

Creating Lifelong Wellness:

Protect Your Health With 80 Action Steps for Living the Healthy, Stress-Free Lifestyle of Your Dreams

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What Others Are Saying...

It is rare these days to find a health practitioner that is highly knowledgeable and well balanced in all areas of the mind, body and soul. This is why Dr. Alex and his approach to health is a true gem. In this book, he begins where all disease begins, in our mind and teaches us how to first deal with that, before we start looking outwards. Wise, practical, quick and to the point, *Creating Lifelong Wellness* is just the tool to get serious about your health and enjoy serious, lasting benefits from it.

~Evita Ochel, Holistic Nutritionist - EvolvingWellness.com

“In just a few visits, Dr. Alex has provided me with several excellent suggestions. He listened to my concerns with a high degree of understanding and compassion. I had been suffering from stress-related fatigue, lack of energy and skin issues for over 20 years. After following his protocol for 2 months I am seeing great improvement in these areas. I am back to my regular exercise program and able to spend all the time I want playing with my new grandson!”

~M.N., Parsippany, NJ

“Dr. Alex, if there ever was someone that is unbelievably THOROUGH in understanding a person’s habits, diet, processes... it’s you!! I found it so refreshing to find such a brilliant young man who is SO committed to helping others with their nutritional needs and supplements!! I highly recommend you to EVERY ONE of my friends”

~J. F., Las Vegas, NV

“Four months ago I was in misery. My fibromyalgia pain had reached epic proportions, I couldn’t think straight, and I was attempting to put on a brave face so the rest of the world would not know there was something “broken” within me. After all, I was an entrepreneur and world traveler — a connoisseur of life’s decadent pleasures. But that facade was crumbling before me, and I knew I could not accept another invitation to travel until I got this situation under control, because my body simply could not handle it.

[...]

What magnificent freedom I have found thanks to Dr. Alex Rinehart, who has been my teammate all the way.”

~J. I., New York, NY

“Dr. Alex takes a holistic approach to total health & presents it with a warm & educational demeanor. His suggestions have been 100% on target & my energy level has soared (which was my goal).”

~L. B., Maplewood, NJ

"I'm a pessimist when it comes to 95% of professionals out there. How many people truly care? Besides spending most of his time reading about the latest in health, prosperity, and behavioral psychology, Dr. Alex cares. He cares about his family, his friends, and most importantly, his patients. Despite specializing in acute and chronic pain of the musculoskeletal system myself, Dr. Alex is my go-to guy any time I have a question about diet and nutrition. He never fails to answer with anything short of a complete, truthful answer. Anyone with systemic, chronic pain could benefit from seeing Dr. Alex. He makes the important distinction that it's not enough to just prevent or manage a disease, and that one should look to promote Lifelong Wellness instead!"

~Dr. Christopher Stepien, DC, Certified ART Provider, CrossFit Instructor, and Owner,
<http://www.heroesjourney.com> in Parsippany, NJ





Introduction by the Author

Researchers now estimate that 80% of chronic diseases like obesity, diabetes, cancer, and heart disease are preventable through diet and lifestyle.

There are **three key concepts** that could turn around their chronic health problems & bring wellness to their lives.

I. Mindset is Everything (Actions #1-49)

Quit surrendering to illness!

- a.) Identify your **subconscious programming (Actions #1-13)**
- b.) Then, learn to **adapt your mindset (Actions #14-40)**
- c.) Ultimately, **expand your horizons (Actions #40-49)** to maintain your new mindset over time.

II. Learn to Control Your Environment (Actions #50-62)

Now that you've identified your core tendencies, learn how to safely navigate your way through an increasingly toxic environment.

When you surround yourself with healthy people, places, and things, you give your body the chance to express itself in healthy ways.

III. You are What You Eat (Actions #63-80)

Now that you are mentally programmed to allow wellness into your life because you have placed yourself into an environment that is officially magnetized with health, it is finally time to learn how to provide your body with the proper raw materials to do its job.

Figuring out "what" to do is the easy part - fitting the "how" of wellness into our complex lives can be much more challenging! This guide will change that.

Becoming healthier starts by examining your **programmed tendencies**,





your **surrounding resources**, and **acting consciously (and unconsciously)** to direct your behavior to become the best possible *you*.

To help you, I have broken down these three main concepts into **80 simple-to-understand action steps** that will lead you to create a path of wellness.

