

# EAT WELL - MOVE WELL - THINK WELL®

## Living the Innate Lifestyle™

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### *Nurses Health Studies Prove Lifestyle Most Important Factor in Chronic Health and Disease... and Prevention!!*

Colditz. et al. The Impact of the Nurses' Health Study on Population Health: Prevention, Translation, and Control. Am J Public Health. 2016; 106:1540- 1545. doi:10.2105/AJPH.2016.303343

#### QUOTE BOARD:

"The NHS has generated significant findings about the associations between (1) smoking and type 2 diabetes, cardiovascular diseases, colorectal and pancreatic cancer, psoriasis, multiple sclerosis, and eye diseases; (2) physical activity and cardiovascular diseases, breast cancer, psoriasis, and neurodegeneration; (3) obesity and cardiovascular diseases, numerous cancer sites, psoriasis, multiple sclerosis, kidney stones, and eye diseases; (4) oral contraceptives and cardiovascular disease, melanoma, and breast, colorectal, and ovarian cancer; (5) hormone therapy and cardiovascular diseases, breast and endometrial cancer, and neurodegeneration; (6) endogenous hormones and breast cancer; (7) dietary factors and type 2 diabetes, cardiovascular diseases, breast and pancreatic cancer, non-Hodgkin's lymphoma, neurodegeneration, multiple sclerosis kidney stones, and eye diseases; and (8) sleep and shift work and chronic diseases."

#### What You Need to Know:

The single greatest determinant of whether you will get well and stay well or get sick and stay sick is your lifestyle choices - including your healthcare choices.

The Nurses' health studies proved that whether or not you get sufficient essential nutrients from your diet and avoid toxins in your diet, get sufficient exercise, have sufficient positive emotions and avoid toxic, negative emotions, get sufficient sleep, avoid toxins from smoking, and avoid toxic medications, are the most significant factors determining your health and quality of life.

In other words, adopting healthy lifestyle habits, 'Living Right for Your Species Type', is the most important thing you can do to get and stay well and prevent cancer, heart disease, diabetes, obesity, neurodegeneration, and virtually every other chronic illness.

Chronic illness is NOT caused by unhealthy genes or internal defects in ability to regulate your own metabolism (blood pressure, cholesterol, blood sugar, body weight, emotions). Chronic illness is caused by unhealthy lifestyle, it is caused by 'Living Wrong for Your Species Type'.

#### What You Need to Do:

What you need to do is learn and implement healthy lifestyle choices and learn and remove unhealthy lifestyle choices.

In other words, you need to Eat Well, Move Well, and Think Well, you need to 'Live Right for Your Species Type'.

There are no better sources of this information than the book 'Live Right for Your Species Type' and the Eat Well Move Well Think Well® On-Line Lifestyle Plan. For more information ask your chiropractor or go to [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com).



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