

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

Increase your ENERGY!

What is robbing your energy right now?

What do you want?

It's easy as 1, 2, 3:

1. **Stay connected!** Research shows that being in community and connected to people improves physical health and mental health. Examples: writing letters, facetime, video chat, a text/email.
2. **Fuel your body with the right ingredients!** What are you doing to create healthy meals with your family?
3. **Movement creates energy.** Sitting is the most amount of pressure on your spine. Ergonomics are important but also proper motion in your spine. Get outside and exercise (minimum of 20 minutes/day).

Action Steps-

1. Do 1 thing and share it with 2 people in your life
2. Schedule an appointment

Upcoming-

- Catch up on our videos on Facebook @druglessdrs and Youtube
- Dr. Bob's Mental Health Book was just released! Check it out on our website & Amazon!
- We DONATE our time to offer virtual workshops! Email drcasen@druglessdrs.com to schedule a fun talk with your group or business!