

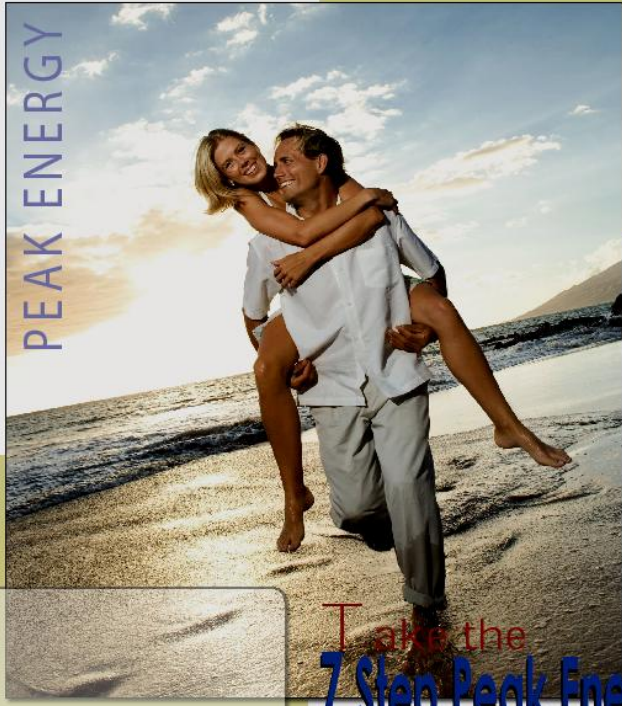
The 7-Step Peak Energy Challenge™

Are you ready?

your complimentary copy

You Can Change Your Life!

PEAK ENERGY



Take the 7 Step Peak Energy Challenge

PROADJUSTER

WWW.PROADJUSTERLIFESTYLE.COM



Increasing Energy, Productivity & Safety

Peak Energy



Are you ready? your complimentary copy

You Can Change Your Life!

PEAK ENERGY

Take the **7 Step Peak Energy** Challenge

PROADJUSTER

WWW.PROADJUSTERLIFESTYLE.COM

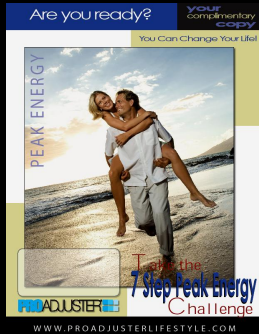
You Can Change Your Life!



Increasing Energy, Productivity & Safety

Are You Ready?

Peak Energy



The Purpose of this workshop is to share *Cutting Edge* information that will show you:

1. How to increase your energy by up to 40%
2. How to increase your productivity by up to 40%
3. How to reduce stress in your life by 50%
4. How to help your body function on a Peak Level
5. How to strengthen your structure
6. How to increase your coordination and safety
7. How to increase mental clarity by up to 33%

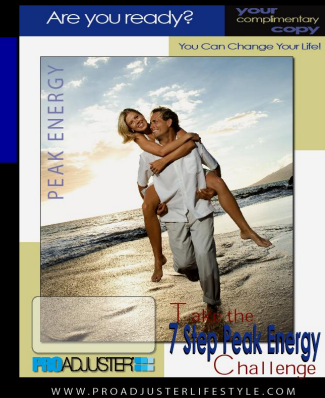


Congratulations for taking the most important step of all... being here!

Increasing Energy, Productivity & Safety

Are You Ready?

**95% of all Americans surveyed
do not have enough energy.**



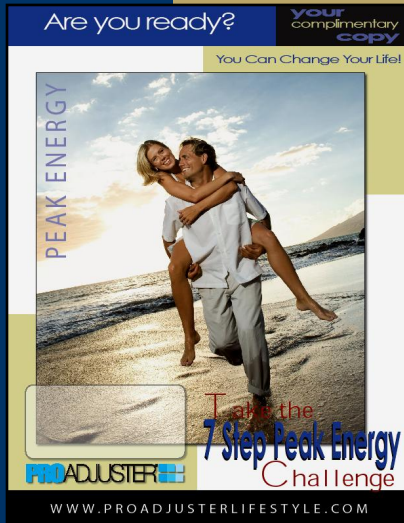
**Age is NOT a primary relevant
factor in energy and
productivity.**

Be honest on your survey!

