



YOUR **7** ESSENTIALS
TO HEALTH AND WELL-BEING

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TABLE OF CONTENTS

INTRODUCTION.....	3
ESSENTIAL 1: STRUCTURE.....	6
ESSENTIAL 2: DIET AND NUTRITION.....	8
ESSENTIAL 3: DIGESTION.....	10
ESSENTIAL 4: HORMONES.....	12
ESSENTIAL 5: EXERCISE.....	14
ESSENTIAL 6: STRESS.....	16
ESSENTIAL 7: THOUGHTS.....	18
SUMMARY.....	20
THE STANDARD PROCESS DIFFERENCE.....	22



INTRODUCTION

Most chiropractors agree a well-functioning nervous system is expressed through the balance of structural, chemical, and emotional health. This is known as the **triune of health**.

Think of these three areas of health like sides of a triangle: when they are balanced, so is overall health and well-being.

This booklet identifies essential areas that need to be addressed for these aspects of health to be maintained.



The Importance of Nutrition and Adjustments

Pairing a clean, nutrient-dense diet with high-quality dietary supplements is an excellent way to ensure you are getting the nutrients that support good health.

Doctors of chiropractic provide care in a variety of areas, including healthy diet and nutritional supplement suggestions. Standard Process dietary supplements are an excellent way to support the body nutritionally.*



Get Adjusted, Get Aligned

- » Get your spine and joints adjusted regularly to improve the alignment of your structure.
- » Adjust your lifestyle and eating habits to include real food, frequent exercise, and positive self-management of your thoughts.
- » Make a commitment to get your life into alignment structurally, nutritionally and emotionally.
- » These changes will put you on the path to better health and well-being.



ad·just·ment

/əˈjʌstmənt/

noun

noun: adjustment; plural noun: adjustments

a small alteration or movement made to achieve a desired fit, appearance, or result.
"I've made a few adjustments to my diet."

Enjoy the Journey

The words of W.H. Murray may inspire you as you commit to the essentials of good health and well-being:

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way ... Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it! Begin it now.”

com·mit·ted

/kəˈmɪtəd/

adjective

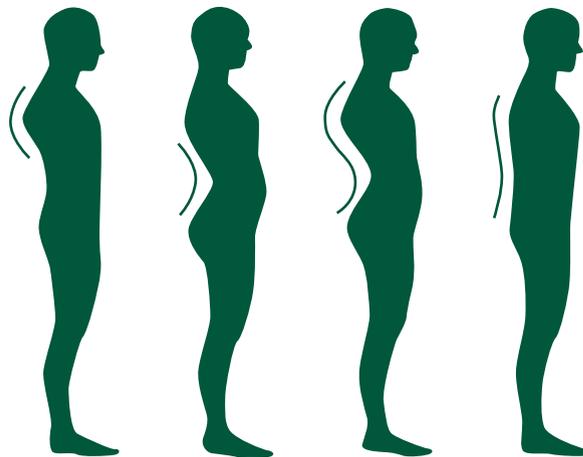
feeling dedication and loyalty to a cause, activity, or job; wholeheartedly dedicated.
"a committed reformer"

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

1 STRUCTURE

Structure Affects Function

The structure of the body affects its function. Body posture and alignment are important to keep the energy flowing and uninterrupted within the body. The examples below will show you how to recognize postural balance in yourself and others.



Circle the number that you believe represents your structural condition:

1 2 3 4 5 6 7 8 9 10
 POOR GREAT

Regular chiropractic adjustments will help your spine maintain alignment for proper function of the nervous system.

After your exam, circle your actual structural condition.

NOTES: _____

Some Standard Process supplements can help support the structure of the body.*

- » **Glucosamine Synergy**[®]: helps maintain healthy joint function
- » **Cataplex[®] D**  : supports bone health, mineral absorption, the immune system, and cellular processes
- » **Ligaplex[®] II**: supports tissue and joints*



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 Gluten-free | This product contains less than 20 parts per million per the suggested use listed on each product label.

 Vegetarian (lacto-ovo)



2 DIET AND NUTRITION

What You Eat and Drink

Eating the foods most appropriate for your body with consideration for how your body metabolizes that food is fundamental to weight management. It's important to eat food that provides nutritional value. Nutrient-rich whole foods will provide the complex combination of vitamins, minerals, antioxidants, and enzymes needed to protect the body and promote optimal health.

