

## **ANDERSON UPPER CERVICAL**

1099 Merchants Drive, Suite A Dallas, Georgia 30132-3005  
PHONE: 770-443-0787 ~ FAX: 770-443-3890 ~ WEBSITE: [www.AndersonUC.com](http://www.AndersonUC.com) ~ EMAIL: [info@andersonuc.com](mailto:info@andersonuc.com)



**Proper Food Choices:** Focus on receiving nutrition from whole, unprocessed foods (vegetables, meats, fruits, nuts, etc.) that come from healthy, sustainable, local sources, such as a small organic farm not far from home.

- ❖ Avoid processed sugar---this contributes to overall inflammation and the development of multiple disease processes in the body and accelerates aging.

**Consistent Exercise Program:** Exercising effectively, which means including not only core-strengthening exercises, strength training, and stretching but also high-intensity activities.

***Check with Dr. Anderson for ideas & recommendations based on your specific needs.***

**Stress Reduction & Positive Thinking:** Prayer, meditation, social support and exercise are all viable options that can help maintain emotional and mental equilibrium.

**Proper Sun Exposure to Optimize Vitamin D:** Vitamin D plays an important role in preventing numerous illnesses ranging from cancer to the flu. Try to get at least 15-20 minutes per day of direct sunlight on exposed skin.

**Avoid as Many Chemicals & Toxins as Possible:** Tossing out your toxic household cleaners, cosmetics, personal hygiene products, air fresheners, pesticides, etc. To improve your health and you can also save money, use simple but effective non-toxic alternatives like vinegar, baking soda etc.

***Most importantly, keep the nerve system free of interference by getting checked on a regular basis by Dr. Anderson.***