**Your Peak Energy Solution™
will be “customized” by the
time we are done TODAY!**

Are You Ready to take the Challenge?

The Peak Energy Solution™ Survey



Your Health Profile

Peak Energy is only 7 steps away

- I feel out of gas at one time of the day or more.
- I require coffee or soda in the morning to get started.
- I am overweight or out of condition.
- I find myself “day dreaming” during the workday.
- I have been told I have arthritis.
- I feel that I am under the physical effects of stress.
- I take medications to improve how I feel.
- I have been involved in two or more car accidents.
- Please contact me about doing a *Peak Energy Lecture* for another group.
- Yes, I would like to discuss how to improve my *Peak Energy*.**

Have you had any of the following symptoms in the last 6 months?

- | | |
|---|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Numbness |
| <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> Loss of Grip Strength |
| <input type="checkbox"/> Middle Back Pain | <input type="checkbox"/> Wrist and Hand Pain |
| <input type="checkbox"/> Pain Between the Shoulders | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Tired or Fatigue | <input type="checkbox"/> Neck Pain |

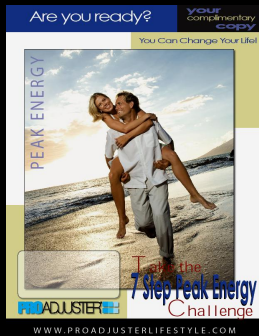
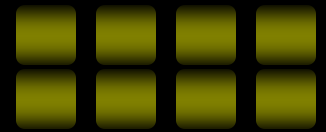
Name: _____ Home Tel.: _____

Address: _____ Work Tel.: _____

City, State, Zip: _____ Cell Tel.: _____

Occupation: _____ Email: _____

Peak Energy



Be honest... How many of you know that there are some actions that YOU can take that would improve how your body feels and functions ?

1. Eat Better - Consistently
2. Drink More Water
3. Take Vitamins & Minerals
4. Sleep well and - Power Down Often
5. Understand your body's Control System
6. Be Better Organized
7. Strengthen Your Spine

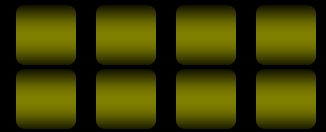


You're not alone!

Increasing Energy, Productivity & Safety

Are You Ready?

Workshop Overview: 7 Steps to Success



Step 1
Portion
Combining
Macro Nutrients



Step 2
Proper Water
Intake



Step 3
Nutritional
Supplementation



Step 4
Sleep well and
Powering
Down



Step 5
Nerve/Body Stress
Reduction Therapy



Step 6
Time
Management



Step 7
Stretching

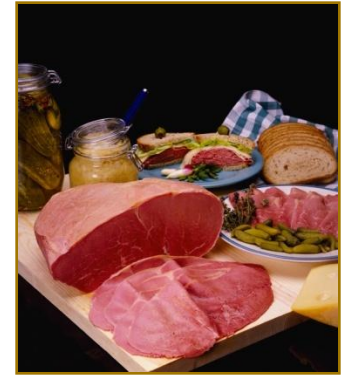


Results require commitment... are you in? Let's get started.

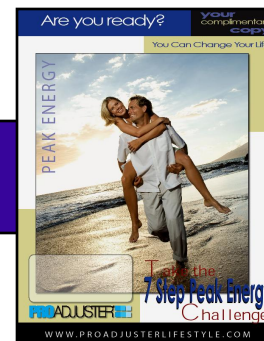
Step 1: Portion Combining Macro Nutrients

Proteins

Proteins are basically amino acids that are the building blocks for living tissue. They are foods: primarily meats, fish and some vegetables.



