellness program. We intend to share this response with you and show you how your diet, exercise, as well as your thinking all determine your response to life’s stresses.

### When Your Brain Perceives a Stress

The Sympathetic or Fight/Flight portion of the nervous system is stimulated.

**Symptom: “Revved up”, edgy, and inability to relax/sleep**

**Constriction of the arteries**

**Increase heart rate and blood pressure**

Nerve supply and blood supply to the gut is decreased and to the periphery is increased

**Symptom: Decreased digestion, Acid Reflux, Bloating**

**Constipation, Irritable Bowel**

The nervous system decreases reproductive hormones

**Symptom: Sexual dysfunction and lack of drive**

The pituitary decreases growth hormone

**Symptom: Inability to build muscle**

The adrenal glands release adrenaline/epinephrine and cortisol

**Symptom: Increased Blood Sugar, Hypoglycemia, Diabetes**

Cortisol causes the liver to reduce HDL (good cholesterol) and increase LDL (bad stuff)

**Symptom: High cholesterol and increased cardiac risk factor**

**This increases cravings for sugar and for fatty foods**



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Adrenal hormones stimulate the amygdala (emotional center) of the brain to call on previous memory. At the same time, logical thinking centers are inhibited.

**Symptom: Difficulty remembering and learning new information**  
**Cells of the Hippocampus have actually been shown to shrink!!**

Adrenal hormones increase senses of touch, smell, hearing and sight

**Symptom: Easily distracted -- poor attention**  
**Increased sensitivity and heightened pain perception (fibromyalgia)**

The fight/flight response will also result in decreased sleep. Shortening even one night's sleep by 4 hours causes a significant reduction in insulin receptor sensitivity. Chronically, this reaction coupled with high blood sugar leads to type II diabetes, syndrome X, heart disease, obesity, cancer, and chronic fatigue.

In short-term stress, Serotonin would be released to inhibit the release of noradrenalin to help stop the stress response. However, in chronic stress, serotonin production cannot keep up resulting in depression, fatigue, and trouble sleeping.

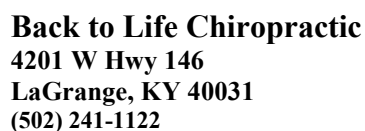
### **THE BAD NEWS**

As these pathways are fired in the spinal cord and brain, the body becomes more efficient at processing them (neural plasticity) allowing you to move into stress physiology more quickly and effectively.

### **THE GOOD NEWS**

The stress response can be shut off.

We will show you how proper lifestyle based on the principles of Eat Well, Move Well, and Think Well can do this.



Everyone has intentions to get healthier and to exercise when they have more time. But if you haven't realized it yet . . . More time never comes!

Use your Back to Life Chiropractic Check List / Cheat Sheet Forms to plan your week and keep track of what you are doing. Use the Back to Life system to guide you through how to complete your Back to Life Check List / Cheat Sheet Forms at [www.backtolifechiropraticky.com](http://www.backtolifechiropraticky.com).

I would strongly recommend that you plan your meals for the week at this time as well. While you're planning these meals, write out the grocery list necessary for a week's worth of healthy meals. Use the excel journal found on our website to help.

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## 8 Steps to a Healthier Body with Exercise

