



Symmetry

Chiropractic

A different approach to chiropractic

2329 A Eagle Ave. Alameda, CA 94501

Phone: 510.769.0125

www.symmetrychiropractic.com

DR. B'S TOP TEN

1. NO TRANS-FATTY ACIDS IN THE DIET

(no hydrogenated/hydrolyzed anything)

2. NO GLUTAMATE

(can be disguised under natural flavoring)

3. NO ASPARTAME

(commonly found in sugarless items)

4. PROPER INTAKE OF

OMEGA 3: OMEGA 6

5. LITTLE OR NO REFINED CARBOHYDRATES

6. 5-8 FRUITS/VEGETABLES A DAY
(antioxidants)

7. NO HIGH FRUCTOSE CORN SYRUP

8. TAKE A QUALITY MULTI-VITAMIN AND MINERAL COMPLEX

9. DO 30 MINUTES OF AEROBIC ACTIVITY A DAY

10. WEIGHT TRAIN 3X A WEEK

The best way to implement this dietary information is to take your time and read labels. Don't focus only on the calories in an item, but read the **INGREDIENT** label.

Be light on yourself. Everyday is a new day, and these changes should happen slowly. It is important to take baby steps, as to not burn yourself out. Getting to follow this Top 10 is a process. Remember, before starting any exercise program or diet, check with your Doctor to make sure it is right for **YOU**.



Is 2007 Off To A Healthy Start?

It seems everyday we are presented with new information about what we should and should not be doing to preserve our health.

My favorite list of health standards is necessary for almost everyone, and is listed to the left. Based on research, it doesn't look like these 10 are going to change any time soon. If you are serious about a healthier lifestyle and just need to know the basics, this newsletter is a great place to start. If you can't commit to everything on the list, or are having a hard time keeping your existing promises to self, start smaller.

With the New Year here, many are struggling to make their resolution commitment a permanent lifestyle change. Life changes should happen slowly. You are more likely to commit to your goals, when you don't make them impulsively or out of guilt.

After taking care of **YOURSELF**, don't forget to share these tips with your family and friends. Long term, these health standards create longer, happier and healthier lives for the one's we love.

Dr. Boyd is Now a Blue Shield Preferred Provider!

January 2007, Dr. Boyd became a preferred provider for Blue Shield. Symmetry Chiropractic gladly accepts most major medical insurance.



For the month of January, Dr. Boyd will be at Julie's Tea Garden Tuesday nights to bring you the most current information available on the topics listed below. The talks begin at 6:00 P.M. There is a suggested donation of \$10 to benefit The Alameda Midway Shelter.

Call Symmetry Chiropractic today to reserve a seat. 510-769-0125 Tea service will be available.

- Tues. Jan 9th
Posture and The Aging Body
- Tues. Jan 16th
Low Back Pain
- Tues. Jan 23rd
The Fish Oil Craze
- Tues. Jan 30th
Arthritis

Dr. Boyd is available to talk to groups of any size. Please call to check availability.