7-Step Peak Energy Solution™



Step 1: Portion Combining Macro Nutrients

Proteins

**Fact
1**

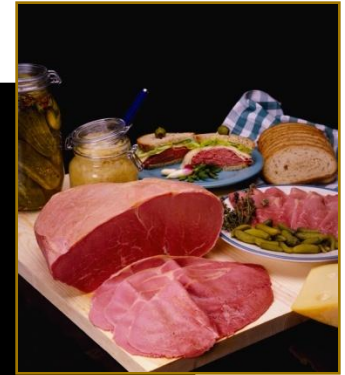
Proteins are required for the growth and repair of your body.

**Fact
2**

Incorrect proportion and/or quantity of proteins in a diet have been linked to many health conditions such as cardiovascular disease, diabetes, fatigue, as well as many others.

**Fact
3**

Proteins eaten in correct proportion with carbohydrates and fats are beneficial to overall energy and well-being.



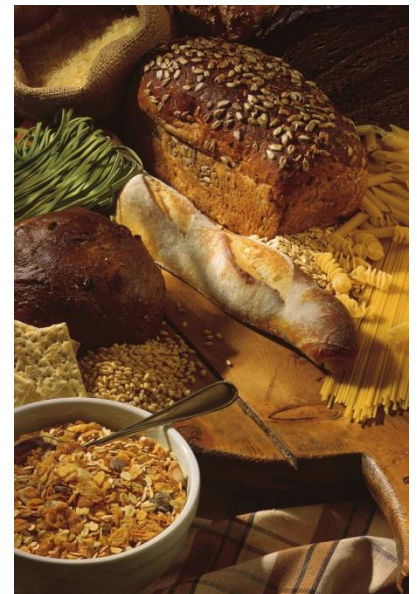
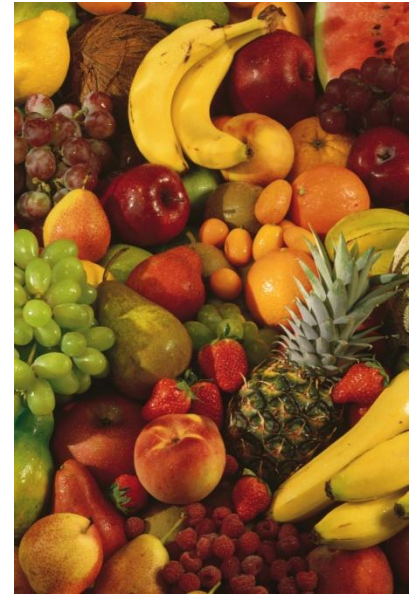
7-Step Peak Energy Solution™



Step 1: Portion Combining Macro Nutrients

Carbohydrates

Carbohydrates are foods like broccoli and potatoes. They break down into simple sugars that the body uses as fuel.



7-Step Peak Energy Solution™



Step 1: Portion Combining Macro Nutrients

Carbohydrates

Fact # 1

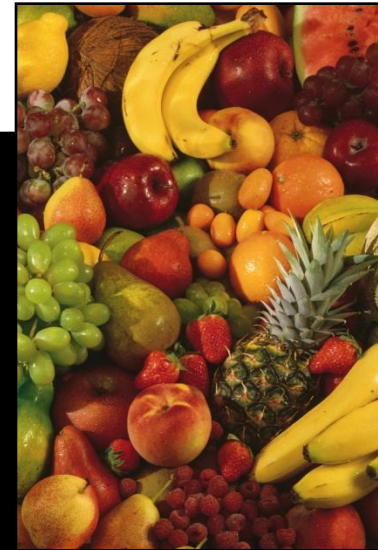
The average American meal is 5 to 7 times too high in carbohydrates compared to proteins.

