

The Drugless Doctors  
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For a daily dose on inspiration check us out!  
Facebook – The Drugless Doctors or on Twitter: @druglessdrs  
Youtube channel: druglessdrs

### **How to be healthy!**

#### **1. Chiropractic-**

- The brain & nervous system
- Thoughts, traumas, toxins
- From before birth until now...
- Your body is self-healing & self-adapting

#### **2. Sleep-**

- Essential for healing in your body.
- Create growth hormone for healing
- Goal: 8 hrs.
- Have a consistent bedtime
- Minimize screen time

#### **3. Exercise**

- Create movement as a part of your life
- Helps with detoxification, blood flow, oxygen, mental health...etc.
- Goal: 20 mins/day
- Do what you love and enjoy

#### **4. Food**

- Foods that cause inflamm- gluten/dairy/sugar
- Focusing on anti-inflamm foods- proteins & vegetables
- Reading labels
- Focus on organic (due to pesticides) & fresh

#### **5. Water**

- 85 % of your body is water
- Water goals: measurement is key
- The type of water you should be drinking
- Creating new habits- it takes 21 days

### **YOUR Action Steps-**

**Upcoming Events! Check out our FB page @druglessdrs for all of our free classes.**

**Breast Thermography-**

A different approach to help you create a strategy of prevention and to stay healthy at any age. Our next dates are April 28th, May 1st, and May 5th, spaces are limited, call to schedule today with our team- 440-471-4200

Help us to reach our community! Do you have a group, school, or business that is looking for a speaker at their next event? Please email [drcasen@druglessdrs.com](mailto:drcasen@druglessdrs.com). We do lunch & learns, workshops, health fairs, and can tailor the talk to your needs

Next H2H-

April 1<sup>st</sup> @ noon and April 2<sup>nd</sup> @ 6pm- How to PREVENT cancer!

Special this month- 10 % off

Rapid Immune Response- 2 every hour until bottle is gone (blend of herbs to assist you if you ever wake up and are not 100 %) – rocket fuel for your body!

Bio-Immunozyne-forte – 1-3/day with meals – a multiple vitamin for your immune system.