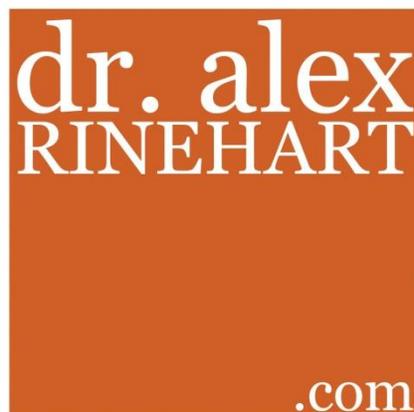
I hope that these actions bring you **more energy, less stress, better sleep, and a renewed vigor for life.**

Paste these actions on your refrigerator, on your bathroom mirror, or by your computer. Review them while you drink your morning coffee, or leave them by your nightstand so you can read them moments before going to bed.

My hope is that these simple concepts will motivate you not only to start a wellness program, but to stick with it once and for all!

Be well!

Alexander Rinehart, DC, MS, CNS





Creating Lifelong Wellness: 80 Action Steps for Living the Healthy, Stress-Free Lifestyle of Your Dreams

Key Concept 1: Mindset is Everything. Quit Surrendering to Illness!

What do you say when you call someone that you haven't talked to in awhile?

You quickly ask them "*How are you doing?*" and, 95% of the time, what happens? They respond without hesitation, "*I'm good, how are you?*". Your immediate response?, "*I'm good*".

At that point, the real conversation begins.

This is *programming*.

We do this so often that we have all made the mistake when someone asks "**What** are you doing?", and we reply with a robotic "*Good, how about you?*". Go ahead and laugh because I have been there right with you.

You also have uncountable other habits like this that are patterned in your subconscious mind and control your behavior, your emotions, and even what you choose to eat tonight. Subconscious programming also determines your health habits.

It might be scary to think but *up to 95% of these behavioral templates*





are programmed into your mind by the time you are 5 or 6 years old!

These templates begin with tiny cultural building blocks that science calls “**memes**”.

A "meme" is a basic unit of culture, just as a cell is a basic unit of the human body.

A meme can be thought of as an idea that can be spread and transferred like your genes.

Richard Dawkins introduced the word "meme" in his book *The Selfish Gene* back in 1976. Since then, **memetics** (the science of memes) has revealed insights into how our culture evolves.

Mememes underlie why someone who grew up in central Pennsylvania (like me) will talk, dress, and act quite differently on average than someone who had grown up in New Jersey, Texas, Hawaii, Alabama, or Singapore.

Mememes are layered upon themselves.

You may live in a separate region of the United States than me, but we will still share much more cultural understanding than someone from China, Brazil, Saudi Arabia, or India. Likewise, members of those groups would also share understandings that would be guaranteed to confuse us.

What's most interesting about mememes is that 95% of their influence takes place *subconsciously*.





You cannot choose when you are infected with a meme, it just happens.

When you turn on the television, attend church, pick up the telephone, visit a website, drive past a billboard, view someone's style of dress, say "Hello" or "What's up?" to a stranger, you are subconsciously infecting yourself with countless memes.



Where are your memes leading you?

-  Who do you spend your most time with?
-  Do you have people around you that are supportive of your goals?
-  Do you seek mentors who are living the life that you want?

It's a bit unnerving to think that up to 95% of our behavior and habits are actually patterns of memes.

The ways we handle money, cope with stress, or purchase our groceries are all patterned from sub conscious imitation of those closest to us.

The number one advice I could give to anyone looking to improve their lifestyle is to **PROTECT YOUR MIND** from these unwanted mind viruses called memes.

However, You Can Use Memes to Your Advantage





You cannot choose a different set of parents, and there's little to be gained by blaming your past for your current circumstances.

The hidden power of memes is that you can *choose* the current environment in which you live, work and play.

You will find when you embark on a journey to lifelong wellness that many will judge you based on their existing memes - their existing understanding of the world around them.

But from a wellness point of view, if you followed what everyone else was doing, you'd be in pretty bad shape! Here's why...

-  Two out of every three adults is overweight or obese.
-  One out of every three children born after the year 2000 is expected to have Type II Diabetes later in life.
-  Our children are the first generation in the history of human civilization that is not expected to outlive their parents.
-  80% of the problem is preventable with healthy diet and lifestyle choices!