Fact # 2

Incorrect proportion and/or quantity of carbohydrates in a diet have been linked to many health conditions such as cardiovascular disease, diabetes, fatigue, as well as many others.

Fact # 3

Carbohydrates eaten in correct proportion with proteins and fats are beneficial to overall energy and well-being.



7-Step Peak Energy Solution™



Step 1: Portion Combining Macro Nutrients

Fats

Fats are used by the body as reserve fuel and to lubricate the joints. They are found in most foods to a varying degree.



7-Step Peak Energy Solution™

Step 1: Portion Combining Macro Nutrients

Fats

Fact # 1

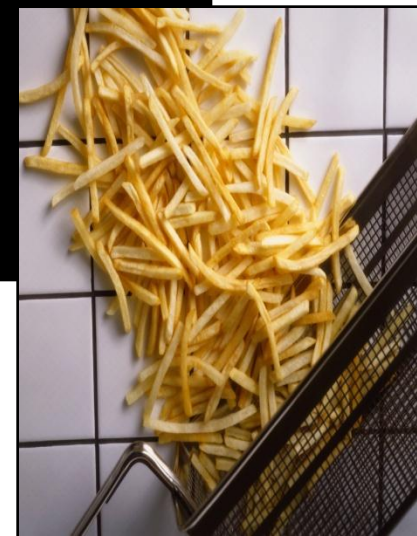
Fats are required in small amounts for essential functions of the body and connective tissue health.

Fact # 2

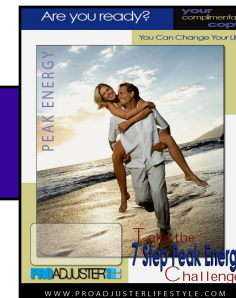
Incorrect proportion and/or quantity of fats in a diet have been linked to many health conditions such as cardiovascular disease, diabetes, fatigue, as well as many others.

Fact # 3

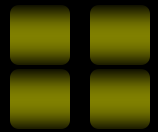
Fats eaten in correct proportion with carbohydrates and proteins are beneficial to overall energy and well-being.



7-Step Peak Energy Solution™



Peak Energy



Phase 1



You drive the same way from your house...

Phase 2



← The Time Gap →

Phase 3



All of a sudden, you're at work, and you've mentally missed part of the trip!

How many of you have experienced Time Gapping?

Increasing Energy, Productivity & Safety

Are You Ready?

