

Your Natural Health Formula

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Take natural control of your health. It doesn't have to be complicated.

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Presented by

Dr. Gail Goldberg

www.carychiro.com

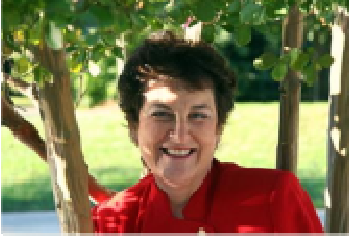
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Bio



Dr. Gail Goldberg, D.C. received her Doctor of Chiropractic degree from Palmer College in 1981 and began her private practice in California.

In addition to core chiropractic services and pain relief and management;

Dr. Goldberg's strong belief in holistic wellness has lead her to pursue comprehensive continuing education in the areas of nutrition, preventative care, energy medicine, and progressive alternative therapies.

Her commitment to community and the belief that good health should be enjoyed by all is reflected in her practice. Further, Dr. Goldberg's dedication to the global community leads to her participation in a cooperative exchange program in Cairo, Egypt.

She is very happy to present to you this free Ebook.

Introducing the Natural Health Formula

Establishing your natural weight and feeling good requires more consideration than simply 'eating and drinking right'. Normally, your good health and acceptable body weight requires a good combination of:

"N-CHROME" is the acronym for remembering the variables.

Naturalization + (Circulation * Hydration * Oxygenation) + (Meditation * Restoration) + Elimination = Good Natural Health

A small adjustment in each area can have a BIG impact.

Let's look at each variable...



NATURALIZATION

Simplification is the first step in the process of gaining your natural health. For children, teaching them the rules of simplification can set a standard that will last a lifetime.

Research has shown many times that conditions such as ADD / ADHD, Autism respond foremost to nutritional intervention, more so than behavioral interventions.

When it comes to food and drink, most often, **LESS IS MORE**.

1. Moderate or remove processed foods. Food out of cans, bags, and boxes are all processed. Moderate your dependency on these, and get to more raw food sources.

2. Filter out pesticides and insecticides' in your foods. These are poisons that your body will try to insulate you from, by wrapping them up in a fat cell and storing it.

Quite often people will find themselves shedding excess body weight by simply doing steps one and two here.

Jumpstart Shedding Excess Weight = (Hydration + Oxygenation + Circulation)

For additional support, we highly recommend: [Schwarzbein Principle 2](http://www.healthandfitnessnaturally.com/supportlinks/schwarzbein_principle_2.php)
www.healthandfitnessnaturally.com/supportlinks/schwarzbein_principle_2.php

3. Eat natural sized portions throughout the day. What is a natural sized portion? The traditional portion size is the size that you can hold in the palm of your cupped hands.

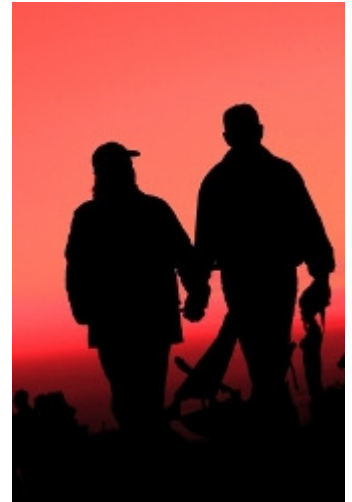
4. Moderate complex foods, such as cheese. Some foods are built naturally from another. These are better options than the two listed above. However, be aware that for example, it takes 10 lbs of milk to make 1 lb of cheese. If this milk came from a steroid fed cow, or pumped with other chemicals such as estrogen to make her milk, you are eating a VERY concentrated hormone dose.

Taoist sages for longevity taught for over 1000 years that 60% of the foods you eat should be from natural sources, filled with colors. They often live to be 100 years old.

5. Drink adequate water; avoid sodas, diet drinks, and other chemicals in your drink. Squeeze lemon and lime in your water for flavor and extra nutritional support. Green tea's are acceptable way to compliment good water intake, it provides as a source of anti-oxidants.

6. Reduce your meats to meat sources you have confidence in. Most people have anesthetized themselves from meat development and processing, to a point that some kids and adults approach meat buying as if it came off a tree. If you are not sure what the animal had been injected with or fed, then reduce these meats out of your diet.

7. Realize that we are naturally imperfect. **If you do the right things 75% of the time**, you will be doing 90% better than most other people, and you will improve.



CIRCULIZATION

Improving circulation is beneficial for every cell of our body. Much in the same way any body of water is clean when it circulates from rivers and streams, our bodies perform much better when the cells and fluids are flowing. It is normally when things get stagnant that problems arise.

