

ARE YOU READY? peak energy

TAKE THE

7 STEP peak energy *Challenge*

CHIROPRACTIC CLINICS OF NEVADA



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A man is shown from the chest up, shirtless, with his head tilted back and eyes closed. He is pouring water from a black plastic bottle over his head. Water is splashing all over his face and hair. The background is a bright, slightly out-of-focus outdoor setting, possibly a beach or a poolside. The overall tone is energetic and refreshing.

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FOR A CHANGE?

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Peak Energy Solution

B UZZZZZZZZZZZZZZZZZZZZ No! It just can't be! Feels like my head just hit the pillow. I simply can't get enough sleep. I go to bed fatigued, wake up fatigued, run out of energy by mid morning, race to the coffee machine just to make it through the day. Walk through the door at the end of the day and collapse on the couch. Workout you say, I can hardly work-period. I'm just plain worn out!

Sound familiar? You're not alone.

An alarming fact has surfaced in recent years. While people are seemingly more health conscious than ever before, and we are becoming more and more concerned with our health and well-being, an astounding 95% of Americans still believe that they do not have enough "energy". This statistic includes high-powered business executives, administrative personnel, as well as athletes, homemakers, and students, with age being of no relevance.

How is this possible? It is true that there is a plethora of information available to the public regarding the many aspects of "healthy living." We are inundated by countless infomercials on TV: for losing weight, for exercise programs, and for nutrition that is "guaranteed" to make us feel a certain way. However, the missing piece of the puzzle is the fact that there is no "one thing" to purchase that will make these types of results occur.

There are 7 specific changes; some very simple, and others more complex, that each person must incorporate into their lifestyles in order to have the ability to function daily at their Peak Energy level. In other words, it takes a consistent, well-rounded approach in order to achieve the outcome that is desired. For example, simply changing a diet will not necessarily give a person the energy and productivity level they desire.

Simply changing one bad habit does not guarantee success, and in many cases in fact, may likely set up failure. Therefore, it is the synergistic combination of these 7 crucial steps that make all the difference in the world. They build upon each other, and at the end will help you to achieve optimal peak energy levels – consistently throughout the day. In fact you'll have more energy, naturally, not synthetically or artificially (i.e., sugar, coffee or other stimulants) than you ever thought possible.



May we ask you a few questions? How would you like to increase your energy levels by up to 40% in 14 days? How about raising your productivity by up to 40% in the same time period? Here is something that may move you. What would happen in your personal as well as your professional life if you were to reduce your stress levels by 50%? And while you are at it, improve the way your body functions, increase your strength, coordination and flexibility? It is possible that you may think this is too good to be true, or possibly that it is too complex of a program to follow.

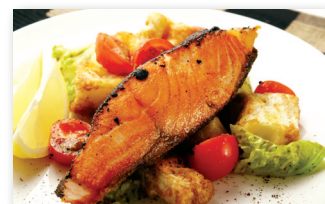
There are just a few major areas that must be understood in order for you to achieve your Peak Energy. First, and foremost, the body's fuel must be improved. You must eat better, as well as drink more water. How do you accomplish this? Read on.

Next, you must rest your body properly. Supplementation is also important; not just with vitamins, but with the proper vitamin and mineral supplements that you need. How will you know what is needed? Read on! Next, believe it or not, time management is very important in reducing your daily stress levels. We will also discuss the necessity of increasing flexibility as well as core strengthening of the spine and its support structures. Lastly, there is the necessity of understanding nerve impingement syndrome, NIS, and its relationship to your body's consistently improved function.

It is actually a simple, but very specific set of steps to follow, that when done together in the proper manner, will prove to you that these results are not just achievable, but consistently retainable. You can change the way you feel. You can change your energy level. You can have a stronger structure. You can reduce stress. You can change your coordination and balance. You can function better.