Peak Energy



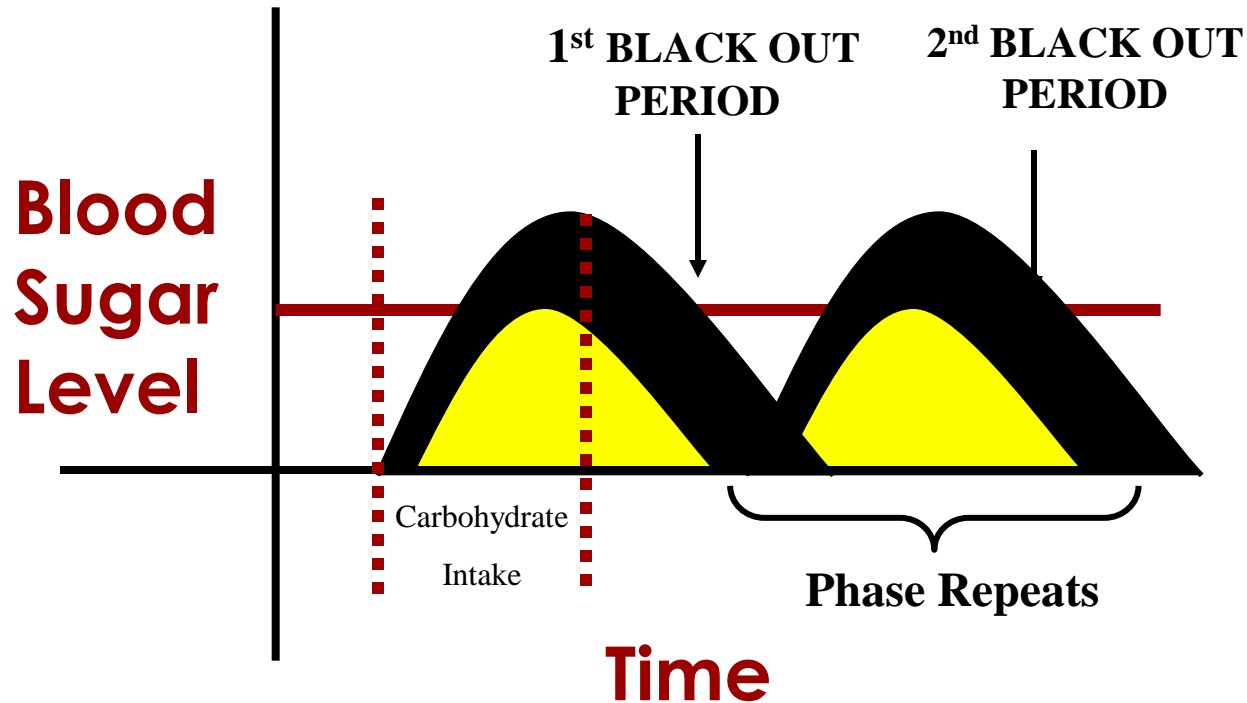
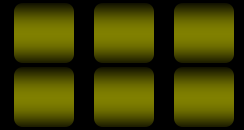
Food	Carbohydrates	Proteins	Fats
Bread	X		
Coke (drink)	X		
Salad	X		
Chicken		X	X
Potato	X		
Vegetable	X		
Dessert	XXXX		XX

**A Typical
Lunch or
Dinner Out**

Increasing Energy, Productivity & Safety

Are You
Ready?

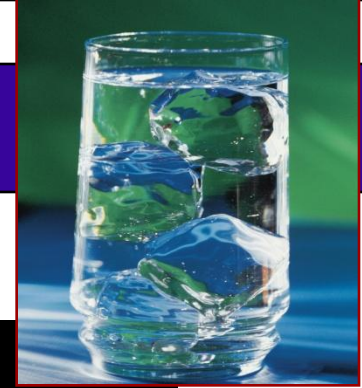
Peak Energy



Increasing Energy, Productivity & Safety

Are You Ready?

Step 2: Proper Water Intake

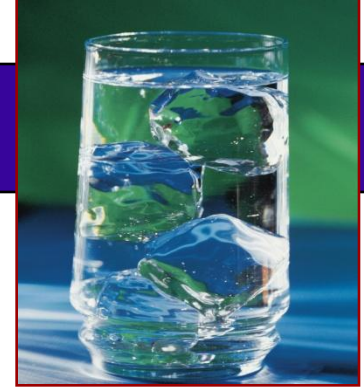


Benefits of water:

- Better skin tone
- More vitality
- Clearer complexion
- Higher Energy Level
- Improved Mental Clarity
- Improved Lymphatic Drainage

7-Step Peak Energy Solution™

Step 2: Proper Water Intake



Formula:

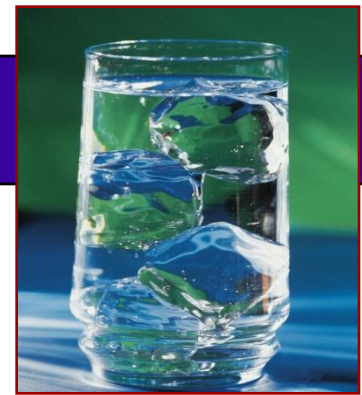
Your weight divided by 2
= the number of ounces of water to
drink per day.