Drink pure spring, reverse-osmosis, or distilled water out of reusable water bottles made from plastic free of bisphenol A (BPA), stainless steel, or glass. The benefits of water are numerous, from cleansing the kidneys and supporting healthy skin to improving concentration.

Circle the number that you believe represents your dietary choices:

1 2 3 4 5 6 7 8 9 10
BAD GOOD

Track Eating Habits

Tracking daily food intake can help you develop an awareness of eating habits and call attention to sugars, refined carbohydrates, and other foods that may be poor dietary choices. Complete the daily record of food intake at www.standardprocess.com/7-essentials and reassess.

Standard Process offers products that support a healthy diet and lifestyle. Your chiropractor will help you select the most appropriate products for your specific needs.*

- » **Catalyn®**: supplies multiple vitamins and naturally occurring minerals for complete, complex nutritional supplementation
- » **General Health Daily Fundamentals**: convenience packs provide foundational maintenance support to help patients maintain optimal health*



All convenience packs are boxed in a 30-day supply of individual packs, to be taken morning and evening.

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3 DIGESTION

Digest, Assimilate, Eliminate

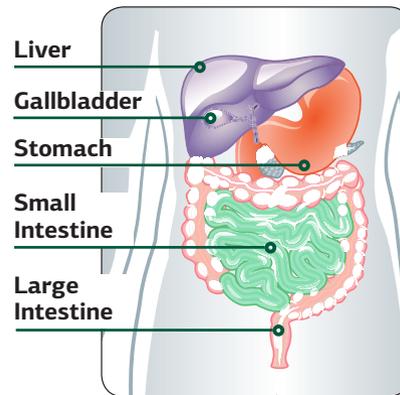
Digestion: the breakdown of food for assimilation

Assimilation: the absorption and use of nutrients

Elimination: the excretion of waste products the body cannot utilize

Many people who have constant digestive and/or elimination problems tend to be overweight due to difficulties digesting food, assimilating nutrients, and eliminating waste.

Digestion is a key element in overall wellness. Digestion is not just about what you eat or the issues you might have, like bloating or occasional heartburn, but may also have an immune system connection. In fact, more than 70 percent of the immune system is in the digestive tract! A healthy gut supports health in many other areas of the body.



Along with knowledge of what constitutes a balanced diet, making sure your eating habits fall in line with the suggestions in this booklet can lead you on the path to positive changes in your overall well-being.

Standard Process offers products with whole food and other ingredients to support your digestive system, including:

- » **Zypan® GF:** facilitates healthy digestion
- » **Enzycore® V:** contains a blend of enzymes that support the breakdown of proteins, fats, and carbohydrates
- » **A-F Betafood®:** supports healthy fat digestion
- » **ProSynbiotic® GF:** supports gut flora and overall intestinal health*



Circle the number that represents how you feel after eating meals high in fat, carbohydrates, or refined foods:

1 2 3 4 5 6 7 8 9 10
 NOT MY BEST FINE

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V Vegetarian (lacto-ovo)