The [Lymphatic System](#) improves circulation by 40%-100% with simple deep breathing exercise.

www.healingdaily.com/exercise/breathing.htm

The #1 way to improve circulation is breathing deeply. Other great ways to improve circulation:

- Chiropractic to reduce inflammation
- Gentle exercise such as [tai chi, chi kung](#)
- Cayenne and Ginkgo Bilobo - nutritionally pick up the metabolism
- Inversion Table
- Stress Reduction - reducing tension allows for greater flow
- Massages
- Stretching



Dr. Goldberg provides Chiropractic Treatment in [her office](#).
<http://carychiro.com/services.htm>

[Paula Owens 21 Day Program to a Healthier You](#)
www.healthandfitnessnaturally.com/supportlinks/paula_owens_21day.php

Tai Chi – Chi Kung Resource: www.tibetankungfu.net

HYDRATION

Our body is nearly 60% water on average. Every cell and reaction in your body requires a form of water or its by-products. Our lean tissue, primarily muscle, is over 70% water by weight.

Lean Body Tissue

Muscle is the primary user of energy. For muscles to work most efficiently, they require lots of water. Just a small percentage of muscular dehydration, not only affects performance, but cellular hygiene.

Muscle tissue that is dehydrated can not relinquish activity by-products such as hydrogen ions, so we begin to fatigue much faster, as compared to when we are hydrated.

Bowel Efficiency

Our large intestine is approximately 20 feet long and 1.5 inches in diameter. It is responsible for the absorption of our nutrients that have been digested by the small intestine (which is about 15 feet long but not as big in diameter). The good bacterium in the large intestine does the final breakdown of some complex proteins.

These nutrients that are being absorbed move from large intestine through a vehicle, primarily water.

More on bowel health and hydration in the 'Elimination' Chapter

Other Hydration Influences

- Keep tissue moist so that oxygen can pass from one concentration to the next
- Lungs require moisture to stay flexible enough for us to breath and collect oxygen
- Fluids in our joints consist of water base and help keep that joint pain away.
- You can survive couple weeks without eating, you want make it 5 days without water.

Dr. Goldberg can determine whether you are hydrated for optimal health.



RESTORATION

Restoration primarily consists of two components: Resting and Relaxing.

Resting is composed of our sleep and napping habits. Waking up refreshed and ready to go are good markers. When the endocrine system is balanced and we are resting, we normally have balanced cortisol levels. Sustained elevated cortisol levels indicate that we are in survival mode.

Over-sleeping leaves many people lethargic or foggy.

The suggested formula for adjusting one's sleep is:

1. Determine what time you need to be up, and set it.
2. Do not use snooze buttons, get up at your determined time.
3. Do not nap after 4pm, or if you work 3rd shift, don't nap in the second half of your 'day'.
4. Avoid electronic stimulation the last hour before bed time.



Relaxation

Practicing relaxation is associated with the conscious times, when we are dealing with responsibilities, work, and personalities. For some, it is best to practice relaxing a few minutes several times a day. This can reduce the amount of emotions and anxiousness that often start mounting during the course of a day.

By gradually reducing the responses to stressors during the day, then we give ourselves much better opportunity to rest during the evening.

Relaxation Tips: 10 min

1. Close your eyelids gently and exhale slowly, 9 times. Exhaling slowly generally resets other responses. When you exhale slowly, you normally you begin breathing deeper, and inhaling slower, without thinking about it.
2. Listen to non-vocal music or gentle nature sounds.
3. You can practice sitting in chair, out in nature, or standing

OXYGENATION

You are fully aware of how important oxygen is to your health. However, many people are not aware of the full functions of breathing.

Breath In and Out... slowwwly

The air we breathe is approximately 21% oxygen, 78% nitrogen, less than .04% carbon dioxide, and less than 1% of other gases. When a person reaches complete exhaustion and can not go any further, they are still breathing out 18% oxygen.

So.. 21% in, 18% out, equals only 3% absorbed in; when you breathe slowly, more is absorbed.

Getting oxygen in is not the limiting factor when exercising; it's getting the carbon dioxide and hydrogen out.

You breathe out more by-products of cellular activity when you exhale slowly, as compared to panting.

Did you know that your blood cells have a strong affinity for carbon dioxide? In fact, it is estimated that the hemoglobin of the red blood cell is 200% more attracted to carbon dioxide than oxygen.

Deep Breathing - Bathe the Cells

Your cells, red, white, lymph, heart, and all the others love it when you slow down and breathe fully. It allows them to the by-products out, and to stretch the cell walls.

There are NO negative side effects of breathing fully

You can receive private [lessons and workshops](http://www.tibetankungfu.net) on oxygenation and breathing correctly.
www.tibetankungfu.net

In 2005, Dr. Richard Brown reviewed several studies of deeper breathing, and found they all supported a reduction of anxiety and depression by simply breathing deeply.