Thank you, but I will choose my own memes.

Wellness is sometimes "weird". We eat "weird" things, and we question daily habits and tasks that most people take for granted. What's the moral of the story here? *Expect some criticism when you embark on a journey to lifelong wellness*, but know this: the most basic form of learning is through imitation.

When you set the example, others will follow.





Overcoming the fear of judgment is one of the biggest barriers to creating a wellness lifestyle.

Let's get started with our first set of action statements

Actions 1-13: How to Overcome Subconscious Programming

1. ***Protect your mind from mind viruses.*** Be acutely aware of food marketing. Your subconscious mind has no filter.
2. ***Program your mind for the goals you wish to achieve.*** It's up to you to manifest your innate potential for health & prosperity. You have just as much potential to be healthy & prosperous as anyone else. It's your job to express it!
3. ***Automate wellness.*** Set text-message reminders to go to the gym, the grocery store or to send yourself words of encouragement & lift up your spirit. Place your gym bag at the foot of your bed so you either take it with you or chance tripping over it!
4. ***Identify the situational and emotional triggers that cause you to fall short of your goals.*** It is human to "fall off the bandwagon". Do not feel ashamed. Focus on reducing barriers to even the smallest of behaviors. Seek "quick wins" at the start of any endeavor.
5. ***Behavior is learned over time.*** Identify the overall patterns of behavior necessary to complete your goals, but start with the fundamentals.
6. ***Learn to listen to your body.*** Even the presence of pain is an expression of health by the body. Symptoms are alerts to something being out of balance. Health is infinitely abundant when you train yourself to see it.
7. ***Worry about the probability of a disease occurring later in life.*** Do not settle with simply screening for an existing disease, and going back to "business as usual". Focus on the activities you need to be doing





today to promote wellness and reduce the probability of problems occurring later in life.

8. **Surround yourself with the people you want to be more like.** Take note of the five people closest to you in your life. What memes are they infecting you with?

9. **Choose your words carefully.** Make sure they match your goals. Cut “try”, “if”, “but”, “could”, “should”, “would”, and other excuse-driving words out of your vocabulary. Replace them with “I am...”, “I will...”, “When I...” “After I...”, & “Because I...”.

10. **Consciously choose health!** Human beings are the only species that will knowingly act toward their own destruction. The body is either heading toward wellness or disease. The direction is your choice. Disease will eventually control your life *if you let it!*

11. **Be Spiritual.** Humans are spiritual beings. Spirituality can be about recognizing & embracing that you are part of a greater whole.

12. **Behaviors are programmed & patterned into your consciousness.** Your health behaviors are not about circumstance. They *can* & *will* be rewired. The first step is identifying the habits that are keeping you from your life goals in the first place.

13. **Dream often.** Place reminders of your dreams around your everyday environment. Use Post-It notes, vision boards, hypnosis, visual & auditory triggers. Start with as small of steps as you need to ensure consistency.

Resources:

- [*The Power of the Subconscious Mind*](#) ~ Joseph Murphy
- [*Virus of the Mind: The New Science of the Meme*](#) ~ Richard Brodie
- [*Victim or Volunteer: Illness, Wellness, and the Body-Mind*](#) (*Psychology Today* article)

Actions 14-20: How to Adapt Your Mindset





14. **Healthy people expect success.** Fear & doubt are nothing passing thoughts. **Believe** that wellness is possible. Health is your birthright!

15. **Know that your fate is not in your genes.** Your genetic background is a *dynamic* blueprint for health. Healthy habits will always be your best defense against risk of disease! Every cell in your body has all of the tools it needs to express health.

16. **Accept that we manifest every good and bad event that happens in our lives.** Your family, friends, politicians, doctors, & your government are not responsible for your health - you are! You are in charge of your body & your life.

17. **Start before you even plan to start.** Do not become stuck in planning & over-analysis.

18. **Be selfish about your health.** When you are healthy, you are much better equipped to help those around you. Selfishness is not always a bad word.

19. **Turn “Someday” into “Today”.** “Someday” is one of the unhealthiest word in the human language. It rationalizes procrastination because it saves the mind from feeling “guilt” for not accomplishing a task.

20. **Your self-esteem is a product of a healthy mind, body, and spirit working in unison with one another.** Some measure esteem by how much money they make, or how fast they can run a mile, or how long they can hold a meditation trance. Lifelong wellness is a product of mind, body, and spirit balance. Your needs for different types of wellness shift depending on time and circumstance.

