



Miller Chiropractic Health Center
Live Pain Free and Energized

Dear Patients,

This is the time of the year when we are inclined to look forward to change in our lives of one kind or another. We at Miller Chiropractic Health would like to share some **proven tips in helping you be successful in your health goals.**

1. Choose to **take responsibility for your own health.** Why? This really hit home as I have gotten older and realized that when I suffered from an illness, I was probably the only one who laid awake at night thinking of my problems. Not even my wife did that, and I know she really loves me. Having said that, we do on occasion lay awake thinking about your health, but let me assure you that most of the time I am sleeping quite well. So **take charge, ask questions, do research, because you are your best advocate, and when you do this, you change!** Your decision now has much more opportunity to be long term.

2. Take small steps, don't burn yourself out in the first two weeks. Do you need to exercise? **Commit to three days per week.** Start out for five to ten minutes and work up to thirty minutes. **Thirty minutes of cardiovascular exercise three days a week appears to provide the most benefit for the least amount of time expended.** In addition, adding a stretching program twice a week really helps maintain your adjustments longer thus helping your body maintain its function and performance.

3. Choose to eat more foods that require your own preparation rather than eating foods made for the masses. As a rule try to **eat more vegetables than fruit and for protein,** eat small portions of meat or other proteins three times per day. A common sense diet easily found on the internet is the Mediterranean diet. Due to more and more **digestive problems** developing in the world population, there may be some foods you will have difficulty digesting. If that is the case, **allow me to recommend seeing my daughter, Christy Finley RN and Digestive Health Specialist.**

4. Drink filtered water and put a pinch of Celtic sea salt in it. This type of salt is rich in a **wide range of minerals** which our bodies need to function at a healthy capacity. A specific function is the increase in the intercellular transmission of fluids in and out of your cells which makes it possible for you to stay hydrated.

5. Keeping machines well maintained helps prevent them from breaking down and wearing out. So maintaining your body is also necessary in slowing the “wearing out” process. When you are feeling your body in ways you don't like, we are here to help! **Dr. Nick and myself continue our post graduate education to give you all the knowledge necessary to help in your health journey.**

One of the most common questions I seem to get most frequently is my recommendation on a “[good multivitamin](#)”. The product we recommend is [Catalyn](#) from [Standard Process \(Click to learn about the farm\)](#) and it is my choice because it comes from food and not synthetically produced vitamins/minerals. [CLICK HERE](#) to read how it is grown, produced and the vast benefits of Catalyn, I think you will be impressed in all that goes into this product.

Sincerely,
Dr. Miller
Dr. Nick
& Christy Finley, RN



Supplement of the Month!

Catalyn

Catalyn, Dr. Royal Lee’s first product, contains vital nutrients from whole food and other sources.*

- Supplies multiple vitamins and minerals for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being*
- [CLICK ON THE BOTTLE FOR MORE PRODUCT INFO](#)

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