IT IS TIME FOR A CHANGE? YOU KNOW IT IS. IT'S TIME TO TAKE THE 7-STEP PEAK ENERGY SOLUTION CHALLENGE!

Step 1: Portioned Eating



Step 2: Water Intake



Step 3: Supplementation



Step 4: Rejuvenating Rest



Step 5: Stress Reduction



Step 6: Time Management



Step 7: Stretching





STEP 1: PORTIONED EATING

The first major area of change for achieving your Peak Energy is the change in the way that you consume food. This means that foods must be eaten in the proper proportions in order to achieve optimum results. There are certainly many opinions regarding diet programs, however, most people, if they simply ate correct proportions of Proteins, Carbohydrates, and Fats, would never need to “diet.”

Protein is only one of the nutrients essential to achieving optimal health. Proteins are found in every cell of the body and are therefore vital to all body functions, namely for the growth and repair of the body. Dietary protein is found in foods such as chicken, beef, fish, eggs, beans, and some whole grains. When a meal is eaten that contains the correct portion of protein, the metabolic rate increases significantly, therefore facilitating the fat burning process by producing a slow, steady release of energy. Taking in more protein than the body needs could lead to increased stored body fat as well as lead to problems with the liver and kidneys. Incorrect proportion and quantity of high protein diets has been linked to many unwanted health conditions such as cardiovascular disease, diabetes, fatigue, and many others.

Carbohydrates are also important essential nutrients, and need to be consumed in the proper proportions in order to be the most effective. The average American meal contains 5 to 7 times too many carbohydrates in proportion to proteins. Incorrect consumption of carbohydrates has been also linked to unwanted health conditions such as weight gain, cardiovascular disease, diabetes, fatigue and many others. Are you beginning to see the importance of correct proportions? The fact is carbohydrates, such as those found in vegetables, rice and grains are necessary for the body because they are broken down into simple sugars, and utilized by the body as fuel.

The next meal component is the one everyone fears the most. Fat. Fat is an essential macronutrient for the body, and although it is necessary, it is not a license to overindulge. Once again, the proper portion comes into play. Fats are used by the body as reserve fuel as well as to lubricate the joints. They are found in most foods to a varying degree. Dietary fats are essential to life and are the main building blocks for our hormones, and

cholesterol (both good and bad.) Fat wraps around every cell in the body as well as all of the vital organs of the body. There are two complications with dietary fat consumption: we get too much of it, and there is an improper balance of good and bad fats. There are three sources of fats: animal, dairy and vegetable. They come in two forms as well: saturated (bad fats) as well as unsaturated (good fats.) Your body requires new fats to release old toxic fats to increase energy. As we stated earlier, consumption of a diet that is too high in fat is linked with unhealthy disease processes.

Now that we are aware of the three foods consistently consumed in incorrect proportions, we can discuss the proper proportions. So, how much is too much and how little is too little? We have created an easy to remember and accurate formula. For each of your 3-5 meals of the day, the following rule should consistently apply:

- One portion of protein
- One portion of carbohydrate
- 1/10th portion of fat

For simplicity, a great way to determine a portion is approximately the size of the palm of your hand. For example, the proper portion of a protein for a meal may be a chicken breast. This coupled with a properly portioned carbohydrate, perhaps a baked potato or a fruit salad would be the right amount of food. A portion of fat can be “measured” to be the size of the

tip of the thumb. This may be found in a sauce, or a spoonful of sour cream.

Proper portioning of the three food components (protein, carbohydrates and fats) of each meal will accomplish the improvement in your daily achievement of Peak Energy by allowing your body to perform using the highest quality of fuel combinations. It is much like putting high quality fuel into the gas tank of your vehicle. Also, while your body is performing better, your energy levels will perceptibly improve.