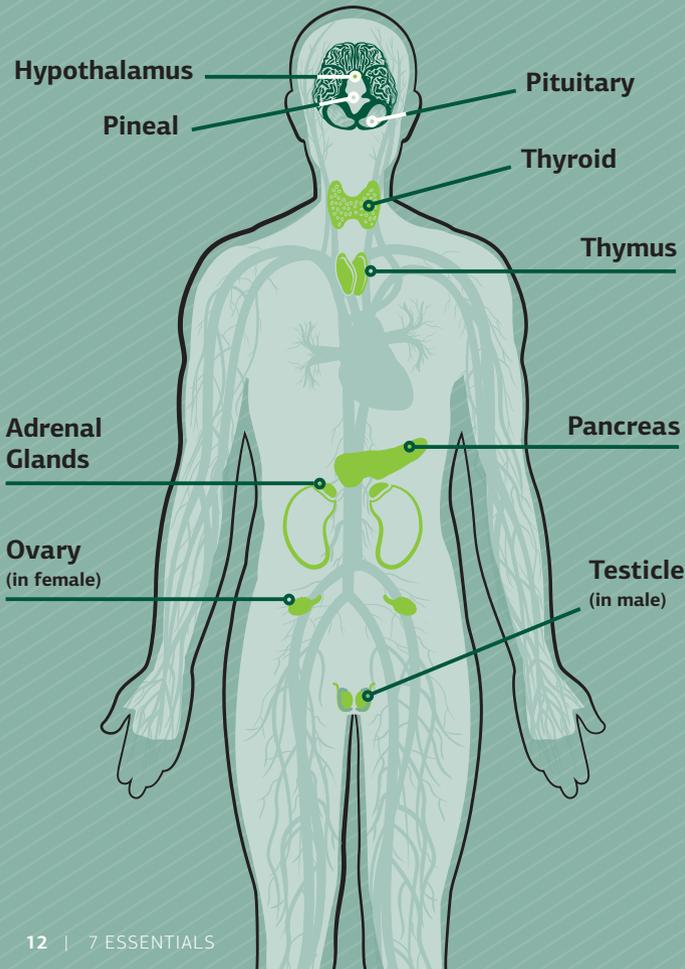
4 HORMONES

Balanced Hormone Systems

It is important that you understand the endocrine system and how hormones affect your daily health. The endocrine system is the collection of glands that secrete hormones that travel through the circulatory system to specific targeted organs. Major endocrine glands include:

- » Pituitary gland
- » Pineal gland
- » Hypothalamus
- » Thyroid
- » Thymus
- » Adrenal glands
- » Pancreas
- » Ovaries
- » Testes

These glands and their hormones affect your daily health by regulating a number of vital body functions, like metabolism and energy levels, mood, sleep, sexual function, and reproduction. Challenges in any of these areas could indicate that a focus on supporting and restoring hormone balance could be beneficial.



Start by identifying your primary hormonal issue. Women may want to evaluate menstrual or postmenopausal challenges, while men may want to evaluate their sexual function. Energy-related challenges are also quite common for everyone.

1. Circle your primary hormonal issue, and evaluate your symptoms below:

- Menstrual Cycle
- Sexual Function
- Postmenopause
- Low Energy

2. Rate your hormone system function:

- | | | | | | | | | | |
|--------|---|---|---|----------|---|---|---|---|------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SEVERE | | | | MODERATE | | | | | NO PROBLEM |

Standard Process offers products with whole food and other ingredients to support endocrine system balance.*

- » **Hypothalamus PMG[®] GF:** supports hypothalamus function
- » **Pituitrophin PMG[®] GF:** supports healthy pituitary function
- » **Thyrophin PMG[®] GF:** supports healthy thyroid function
- » **Paraplex[®]:** promotes normal carbohydrate metabolism
- » **Cataplex[®] B or Cataplex[®] B-GF GF:** supports physical and nervous system health
- » **Ovex[®] GF:** provides a synergistic blend of nutrients for ovarian support
- » **Orchic PMG[®] GF:** supports healthy testicular function
- » **Symplex[®] F GF:** supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands
- » **Symplex[®] M GF:** supports the healthy function of the testes and the adrenal, pituitary, and thyroid glands
- » **General Female Endocrine Daily Fundamentals:** convenience packs support a healthy endocrine system and overall well-being*

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5 EXERCISE

Activity Is Essential to Health

Exercise is essential to burn calories, remove waste, increase muscle strength, and improve circulation. Regular exercise—at least 30 minutes per day, five times per week, as recommended by the American Heart Association—is ideal. But for those who could benefit from any increase in strength and endurance or simply need to build the habit, even five minutes of walking or another physical activity per day is better than nothing.

Your health care professional can help you find the exercise approach that will give you the greatest benefit. Exercise can:

- » Help maintain a healthy weight
- » Promote health and combat health challenges
- » Improve mood
- » Boost energy

Choose activities you like, such as walking, running, yoga, dancing, strength training, biking, swimming, and hiking. Then tailor them to your fitness level. Your doctor can recommend a level of exercise that meets your present needs.

Indicate how often you exercise:

1 2 3 4 5 6 7 8 9 10
 NEVER FREQUENTLY
(three to five times per week)

Standard Process offers products to support your cardiovascular system when exercising.

