

General Guidelines For Health

Drink plenty of filtered water throughout the day Dehydration is at the root of most chronic and degenerative diseases. The rule of thumb is that you need to drink ½ your body weight in ounces of water per day (up to 80 oz.). Which means that if you weigh 150 lbs. you need to drink at least 75 ounces per day. If you are working in the sun and perspire a lot you will want to increase that amount. It is recommended that you measure out the proper amount for your body size in the morning and finish before early evening to avoid many bathroom trips at night.

Keep your blood sugar balanced In general, most Americans eat too many carbohydrates (especially refined carbs) in proportion to their protein. You should acquire 30-60% of your grams from carbs, 20-40% from protein and 20-30% from fats. If you get tired between meals, decrease your carbs. If you get tired and hungry between meals increase your protein. Avoid eating refined foods and eat more fresh fruits, vegetables, protein and whole grains. Eat regular meals and snacks--don't let yourself get hungry.

Make better choices in fats and eat better sources of them In general, we don't eat enough of the good fats and too many of the bad fats. Good fats such as olive oil can be used in cooking or flaxseed oil can be used in salad dressings. Butter is better for you than margarine. Hydrogenated and partially hydrogenated oils are poisons to your body and are found in most pre-packaged and fast foods. AVOID these fats in your diet. Ask for the pamphlet, "Get These Out of Your Family's Kitchen" for a description of these fats and why this is important.

Help your body get rid of toxins As your body begins to function better, the organs and cells will begin dumping toxins. Very often this dumping feels like flu. Drinking plenty of filtered water will help this process. If you still get these flu-like symptoms soaking in a hot bath with 2 cup each of Epsom Salts and Baking Soda will be very helpful. We have other baths and detoxification suggestions---just ask for the "Techniques to Assist Detoxification" sheet. It is also important to maintain regular, daily, bowel function. We have several nutrients that aid in elimination without the need for laxatives and are happy to discuss these with you. When the bowels remain unable to move appropriately enemas may be necessary. We recommend coffee enemas. When the bowels need even more help in clearing we can refer you to a colon therapist for a colonic.

Get educated about how your body works We have a lending library of books on various health related topics ranging from digestion, detoxification, kinesiology, etc. They may be checked out for a two week period. Please ask about any books you see that might be of interest to you. They are located in treatment room #2. We also have selected books for sale.

About your supplements Generally, chewing your supplements will help your body make better use of them. Do not chew ones containing hydrochloric acid (HCL) such as Hypo D as well as proteolytic enzymes (i.e. Wobenzym). Dr. Graham will alert you to these exceptions. Many of the supplements you will be taking are for therapeutic purposes--designed to assist an organ or system. Don't take yourself off of or replace any supplements without discussing this with Dr. Graham. It can take anywhere from weeks to months, depending on each person, to rebuild these systems and organs. In some cases you may always need to be on the support. This is especially true of multi vitamins and minerals such as Calcium and Magnesium.

Get plenty of exercise, sunlight and fresh air Spending an hour or so outside without eyewear is very beneficial towards helping the body to regulate its hormone balance on it's daily, monthly and yearly cycles. Also, 30 -40 minutes per day 3-5 times per week of aerobic exercise is vital to providing proper oxygenation of your tissues. Walking is a great way to do this.

Ask questions Between visits write down any questions that you may have regarding your health or your care. Dr. Graham is happy to answer your questions and recommend pamphlets and/or books to help you gain a better understanding of your health.