The mechanics of deep breathing will be detailed in our Meditation section.

Deep breathing has a positive effect on our circulation...

MEDITATION

For our purposes here, we will confine the aspects of meditation to training the mind to work for us, not against us. Examples of when the mind works against us are abound. Two very well known conditions such as depression and anxiety are shown to be nearly 75% self-induced.

Our minds can literally talk us into any physical state.

One main component of meditation is become aware of and eventually tame the mind so that we can clearly see, the mind is an organ, like every other organ, it is there to serve us.

Calming – This stage includes components of stress management, letting go, and basic centering. Calming must be achieved prior to the area's available.



This can be practiced lying, sitting and standing. The old teaching always suggested stand often, sit when necessary, lay when feeling poorly, but practice.

This does not need to be complex but there are very [helpful tips](#).
www.tibetankungfu.net/meditation.htm

Integration – Integrating the Heart – Mind – Body as one unit; includes deeper components of organs, bones and tendons through meditation. Emotional awareness and healing falls into this area. Integration has been identified as a key component of ADD / [ADHD and Autism alternative treatment](#).

www.tibetankungfu.net/kungfu_blog/archives/add-adhd-use-martial-arts-as-alternative-treatment.html

Imagery – The energetic activation of our systems, this includes helping ourselves heal, recover from illness, improve performance, and helping others.

To influence practically everything else you get involved with, use meditation.

Some excellent meditational resources are:

[Meditation Audio Downloads](#)

www.healthandfitnessnaturally.com/supportlinks/meditation_audio_download.php

ELIMINATION

For many, particularly as we get older, good health is closely related to bowel health. If the bowels become less efficient, then toxicity begins to set in quickly. However, the process of elimination begins at the moment food is put in our mouth.

The process of elimination is highly inner-twined with the both hydration and circulation. With both circulation and hydration being adequate, then other variables that influence elimination are:

Chewing - we should not be able to recognize the food in our poop. Husked and skinned foods (corn, tomatoes) may require more chewing.

Open System - any food we eat should pass through our system within 24 hours, 36 hours maximum. We have used the old 'Sunflower Field Test' many times, where you take tablespoon of sunflower seeds and see how long they take to pass through the system.

Good Bacteria - medications, especially antibiotics are notorious for destroying all bacteria, leaving the intestines without the tools to complete digestion. A good supply of yogurt often will turn that right around

Odor - if the poop has very strong odor, then that often signals decay. Often we are either eating too many meats, not drinking enough water to break down the proteins we are eating, and/or the system has clog or kink in it.

Gassy - food preparation and combining influence gas production. For example, grapes mixed with other fruits often trigger the creation of gas, due to the natural sugar interactions.

Dr. Goldberg understands that bowel health correlates with overall health and assists all of her patients with maintaining intestinal hygiene.

DETOXIFICATION

The detoxification process isn't expanded upon in this resource due to that many aspects of detoxification are built into the formula:

Naturalization reduces chemicals that take in drastically.

Circulation improves the massaging and releasing of toxins.

Hydration provides a medium of which toxins can be removed.

Oxygenation provides another medium of which waste build-up is removed.

Elimination reduces your toxic build-up.

However, if a focused detoxification is required, using

- Hot sauna's
- Footbath's
- Fasting Technique's

All are excellent supportive detoxification steps.

Dr. Goldberg provides [Detoxification Treatment.](http://carychiro.com/services.htm)
<http://carychiro.com/services.htm>



RESOURCES

[Dr. Goldberg](#) provides Chiropractic - Allergy Relief - Detoxification Treatments - Healthy Living Principles <http://carychiro.com/services.htm>

[Schwarzbein Principle](#)

www.healthandfitnessnaturally.com/supportlinks/schwarzbein_principle.php

[Schwarzbein Principle 2](#)

www.healthandfitnessnaturally.com/supportlinks/schwarzbein_principle_2.php

[Schwarzbein Principle Cookbook](#)

www.healthandfitnessnaturally.com/supportlinks/schwarzbein_principle_cookbook.php

[Meditation Audio Downloads](#)

www.healthandfitnessnaturally.com/supportlinks/meditation_audio_download.php

[Ultimate Detox](#)

www.healthandfitnessnaturally.com/supportlinks/ultimate_detox.php

[Chinese Vegetarian Cooking](#)

www.healthandfitnessnaturally.com/supportlinks/chinese_vegetarian_cooking.php

[Paula Owens 21 Day Program to a Healthier You](#)

www.healthandfitnessnaturally.com/supportlinks/paula_owens_21day.php

[Tibetan Kung Fu and Tai Chi Chuan](#)

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By

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written for

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Dr. Goldberg Specific Notes on Foreward, Bio, Circulation, Hydration, Elimination, Detoxification, Resources