

# BE, DO AND HAVE WITH ECOLIFE CHIROPRACTIC

## **Be Well:**

- Think Vitality
- Always use healthy language
- Learn about well-being
- Balance your life
- Manage your time
- Make health a priority
- Focus less on what's wrong
- Create your own health reality by leading your family into action
- Deal with your chemical and emotional addictions
- Be true to yourself.

## **Do the things that healthy people do:**

- Chiropractic Care
- Yoga
- Swim in the sea
- Walk and run on the beach
- Read books about personal awareness and spiritual balance
- Drink water
- Eat fruit, veggies, nuts and seeds
- Visit nature..

## **Have the results of doing the things that well people do:**

- Have true life balance
- Have a strong posture
- Have flexibility
- Have core strength
- Have powerful breathing
- Have cardiovascular endurance
- Have calm resolve
- Have an innate earthy diet
- Have effective sleeping patterns
- Have mental alertness
- Have the ability to be creative.

**Ecolife Chiropractic cares about your family's health. We are a true wellness and educational centre.**

**Appointments 5478 2333**

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