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Researchers found 60 per cent of all deaths in Ontario can be blamed on those five unhealthy habits. Isn't it time we took a hard look at our lifestyles, not only for our own health, but, for the health of our children and future generations!

Key Concepts to living InsideOut

- The power that made your body, heals your body!
- Your thoughts create your reality
- Living things will do anything to stay alive
- Health and healing are your natural state of Being
- Sickness and Disease are unnatural
- You are solely responsible for your health!



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Dr. Fryday offers the InsideOut Lifestyle training to individuals, small business or corporations. He is also available to speak on a variety of health and wellness related topics.

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The InsideOut Lifestyle

Everyone deserves to Optimize their health potential



What is the InsideOut Lifestyle?

It is a lifestyle that has been created over the last 30 years of running a Chiropractic Wellness practice and was designed to add *Life to years and years to life!*

WHY?

Never before has our community and society in general experienced so much chronic disease and STRESS related illness. We all know what STRESS is and we wouldn't argue that we are under a lot of it in this "pressure cooker" world we live in. But, what most don't know is how STRESS effects our bodies.

Modern day STRESS, both physical, chemical, emotional and electromagnetic, has catapulted us into the early stages of the worst epidemic of all time: "The Neurologic Epidemic". In reality all forms of STRESS are " BRAIN STRESS" causing what I coined as, "Pedal to the Metal Syndrome".

More than 2 billion people worldwide are now suffering from brain based health challenges such as : Parkinson's, Alzheimer's, Autism, Insomnia, Lupus, MS, Acid Reflux, IBS, Chronic Fatigue Syndrome, Fibromyalgia, Migraines, Depression, Metabolic Syndrome, ANXIETY and the list goes on and on.



How does STRESS effect your body and ultimately your health?

Chronic repetitive brain stress causes an imbalance in our autonomic nervous system, creating a neurological cascade of events putting our body into hyper-overdrive.

I like to describe it like this: your autonomic nervous system, the part of the brain that runs the show in the background 24/7 has a gas pedal, which is called the sympathetic nervous system and a brake, which is called the parasympathetic nervous system. The sympathetic (gas pedal) is our survival nervous system and is referred to as our "fight or flight" nervous system. The parasympathetic (the brake) is our "rest and digest" relaxation response part of the nervous system, where all healing takes place.

When your body (the car) is running smoothly and optimally the gas pedal comes on when it needs to speed up and the brake is applied when it needs to slow down. When the gas and brake are working in harmony we have optimal function, which is health. Anything less has the potential for disease.

GOOD NEWS

there is a solution;
The Inside-Out Lifestyle



The Inside-Out Lifestyle taps into the human body's innate ability to heal itself by focusing on three essential components:

- **Mind (think positive)**
- **Movement (move regularly)**
- **Meals (eat correctly)**

By following "The InsideOut Lifestyle" you and your loved ones will be able to make the most of every day on your life journey. 90 is the new 50. Seniors are rocking their golden years spending every day not just living, but, truly alive!

This is the **SECRET WEAPON**. It is a simple recipe for continued good health adding years to your life and life to your years!

If you need a COACH - I'm yours!
Visit us at optimizehealing.com