Actions 21-39: Recognize the shift, invite it, and act accordingly





21. **Resist the urge to seek miraculous quick-fixes.** Never expect unearned results. Things in this world that are worth having are earned, not given. Are you reading sound health information or a hidden advertisement?
22. **Be mindful as to how you gauge success & failure.** The weight scale is a **narrow** indicator of health. Focus on *all* of the advantages of a healthy lifestyle such as sleep quality, energy, skin complexion, and mood.
23. **The last thing you are willing to do is the thing you need to do most.** The more we do the harder things, the easier our lives will be. The more we do the easy things, the harder our lives will be.
24. **If you want people to feel sorry for you, they will.** Focus on solving problems, not perpetuating them.
25. **Your mind is the only tool you will ever need for health.** Protect it by all means necessary.
26. **Be fearful of the easy road.** Recognize the fear. Let the thought pass. Then do what you need to do.
27. **Imagine yourself as already accomplishing your health goals.** Visualize every detail using each of your five senses. Specificity matters. What foods are you eating? Who is with you? What are you talking to them about? Where are you living? How do you feel inside?
28. **When you judge another, you judge yourself.** The only reason we choose to judge others is to bring attention away from our own faults and weaknesses.
29. **You are what you repeatedly think.** Brain pathways & patterns of thinking become stronger with use.
30. **Stop complaining.** No one is listening.





31. **Take advice from people healthier than you.** “Who” you ask for advice, is just as important as “What” you ask them.
32. **Only engage in value-for-value exchanges.** Redefine what “expensive” & “fair” means to you. Ideas are free. Results have value.
33. **Your answers are only as good as the questions you ask.** Even the best & highest quality “research”, is only as useful as the initial question it set out to explore.
34. **Leave a legacy.** Commit to achieving a goal that is bigger than yourself.
35. **Resistance is a signal of fear.** When you feel resistance in your path, face the fear head-on. Like pulling off a band-aid, the sooner you get it over with, the better off you will be.
36. **Setbacks are expected and invited as learning experiences.** We all have obstacles appear in our lives. How we respond to them is what makes the difference.
37. **Manage the small things before you take on the big things.** When you focus on small goals first, you build the skills and momentum to take on more audacious goals.
38. **Identify & overcome the need for psychological “crutches”.** You do not need a gym membership to decide you want to be fit. You do not need to live in a health-conscious area to be healthy.
39. **Your body is the best doctor and pharmacy in the Universe.**

Resources:

- [**Nudge: Improving Decisions about Health, Wealth, and Happiness**](#) ~ Richard H. Thaler
- [**Excuses Begone!: How to Change Lifelong, Self-Defeating Thinking Habits**](#) by Wayne Dyer
- [**Change Your Brain, Change Your Body**](#) - Daniel Amen, MD





- **Hypnosis Network**: Weight Loss program endorsed the American Medical Association, the British Medical Association, the New York Times, the Wall Street Journal, CNBC, & *Prevention Magazine*.

Actions 40-49: How to Expand Your Horizons

40. ***Read at least one book per month on a goal you are setting out to achieve.*** Implement at least one action step for every book you read.

41. ***Take time twice a day to breathe deeply, clear your mind, & review your goals.*** Hypnosis & meditation are powerful & underutilized practices.

42. ***Do not expect success to progress linearly.*** Wellness is not an end-state, it is a lifestyle to be nurtured and maintained. There are no straight lines in the universe, so expect a little roller coaster ride, especially early on - focus on the greater trend.

43. ***It is never too late to take action.*** The body is constantly evolving to adapt to its surroundings. The perfect time to start is *now*.

44. ***The best thing you can do for the sick is not to become one.*** The most basic form of learning is through imitation. Be the example that others will follow.

45. ***Practice present-time-consciousness.*** Learn to savor moments. Savor the embrace of a loved one. Savor every bite of your food. Savor each breath. Life is to be savored.

46. ***Pass the torch of knowledge by showing someone else how to live well.*** The highest level of mastery is being able to teach a concept to someone else. Remember, great teachers do not preach or give the best answers. They elicit the most thought-provoking questions. You can start by asking a friend to describe what lifelong wellness means to them.





