

The "3-Legged Stool" of Results

1. Adjustments in Rhythm
2. Stop Bad habits and ADD good ones
3. Home Exercises

***You must TAKE ACTION and follow through!**



1. Adjustments in Rhythm

This is critical for stopping the damage and creating a new momentum in a constructive direction. By following your recommended care plan, you will maximise the speed of our results. If you must miss, make it up!

2. Break Bad Habits, add Good

What are the bad habits, which are promoting your subluxation patterns that you can avoid or minimize? What are the good habits you know you should be adopting to improve your results and overall health outcomes?

3. Home Exercises

Rolls

You may be supplied with a specific corrective remodeling orthotic to assist with the corrective process

Home Care Exercises

Almost all of our practice members will benefit from core strength and mobility exercises. You will be recommended those that will best suite you for better results and long-term stability.



Your commitment to follow through matters!

"If you keep doing what you've always done, you'll keep getting what you've always got."

-W.L. Bateman

There is an unnecessary trend of sickness and suffering and **OUR PURPOSE** is to be part of turning that trend around. Health and happiness is our natural state, and without these, reaching our greatest potential would be impossible. Our intent is to help you express the greatest of these, so that you, your children, and future generations may pursue your dreams and fulfill your greatest purpose... thus, leaving a lasting legacy.



Remember... this is done *with* you, not for you.



Why are these select supplements so critical for healing, disease prevention and general wellbeing?

Omega-3 Fatty Acids (Fish Oil)

Fact: Deficiency in infants and children has been shown to be a causal factor in development, learning, and behavior problems such as ADHD as well as vision, digestive and skin disorders.

Fact: Deficiency in teens and adults has been shown to be a causal factor in breast, colon, prostate cancers, heart disease, strokes, diabetes, arthritis, high cholesterol, high blood pressure, depression, skin disorders, digestive disorders, chronic pain, vision problems, hormonal problems, and pregnancy complications including improper fetal development, premature birth and postpartum depression.

Vitamin-D

Fact: The issue of Vitamin D deficiency as a major causal factor in immune system related illnesses ranging from seasonal cold and flu, to heart disease, to cancer, to atopic and autoimmune disorders has received a lot of attention in the last few years. Clinical journals as well as the mainstream media have been reporting evidence that modern industrialized humans are severely deficient in Vitamin D and that this deficiency is a major contributing factor to illness and lack of health and vitality. For more info on the importance of these essential nutrients, visit: www.drtjosborne.com

Wholefood Multi-vitamin

Fact: Science is clear that what we require for recovery, wellness and prevention is SUFFICIENT amounts of ESSENTIAL nutrients in their NATURALLY OCCURRING form.

MaxLiving Men's & Women's Multi-Vitamin is crafted from the best certified organic ingredients, designed to nourish your whole body and strengthen your immune system, keeping your body strong. Whatever life stage you're in *MaxLiving* is the daily multivitamin you can rely on to help keep you energized and feeling your best.

GET BETTER RESULTS WITH CRISIS CARE SOLUTION, A HEALTHY ALTERNATIVE TO PRESCRIPTION DRUGS, IBUPROFEN AND ASPIRIN.

- Fast Acting Pain Relief
- Reduction of Inflammation
- Clinically Proven
- Enhanced Absorption
- Clean, Organic and Natural Ingredients



INFLAMMATION: THE FLAME BENEATH YOUR PAIN

Acute inflammation is your body's natural response to tissue injury most commonly arising from sprains, strains, postural stress, repetitive stress injuries, and spinal subluxation. However, other factors like poor diets, environmental toxins, lack of exercise, inadequate sleep, and stress may cause inflammation to get out of control. Acute inflammation typically presents with an increase in pain, heat, swelling, redness and a loss of mobility and strength. Treat your FLAME BENEATH YOUR PAIN with Crisis Care Solution – Pure Aomega, Pure Inflamedix and Pure Inflamedix Cream.

Therapeutic Dose: Please consult Dr. Osborne or Dr. Doss before taking the therapeutic dose.

Week 1

Week 2

Week 3

Week 4 and beyond:

Pure Omega Plus

1 Tbls, 2 x per day

1 Tbls, 2 x per day

1 Tbls, 1 x per day

1 Tbls, 1 x per day

Pure Inflammation Relief

3 caps, 3 x per day with food

2 caps, 3 x per day with food

2 caps, 2 x per day with food

2 caps, 1 x per day with food

Pure Inflammation Relief Cream

2 to 3 times per day

2 to 3 times per day

1 to 2 times per day

As Needed