Another aspect to properly fueling the body has everything to do with your productivity. Have you ever noticed that there are certain times during the day that are not 100% clear to you as you think back on it? Also consider this. When you are feeling particularly low in energy, what do you do to erase that feeling? Do you consume a cup of coffee? Eat a candy bar? Eat an “energy bar?” All of these are things that people do every day, perhaps several times per day, in order to combat fatigue. The problem with this type of practice is that the eating is not proportioned. Therefore, these quick pick-me-ups are nearly 100% carbohydrate. This causes drastic temporary rises in blood sugar levels, and then effects insulin production so that temporary high energy soon gets replaced with a “black out period.”

What happens during a black out period? The body starts to feel fatigued, and another snack or drink that is carbohydrate is consumed in order to combat that feeling of low energy. This phenomenon is referred to as time gapping, and leads to a decrease in productivity. Time gapping occurs during one of these periods of lowered blood sugar, and occasionally can become quite frightening if you think about the safety implications. Did you ever drive all the way home from work and get into your driveway only to realize that you don’t remember most of the drive? You were awake enough to accomplish the task, however, ask yourself if your reflexes were 100%. Were you driving at Peak Energy levels? In the event that a machine operator has a black out period during a critical process of his workday, might he make a mistake? How about if a bus driver has a black out period during your child’s trip home from school?

In summary of this area of improving our eating habits, correctly proportioned eating will not only provide our bodies with the best nutritional balance for each meal, but it will also enhance energy levels and decrease the danger of time gapping and black out periods. Also, as an added side benefit, the body will be utilizing the nutrients you provide it with greater efficiency, and will burn fat more effectively, and weight and body mass loss may occur by accident.



STEP 2: WATER INTAKE

The second major area to improve in order to maximize your daily Peak Energy is water intake. An alarming number of people do not consume water through the day in the proper amounts and are consistently dehydrated. Water intake is simply drinking water. Water is water...H₂O. Water is not lemonade. Water is not coffee or tea. Water is definitely not soda.

Dehydration is a very subtle process, and most do not realize the process is occurring, because they may simply not feel thirsty. Without proper water intake, the body cannot cleanse and detoxify itself properly by eliminating wastes. Some

symptoms of improper water intake include headache, fatigue, feeling hungry, constipation, and the presence of dry lips and skin. Left unattended, dehydration can lead to a variety of serious health conditions, including blood pressure issues, heart problems, circulation, kidney function, immune system function, as well as digestion issues.

So, how much water is enough? A good general rule of thumb is that the average human being should consume at least half their body weight in ounces of water per day. In other words, a 180 pound male should consume at least 90 ounces of water per day.



STEP 3: SUPPLEMENTS

Why is supplementation a necessary component of Peak Energy? The answer is quite simple. Our foods today are not nutritionally as complete in vitamins and minerals as they once were. Over the years, our soil has become depleted and food preservatives have robbed the essential nutrients from our foods. This is why it is necessary to supplement. Also, a growing number of the meals that we eat are consumed outside the home. This combined with “super-sizing” and not being able to control the cooking processes causes a decrease in nutritional content of the foods.

The consumption of fast foods, the presence of stress in our lives, improper diet as well as the soil concerns have made supplementation a necessity. In order to be certain that your nutritional needs as well as those of your family are being met, the best possible course of action is for all to take a high quality multi-vitamin and multi-mineral, and ask your health professional for nutritional recommendations for health concerns specific to you.

STEP 4: REJUVENATING REST

Perhaps the simplest lifestyle change needed, and maybe the most enjoyable, to achieve Peak Energy is resting the body. It is well known that the human body functions better on a good night of sleep. Sleep at night is the body’s repair time; when some vital organs take a rest, and others step up their processes in order to “undo” some of the effects of the previous day. An important aspect of rest that is often overlooked is the necessity of rest through the day. Powering down is a simple process that should be accomplished at least five times per day, and is as simple as this: Cease activity for two to five minutes. Take a rest. You will find that at the end of this short power down period that your energy levels return, the feeling of fatigue passes, and the quality of your function increases. Stress levels will be much more manageable with this process in place. During your power session each day take a moment to take in a deep breath and blow it out through your mouth. Do this 2 or 3 times and watch how fast your energy level improves.