- » **Cardio-Plus®** or **Cardio-Plus® GF** : supports the cardiovascular system
- » **Vasculin®**: supports the cardiovascular system
- » **Cyruta®** : supports healthy cholesterol levels that are already within a normal range
- » **Ligaplex® I** : contains nutrients that provide short-term ligament and muscle support
- » **Tuna Omega-3 Oil** : delivers essential omega-3 fatty acids*



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6 STRESS

Stress Management and Self-Help

Stress can be a contributing factor when the body's systems miss a beat. Stress can be physical, nutritional, or emotional—or often, a combination of factors.

Working together to address the causes of stress, we can determine the most effective ways to deal with them.

When relaxed, you may also enjoy better sleep, which will support your overall health.

Indicate your level of stress:

1 2 3 4 5 6 7 8 9 10
HIGH LOW

Stress Management Techniques

Favorite approaches to keeping stress in check include:

- » Daily quiet time
- » Deep breathing
- » Smiling
- » Prayer and meditation
- » Talking about your feelings
- » Taking a walk
- » Reminiscing about good times



Standard Process offers products to support stress management, including:

- » **Min-Tran[®] GF V** or **Min-Chex[®]**: contains mineral complexes to support emotional balance
- » **Cataplex[®] B** or **Cataplex[®] B-GF GF**: supports physical and nervous system health
- » **Drenamin[®] GF**: supports adrenal function and helps maintain emotional balance
- » **Adrenal Health Daily Fundamentals**: convenience packs support healthy adrenal function and emotional balance*



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7 THOUGHTS

What You Think About Affects Your Health

Our thoughts affect our health, happiness, and success in life. If you want to change your life, you have to change the way you think.

As Earl Nightingale said, “We become what we think about.” There are effective ways to re-frame your thoughts, avoid being negative, and develop a purpose-seeking attitude. Feel free to add a few of your own suggestions to the list at right.

Ways to Reframe Your Thoughts

- » Think happy thoughts.
- » Replay a positive experience from your past.
- » Look for the blessing in every event.
- » See each day as a gift.

Rate your thoughts:

1 2 3 4 5 6 7 8 9 10

NEGATIVE POSITIVE





SUMMARY

Determine Your Health Quotient

Record your scores from each of the seven essentials health evaluations:

Structure _____	Digestion _____
Hormones _____	Stress _____
Diet _____	Thoughts _____
Exercise _____	
Total _____	Divide by 7 _____

Together, you and your chiropractor will target your lowest score for improvement. You will create a plan to support overall wellness and health quotient improvement.

Health quotient improvement goal: _____

Your Commitment Matters

Lifestyle changes, diet, and supplementation can assist your body in repair and rejuvenation. Your chiropractor will provide specific instructions for you to follow to support an optimal health quotient.*

It takes commitment and courage to change bad health habits to healthy ones. You can rely on your chiropractor's holistic expertise to guide you in accomplishing this goal.

After 30 days, it may be helpful to reassess by rating yourself and determining your health quotient again. This will help you document evidence of challenges and improvements and examine your goals for the next 30 days.

If you make this commitment, you should experience positive changes that will encourage you to continue to practice the seven essentials in the long term.

The goal of this office is to help you improve your health quotient, but that can only be done if and when you are actively participating in the betterment of your health. This booklet is an invaluable tool that can help you achieve your health and well-being goals through beneficial lifestyle changes supported by a regimen of supplements made with whole food and other ingredients.* ■

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After 30-Day Reassessment

Your next appointment for reassessment is _____

THE STANDARD PROCESS DIFFERENCE

“The best sources of vitamins and minerals are found in whole foods.” —Dr. Royal Lee, founder of Standard Process

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. The company is dedicated to creating quality nutritional supplements based on the whole food philosophy of its founder, Dr. Royal Lee. Dr. Lee’s goal was to provide nutrients as they were found in nature—in a whole food state where he believed their natural potency and efficacy would be realized.



Whole Food Nutrient Solutions

Dr. Lee’s first formula, Catalyn, is still made today. Catalyn contains six specific nutrients as well as whole food and other ingredients designed to bridge nutritional gaps in the diet. This product was the beginning of a long line of formulas developed to provide specific, targeted nutritional support.*

To learn more about Standard Process, its whole food philosophy, and its products, visit standardprocess.com.



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Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process supplements, formulated following the whole food philosophy of the company's founder, Dr. Royal Lee.

Clinic information:



WHOLE FOOD NUTRIENT SOLUTIONS
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