

# YOU ARE WHAT YOU EAT!

## Incorporating nutrition and chiropractic

Chiropractors and nutritionists work synergistically.

As patients continue to be adjusted and receive nutritional education about the benefits of whole foods and whole food nutritional supplements, their understanding grows as to how both of these things come together and make a difference in the way they feel.

Fresh vegetables including cabbage, peppers, carrots, spinach, kale, tomatoes and legumes are foods that are high in fiber and contain minerals and vitamins required by the body.



Fresh herbs (when possible) and spices can not only add flavor to food, but provide a good benefit to the person consuming them.

You should aim to eat **7 - 9 SERVINGS** of fresh vegetables

Fresh fruits in season including strawberries, red grapes, blueberries, cherries, blackberries and pomegranates are loaded with high levels of antioxidants which help the body to get rid of toxins and free radicals.



Whole grains such as whole wheat bread, oats and brown rice are good choices that help the body to function with fiber and valuable amino acids.

If you are not eating well, your nerves can be affected by impacting their ability to share information. Improper nutrition can affect the body's ability to repair muscle, muscle density, the function of your organs and fluid levels in your cells.