

GIVING **BACK** INFORMATION

VOLUME 1, ISSUE 6 SEPTEMBER, 2005

**The secret success of “The Five Factors of Health”**

It is no **big secret** that you only get one body and it is your responsibility to take the very best care of it you possibly can. I’m sure you hear this all of the time.

However, the good thing we know and often overlook is that **we have choices and options** to make the worst or best possible decision. Just think! How many decisions do you make that affect your health during the course of the day? Well, surprise!... I don’t know, but I can tell you this. The average person probably makes 3-5 important decisions like these in the course of an hour. It may not be a food decision but may be one that deals with negative thoughts and emotions. These also affect our health.

So...This means that you have a many opportunities to make decisions. Which one(s) you make are solely up to you.

**Some of the most productive and healthy people make five (5) common decisions that have become habits on an almost daily basis.**

Their decisions eventually became habits and ultimately contribute to their total well-being. I’m not saying you should eat and live like a “monk”, however we have a responsibility to ourselves and our family to take care of ourselves.

Yes, initially we will have to make conscious decisions on a daily basis to incorporate these (5) five essential lifestyle factors of health.

After 9-14 days of making these decisions, they no longer become conscious decisions but become habits. As we know— Habits are hard to break.

Just ask my wife about some habits of mine I’m sure she would like to break.

The things we must keep in mind are that we want and need to break old habits and substitute them with good habits that change our lives from sickness, disease, injury, despair and stress.

Just think how much your life would change once you mastered these five factors of health?

Let’s examine these five (5) factors one-by-one and see just how essential they all are and how they all seemingly work together towards your well-being.

**Diet:**

Many think diet consists of the types of foods we eat. (e) pork, too much fat, high cholesterol foods, carbohydrates, protein, etc.), but it is much more involved. Diet consists not only of what we choose to eat, but also how our bodies process, digest and utilize the food

**5 FACTORS OF HEALTH**

- *Diet*
- *Exercise*
- *Rest*
- *Positive Mental Attitude*
- *Chiropractic Care*

**INSIDE THIS ISSUE:**

5 FACTORS	1, 2
WHAT ARE THEY SAYING	3
CARE CREDIT	3
YOUR IQ	4
KNOWN FACTS	4

(Continued on page 2)



## CALL! Get Your Free Report!

24 Hr. Toll free recorded hotline

### Headache:

800-968-4867



### Low-back pain:

888-730-2239



### Auto Accidents:

888-874-2870



## The secret success of “The Five Factors of Health”

(Continued from page 1)

for energy. It is important to understand the total picture of diet so we can appreciate just how critical it is to be selective of the types of foods we ingest into our systems. It may be easy to get into us, but how difficult is it going to be for us to process and remove it from our systems.

Check out this website for good information about the food pyramid and what you should be eating  
[www.mypyramid.gov](http://www.mypyramid.gov).

### Exercise-

Developing and implementing an exercise regimen that incorporates aerobic and anaerobic exercise (see issue 4, vol 1) will get you one step toward a healthier lifestyle. This type of exercise should be done minimally 3x per week for 30 minutes. The effects go a long way. Exercise helps the body's ability to digest food, decrease fatty accumulation in the arteries, decrease blood pressure, improve concentration, increase natural endorphins and a host of other favorable responses.

### Rest-

This is something we all can probably use a little more of. Our industrialized country just gets busier and busier with technology. It's not your fault! But, nonetheless this is something you must get. The average person needs 7-8 hours of sleep per night. Our bodies have a chance so digest food, increase alertness, improve mood and burn calories. More importantly, your brain rests and key neurological processes take place during these precious hours. Remember, exercise

helps regulate our bodies ability to sleep and fall into REM sleep (Rapid Eye Movement). This is the phase of sleep when we truly rest.

### Positive Mental Attitude-

What you think can sometimes become reality? Harboring negative thoughts and feelings can have a profound effect on your health. Negative thoughts affect your biochemistry and your cellular energy which causes cellular death. Keep your spirits high and outlook positive and your health will show.

### Chiropractic Care-

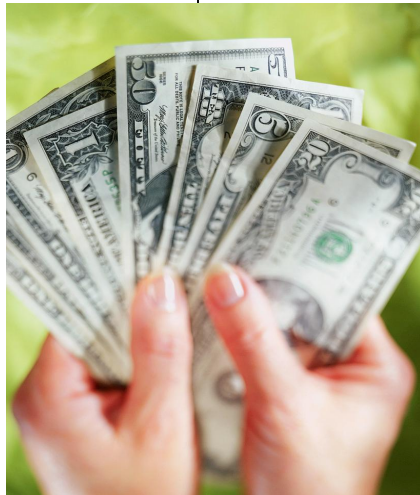
I probably should have placed this first because of the implications this has on your health. Keeping your spine healthy and nervous system fully functioning is critical. Adjustments not only feel great, but more importantly have a direct affect on your body's natural ability to heal itself. Spinal misalignments interfere with your nervous systems ability to communicate with every cell, tissue and organ in your entire body. Just think...neglecting this one component of the five factors can prevent the cells, tissues and organs of all other systems from allowing your body to eat, exercise, rest and have purposeful nerve impulses.