WATER is *not* coffee, tea or soda.
It is pure H²O.



7-Step Peak Energy Solution™

Step 2: Proper Water Intake



Anything mixed with water does not count toward water intake.



Water intake for children is the same formula. $\frac{1}{2}$ of their body weight in ounces per day.

**NOT:
Kool-Aid
Lemonade
Capri Sun
Cola**



7-Step Peak Energy Solution™

Step 3: Nutritional Supplementation



**Everyone Needs a High-Quality
Multi-Vitamin, Multi-Mineral.**

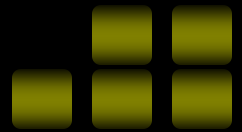
7-Step Peak Energy Solution™



*See your health
professional for
specifics.*

Q: Why is supplementation important?

How many bowls of salad would you need to eat today to get close to the amount of nutrition in one bowl in the 1940's ?



In the 1940's if you ate a bowl of salad there would have been a certain amount of nutrition in that bowl.



If you eat a bowl of salad today, there will be a certain amount of nutrition in that bowl.

Answer: 15-20 bowls!!

Are You Ready?

Your next question...is why?



Because of the depletion of the soil's components. The soil does not have the same value it once did. So as the food grows, proper nutritional value is lost.

AND,

Due to fast foods, soil concerns, stress and improper diets, nutritional intake is at an all-time low.



Proper nutrition is as elementary as

$$2+2=4$$

Step 3. Nutritional Supplementation

Now that you know that nutrition is needed, confusion sets in as to **which brand** or product to start taking.

The average food store or nutritional center carries **hundreds of choices**.

Nutritional advice should be left to nutritional **experts and professionals**.

7-Step Peak Energy Solution™



Step 3: Nutritional Supplementation

Recommendations:

- High-Quality Multi-Vitamin
- High-Quality Multi-Mineral

See your health professional for specifics.



7-Step Peak Energy Solution™



Step 3: Nutritional Supplementation



For more information on these and other products, see your health professional

7-Step Peak Energy Solution™

Step 4: Sleep Well and Powering Down

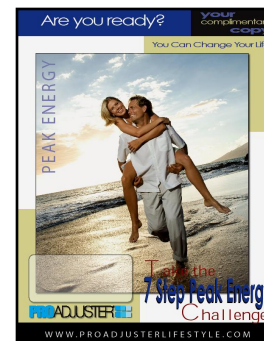


SLEEP WELL-research shows that 7 hours per night increase health and wellness

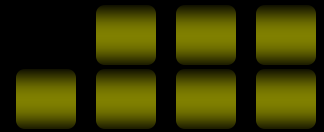
REST - To cease from effort or activity for a time.

- Webster's

POWER DOWN - Taking small units of time each day to rest from our hectic lifestyles. 2-5 minutes, 2-5 times per day.



Step 5: Nerve/Body Stress Reduction Therapy



Natural Healthcare Options

- Chiropractic Care
- Stretching
- Accu-Pressure
- Physical Therapy
- Pressure Point Therapy
- Rehabilitation
- Exercise



Step 5: Nerve/Body Stress Reduction Therapy



- ✓ Computerized Analysis Accurate
- ✓ Computer guided Adjustments Reliable
- ✓ Comfortable care Desirable
- ✓ FDA Cleared for Chiropractic
- ✓ The Results are Outstanding!

The ProAdjuster



ProAdjuster technology was born in Aerospace, but it has been tailored for the gentle touch of patient care by a Chiropractor.