1. Start a resistance training program today! With weight training you build muscle! Muscle is very metabolically active and it requires lots of calories just to stay “alive, so to speak”. Therefore, when it comes to long-term fat loss muscle tissue is your best friend and secret weapon. Download forms from Back to Life System: Strength.
2. Start a cardio program. High Intensity Training (HIIT) is your best bet. HIIT has been shown to elevate metabolism for up to 24 hours in numerous studies. This means that you’ll not only burn calories (and fat) while performing HIIT, but you’ll continue burning extra calories for the next 24 hours. That’s why interval training offers so much bang for the buck (or fat loss for your time). Download forms from Back to Life System: Cardio
3. Not ready for HIIT training? How about a 20-45 minute walk six days a week. You must start moving your body more. Don’t have time? You must make time to care for your health and well being. Keep track using your Checklist / Cheat sheet forms from Back to Life System.
4. Improve your range of motion and flexibility. Research studies show as we age range of motion significantly reduces one’s ability to function properly and lack of flexibility increases your chance of getting an injury.
5. Do balance and core training. Having a strong core is key to posture and injury prevention as well.
6. Can’t go it alone? Find a partner or start your own small group. For many people having an accountability partner is the one thing that helps them stay on track. Use the Back to Life System Transformation Journal to help you start a group.
7. I suggest hiring a knowledgeable personal trainer to develop a plan for you. Or, find some good resources on training in each of the areas mentioned above and start implementing them into your daily regiment. Start by using the Back to Life System.
8. Remember you can train all day long but if you are not getting the proper nutrition and nerve flow you’ll never see the results of working out.

Use the Back to Life System to improve your Health [www.backtolifechiropracticky.com](http://www.backtolifechiropracticky.com)



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## 8 Steps to Dietary Wellness:

Plan each of your meals once every week and go to the grocery (on a full stomach) to get only what you need to complete those planned meals and nothing else.

Eat 5 small meals each day. Plan to eat every three hours and two of these daily meals should be an Ultrameal shake. This shake will provide a low glycemic source of the proper ratio of protein to carbohydrates. Ultrameal also provides your optimal daily vitamin and mineral requirements. Ultrameal can be purchased at our office.

Commit to eating a fruit or vegetable with every meal.

Supplement with a high quality fish oil to get the necessary omega 3 fatty acids that serve to lower cholesterol and inflammation in the body. Not all fish oil is created equal. We recommend Viotron brand.

Consume half your body weight in ounces every day. For example, if you weigh 150 pounds, drink at least 75 ounces of water throughout the day. For most people this would require at least eight glasses of water per day. Reverse osmosis filtered water will be your best source and you should try to avoid drinking out of plastic bottles when possible.

Combine a healthy Protein (the size of your palm), a healthy carbohydrate (the size of your fist), and a healthy fat (the size of your thumb) with every meal. These should not be fried or processed. Healthy fat sources include: olive oil, fish oil, flax oil, avocado, almonds, walnuts, sunflower seeds, and real butter.

Learn to eat a low glycemic diet. This means watching the carbohydrate foods that increase insulin in the body. Take one week where your only carbohydrates are from a low glycemic index (55 or less). These include nearly all vegetables, beans, and a few fruits such as strawberries, apples, cherries, grapefruit, and prunes. After this week, you can add to your diet moderate glycemic index foods (56 – 70) such as wheat bread and tortillas, wheat pasta, high fiber cereal, brown rice and other fruits. However, these should not be consumed after 1:00 p.m. Most cereals, breads, potatoes, grains, crackers, and sugars should be avoided and not eaten regularly.

Avoid anything with trans-fats, hydrogenated oil, high fructose corn syrup, or artificial sweeteners such as aspartame or sucralose. These are fake foods with no nutritional value. As a rule, stick to foods that were once living – that either walked the earth or grew in the ground from a tree or plant.

[Use the Back to Life System to Nutritional to figure out your proper meal ratios.](#)



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### **Gratitude Journal or Connecting to Wellness Transformation Journal**

Get a small notebook and place it by your bed or download Back to Life Transformation Journal.

In the Mornings: Write down 5 things that you are grateful for. These can be small things or big things. Do this before you even get out of bed.

In the Evenings: Read your gratitude list until you feel relaxed and at peace and grateful in your heart. Then immediately go to sleep.

### **Affirmations**

Use the Back to Life Transformation Journal to keep motivated by reading your affirmations Daily.

### **Diaphragmatic Breathing**

Inhale through nose and exhale through mouth

Breath deeply into your abdomen, feel it expand to a count of 4

Pause for a count of 1

Exhale slowly to a count of 4, allowing tension to release

Repeat until you feel relaxed

**Use your Back to Life System Nervous System Category**

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**Back to Life System**