

THE KEYS TO PEAK PERFORMANCE

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What choices can we make so that we can operate at a high level of performance in all areas of our lives?

OPTIMAL PHYSICAL HEALTH

Good hygiene:

Oral hygiene: Poor oral hygiene has been definitively linked to cardiovascular disease, damage to heart valves, bacterial pneumonia, and diabetes mellitus.

Digestive hygiene: Overgrowth of harmful bacteria can lead to gas, diarrhea, constipation, bladder/vaginal infections, allergies, skin conditions, increased LDL cholesterol, compromised immune function, and colon cancer. Use probiotics regularly.

Excellent Food Choices

Basic Rules for Healthy Eating:

- Eat primarily non-starchy vegetables, lean meats, and fish (preferably organic veggies, grass-fed meats, wild-caught fish/seafood)
- Avoid sugar, flour products, processed foods (esp. those containing high-fructose corn syrup)
- Avoid omega-6 fats (domestic animal fat, farm-raised fish, processed vegetable oils)
- Increase omega-3 fats (wild-caught fish, raw nuts, omega-3 eggs, fish oil)
- Eat frequent small meals with a quality protein source.
- Supplement with high-potency multi-vitamin and mineral product, extra calcium, vitamin D3 (4-5,000 IU/day), and an anti-oxidant product.
- Proactively increase glutathione levels (n-acetyl cysteine 250 mg eod, undenatured whey protein, pomegranate juice).

Effective Exercise Routine

- Regular aerobic exercise 3-5x/week (interval training increases number of mitochondria)
- Regular weight training 3-5x/week (compound free-weight exercises are best, vary rep ranges)
- Work on core strength, flexibility, and balance (yoga, pilates)

Tip: Have a plan, have goals, have a routine, have a partner, make it a priority, and don't quit!

Restorative Sleep: Inadequate or non-restorative sleep contributes to cardiovascular disease, depression, diabetes, obesity, impaired brain function, impaired immune function, and impaired motor function (contributes to >100,000 MVAs per year)

- Should get 6-7 hours per night (regularity, timing very important)
- Full sleep cycles take 90-110 minutes
- Need a good mattress, good pillow/s
- Avoid chemical or mental stimulants in the evenings
- Minimize light and noise (white noise OK)
- Address snoring or sleep apnea issues
- Are you tired during the day?

Ensure Your Body's Functional Efficiency

- Regularly perform whole-body activities (tennis, raquetball, yardwork, walking, running, biking, swimming, etc.)
- Get regular chiropractic checkups. Everyone can benefit from periodic chiropractic treatments...even (maybe especially) kids! Just as with your teeth, it is much better to maintain your spinal function at a good level, than it is to wait until you have a painful crisis of some sort. Often by the time you feel pain, irreversible changes have already taken place!

OPTIMAL MENTAL AND EMOTIONAL HEALTH

- Develop strategies for reducing stress (exercise, enjoying nature, music, yoga, meditation, prayer, sex, laughter)
- Try to be more tolerant... practice kindness and forgiveness
- Be willing to establish and communicate your limits... don't allow others to drain your energy, or take advantage of your good nature.
- Think positively...your thoughts create your reality! "As a person thinks and believes in their heart, so shall it be!"
- Practice giving sincere compliments. Everyone appreciates a sincere compliment, and it feels good to give one! Don't assume that people know what you like or appreciate about them.
- Learn new skills...challenge yourself mentally. Learning new skills actually creates new nerve pathways in the brain. Your brain needs exercise just as much, if not more, than your body.
- Keep a sense of humor...laugh! Laughing floods your body with oxygen, relaxes tight muscles, lowers blood pressure, activates your immune system, decreases the stress hormones (cortisol and adrenaline), and releases endorphins...your "happy hormones".