

# 5 EASY WAYS TO SAVE \$\$ ON HEALTHCARE

*By Jacqui Garcia*

## 1. HYDRATE!

Water is the cheapest and most necessary element for the body. The human body is comprised of 70% H<sub>2</sub>O! Water flushes out toxins, keeps our cells moving, aids in digestion and elimination, keeps blood pressure in range and lubricates our moving parts. 8-10 glasses of water a day is the recommended hydration amount and remember coffee and sodas are *dehydrators* so keep these to a minimum.

## 2. Chiropractic ADJUSTMENTS

Keeping the neural communication open between your brain and body through spinal manipulation boosts your immune system and allows all your systems and organs to operate at optimal levels. Consistent chiropractic adjustments with Dr. Cathy reap innumerable health benefits. It is definitely more cost effective to be PRO-ACTIVE than reactive!

## 3. DETOX the Body

Just like the engine in your car, the body accumulates residue and gunk from a variety of factors, including improper nutrition and overindulgence. We offer the **Inner Klean Diet, a 6-day detox**, comprised of FRESH FRUITS and VEGETABLES to push toxins out and cleanse you down to the Cellular Level. Just think, Squeaky Clean Cells!

## 4. Deep Breathing Exercises

You don't have to be a yogi in order to calm your system down from stressful situations. Chronic Stress provides the rapid response commonly known as the fight-or-flight response, which affects cardiovascular, respiratory, gastrointestinal, renal, and endocrine changes.

**Deep Breathing** sends a message to the brain to calm down and relax! The brain then emails the body to do the same and lowers blood pressure and heart rate. Here's a quick exercise: Inhale through the nose and mentally count to five, then exhale through the mouth while counting to eight- repeat several times and notice how quickly you relax.

## 5. Walk

Walking is one of the easiest and cheapest forms of exercise and it can be done just about anywhere! 30 minutes of moderate walking strengthens and tones your muscles, bones and joints, strengthens your heart and reduces anxiety and stress.

Make it fun and find a walking buddy to keep you challenged and motivated!