STEP 5: STRESS REDUCTION



One of the vital issues of the body functioning at its best is to ensure that it is in the best physical condition possible. This does of course include adding exercise into the weekly routine. A simple walking program will increase energy levels as well as help with other body functions such as digestion and heart function. However, many people overlook that we often hand these human bodies more physical activity than they can properly handle, and there are consequences to this. Injuries occur, and also there are hidden dangers, such as nerve impingement syndrome that may be very relevant and may go unnoticed. Nerve Impingement Syndrome, or NIS is the process within the body that occurs when one or more nerves is not functioning at its best possible capacity. Your doctor of chiropractic is best able to identify these areas of concern and to help you to get them corrected quickly and effectively.

The knowledge that all body functions are connected to the functionality of the nervous system helps in the understanding that keeping the nervous system in optimum working condition is absolutely vital to success of this program. One of the best ways to help

locate and reduce the amount of NIS in a given patient is the The ProAdjuster. The ProAdjuster is one of the most scientific instruments available in chiropractic today. This component of Peak Energy is critical to the success of the others. If you eat the correct amount of proteins, carbohydrates and fats but your body is not functioning properly due to NIS, you will not get the full benefit from eating correctly. The same is true with water intake or time management, powering down and stretching.

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STEP 6: TIME MANAGEMENT

The least physical, but yet most challenging issue contributing to Peak Energy is the reduction of stress on our bodies. Stress originates from our personal lives as well as from the workplace. Time management helps to alleviate many of these issues. One of the most commonly stated reasons for not completing a task, or for not producing as well as the boss would expect, is “I don’t have enough time.” Planning your day is the first major step in accomplishing the creation of time. Allow time in your day for training. Improving the way in which you accomplish any given task will dramatically increase your certainty. Improved certainty allows for faster decision making and ultimately faster production that is more enhanced. This increased certainty will allow you to confront that there are better ways to do your job. In turn this produces a willingness to learn more, and to do more, and to produce more. You will want more training!

This can apply to all professions and types of work, and the benefits will spill over into your personal life. Managing your time will allow you to be so much more efficient in what you do that you will actually free time for yourself to do other things that can also make you more productive. You’ll have



time to plan your eating times as well as your meals. Plan your power down times. Plan time to stretch and exercise. Plan your daily water intake. Planning creates that certainty as well, and certainty is what is needed in order to confront that your new lifestyle of Peak Energy living is the best way for you to feel fantastic. You will create the willingness to stick to these simple steps.

STEP 7: STRETCHING



Maneuvers and Stretching on a daily basis is very important, and is becoming popular in the workplace as a safety measure in order to enhance safety. The number one reason for proper maneuvers and stretching is for injury prevention. Stretching helps to stabilize joints that are put under stress with activities. Joints under stress that are left unhandled may develop osteoarthritis, contributing to future further injury. Athletes, computer operators, assembly line workers, teachers, and professionals are all equally susceptible to injuries of this type, and all need to be conscious of strengthening the spine, its support muscles, and the core structures of the body including the abdominal muscles.

Ask your doctor to recommend a specific program of spinal conditioning maneuvers and stretches for you so that you may reap the many benefits of stretching to improve function. You will see that stretching not only may prevent injuries from occurring, but will also increase ranges of motion, improve posture, improve coordination and balance, and reduce muscle spasms.

You will achieve results that you did not think were possible. You owe it to yourself, your family and loved ones. You deserve to feel better. Your life will never be the same. Go ahead and make the decision to take the challenge today.

After all, do you have anything better to do for the next 14 days?

Remember simple
changes can produce
extraordinary results.

**"You can't hire someone to
do your push ups."**
Jack LaLanne



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