We will find out if ProAdjuster right for you

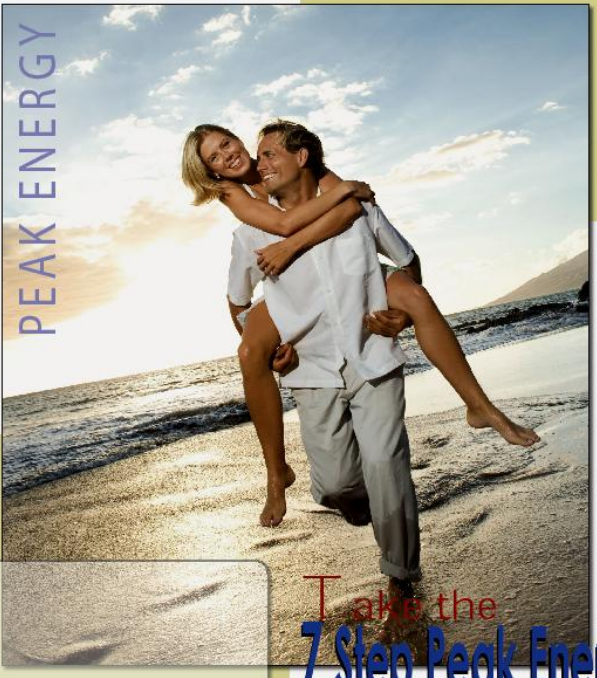
Learn more about improving your health & Chiropractic

Are you ready?

your complimentary copy

You Can Change Your Life!

PEAK ENERGY



Take the 7 Step Peak Energy Challenge


PROADJUSTER

WWW.PROADJUSTERLIFESTYLE.COM

PROADJUSTER

IMPROVE YOUR HEALTH PROACTIVELY

lifestyle



REGAINING YOUR HEALTH, NATURALLY!
Real Stories from Real People

By Dr. Maurice A. Pisciotano & Dr. Richard F. Barrett

"Improve Your Health ProActively" Book

Step 6: Time Management

“STACKING” is an accumulation on incomplete activities that pile up around you.

“STACKING” wastes time and mental hard drive space and causes unnecessary stress.

Solutions to “STACKING”

1. Act on it
2. File it
3. Delegate it
4. Throw it away



Step 7 Stretching



Stretching and flexibility is a key component to health & wellness.



The Stretch Towel Program will help you to achieve maximum flexibility.



Increasing Energy, Productivity & Safety

Are You Ready?

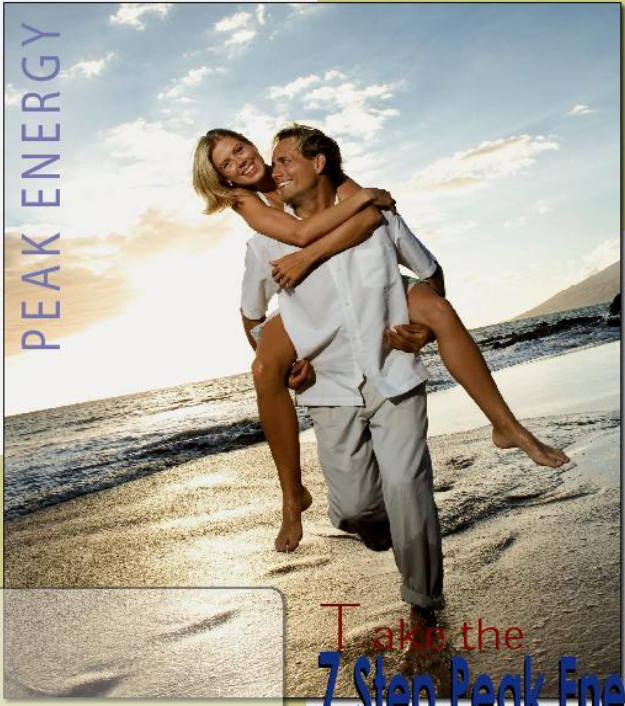
Congratulations!

Are you ready?

your complimentary copy

You Can Change Your Life!

PEAK ENERGY



Take the
7 Step Peak Energy
Challenge

PROADJUSTER

WWW.PROADJUSTERLIFESTYLE.COM

Thank you for attending this workshop.

Increasing Energy, Productivity & Safety