## Care Credit— There is a Low cost, Convenient payment method for Chiropractic services

Affordable health care is often hard to find. Insurance companies are trying not to pay and continue to cut the services they will reimburse medical providers. **Consequently, our patients are faced with higher cost.** For many of you with insurance, out-of-pocket payment is financially the best method for you to pay for services. Yes, I know and understand. **You have insurance and for some reason or another find it to be less expensive to pay for your services out-of-pocket.** It may be due to a high deductible or for some other reason or another. **And for a majority of my patients who pay cash for services, there seems to be one method to pay for services— at the time of services.**

**But wait!** Now there is a method to pay **1 convenient monthly, low cost, no interest payment.** This is a better way for you to pay even less money at a comfortable price for our services. This method takes payment out of the picture. That way you come in and continue to get the best service we can deliver.



Payment is never a barrier and it will even speed your office visits.

As I mentioned before **more and more people are paying cash for their services.** Wouldn't you like to save more money on your health care cost? Well, **CARE CREDIT is a new service we are offering in our office.** Now, **YOU can finance your visits with no interest and have the "Good doctor" pay the financing cost for you.** Yes, that's right **YOU pay NO interest on your care plan and we pay the interest for you.. Instead of paying your cash fee \$45.00 each visit multiple times per week, you can easily pay one (1) monthly affordable rate over a short amount of time with NO INTEREST.**

Care Credit is a company that extends credit to patients in need of health care-services. Your payments will be made directly to Care credit and not processed by our office.

**Be sure to pick up a brochure and ask us about our new service.**

## Why you refer?

The following statements are testimonials from actual patients. Please know it was a joy helping each and everyone of you. I'd like to say thank you to all of my patients who share their experiences and refer to our office.

Paula Hill (Acute Low-Back Pain)

### After 1 month of care!

**I came to see Dr. Sims after injuring my back at work, while lifting a projector. For several days, I was bedridden with extreme back pain before being referred to Dr. Sims by my good friend. Interestingly, I had thought about Chiropractic before being referred but had put it off. After a few short weeks of treatment, I was able to get a better nights sleep and function** at a higher level pain free. I am able to enjoy life more completely thanks to Dr. Sims and the Chiropractic Profession.

Leslie Satchell- (Automobile Accident)

### 3 months of Care

**Thanks Sims Chiropractic-** for helping turn the negative feelings surrounding my accident into a "teachable moment". **I've learned how to take better care of myself and be more aware of my body and its relationship to my total wellness- Mind, body and spirit!**

The benefits I experienced are invaluable! **I was able to recover from the trauma of the automobile accident.**

Leaving Sims Chiropractic led to mixed emotions for me. It was hard to leave the relationships behind. However, **it made me extremely happy to be able to cease care feeling healthy, recovered and totally well!**

## SIMS CHIROPRACTIC CENTER

3321 Toledo Terrace  
Suite 303  
Hyattsville, MD 20782

Phone: 301-853-SIMS {7467}  
Fax: 301-853-7040

**WE'RE ON THE WEB!**

[SIMSCHIROPRACTICCENTER.COM](http://SIMSCHIROPRACTICCENTER.COM)

**WE HAVE YOUR BACK!**

4) Which one of the following is not one of the five factors of health?

- A) Exercise
- B) Rest
- C) Positive Mental attitude
- D) Chiropractic
- E) Enema

5) Which one of the five factors of health has a direct effect on all other factors?

- A) Positive mental attitude
- B) Exercise

C) Chiropractic

6) One should exercise minimally 2x per week for 1 hour.

- A) True
- B) False

7) This type of sleep is ideal to achieve when asleep in order to obtain maximal alertness.

- A) Eye movement sleep
- B) Rapid Eye Movement
- C) Quick Eye Movement sleep

### SHOW WHAT YOU KNOW & LEARN WHAT YOU DON'T

1) How many important decisions does Dr. Sims think the average person makes concerning their health in the course of an hour?

- A) 7-10
- B) 1-2
- C) 3-5

2) It takes repetition on a daily basis for 9-14 days to make conscious health decisions a habit.

- A) True
- B) False

3) Rest is one of the five factors of health that helps affect mood and improve mental alertness.

- A) True
- B) False

ANSWERS  
1. C  
2. A  
3. A  
4. E  
5. C  
6. B  
7. B

### **LITTLE KNOWN FACT:**

Most common chronic health conditions can be prevented by proper diet and regular exercise (45 minute sessions 4 times per week).

**Do you know of someone you think could benefit from this type of information?**

**Complete form and Fax to: (301) 853-7040**

Your Name: \_\_\_\_\_

**Please send Newsletter to:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_