47. ***Celebrate the achievements of others.*** Jealousy is a harmful & vicious emotion.

48. ***Align your political beliefs with your health goals.*** Follow where money is being spent & honestly assess whether it is in congruence with your deepest values. There is no right or wrong answer.

49. ***Pursue your own aspirations & seek win-win outcomes.*** You are the only one that gets to live your life. Make it worth it.

Key Concept 2: Control Your Environment

You'll notice that I've devoted a lot of action steps to changing your mindset. That's because this is the stage that is the most important, takes the longest to implement, and is a journey that we must embrace for life.

Now that you're ready to move on to our second key concept, give yourself some credit for already jumping into some deep thoughts about what motivates your behavior.

In doing so, I hope that we've shown that your environment has a huge role to play in shaping who we are, what we do, and why we do it.

This awareness is key as it can help guide decision-making.. The second half of awareness is putting aside judgment of the decisions that come out of it.

For example, you may be in a rush at the airport and need a quick bite to eat before catching the plane. Your nose catches a delightful smell...CinnaBons! Yum, your brain lights up with joy.





You're already hungry because you didn't get a chance to eat breakfast, and boy does it smell good! What do you think happens? Of course, you buy one and scarf it down. You never had a chance! OR did you?

First, accept that it's natural to want to eat it, but then reflect on your greater wants and desires and make a decision on whether it is right for you or not.

You may understand that the natural urge is just too strong, and you give in. It's OKAY! Believe me when I say that the guilt is worse for you.

Just make sure to learn from the experience so that next time you don't even give yourself the chance of stopping and looking.

Know that your control is weak when it comes to gooey sticky buns, and focus instead on packing your own meal next time, keeping emergency snacks on hand, and not even letting yourself look at the goodies behind the glass.

Learn to master the ten second battle of just walking the other way. We're human, and these foods are designed to delight our most primal urges for sugar and fat.

But because we are human, we also have the choice as to whether we let ourselves walk by the CinnaBon stand in the first place. That's ***controlling our environment.***

We understand at some point in our lives, that there are things we can control, and there are things we cannot control. We can often find ourselves in vicious thought cycles that focus us on things we cannot control, or focusing on why we can't do something.

We've already learned how to adapt our mindset, now let's put it into direct action by applying our new mindsets to specific circumstances in our everyday lives.





Actions 50-62: Learn to control your environment.

50. ***Release unnecessary tension.*** Treat yourself regularly to a relaxing massage. Quit worrying about the things in your life that you cannot control.

51. ***Practice the Two-Minute Rule.*** If a task can be done in two-minutes or less, do it on the spot.

52. ***Do not fear health because of the possibility of leaving old friends behind.*** Worrying about what others will think is a common anxiety. Being unhealthy is actually “*normal*”. Accept that wellness can be a little *weird*. Aspire to become an example of lifelong wellness so that your friends may follow.

53. ***Unexpressed emotions are an extreme stress on the human body.*** Learn to cry, but more importantly, learn to laugh.

54. ***Recognize the beauty all around us.*** When was the last time you enjoyed the sunset? When was the last time you woke early to catch the sunrise? The best exercise for mind, body and spirit can be found in nature.

55. ***Use music therapeutically.*** Harmony and tone are natural states of the human body. When was the last time you listened to your favorite CD?

56. ***Reduce unnecessary toxic burden!*** What chemicals, preservatives, and other man-made compounds are in your cosmetics and hygiene products? Take your shoes off at the door to prevent tracking toxic chemicals and heavy metals from the outside world into your home.

57. ***Manage your energy, not your time.*** We make time for the things we value most.





58. **Clean up clutter in your environment and work space.** Even a small amount of clutter will create incremental stress & confusion in your brain.

59. **Sound financial health is an inseparable piece of wellness.** Spend less than what you earn. Invest the difference in a manner that's right for you...not your broker. True wealth is held in tangible assets.

60. **Focus on causes instead of symptoms.** Symptoms are a poor indicator of health. Health is the ability to adapt to changing stresses in your environment.

61. **Make physical activity a way of life.** Park at the end of the parking lot. Take the stairs instead of the escalator. Cavemen did not exercise on an elliptical or look to strengthen individual muscles using isolating machines.

62. **Be open to receiving the goodness of others.** Gratitude is a beautiful feeling & costs nothing.

Key Concept 3: You Are What You Eat

Before putting that tasty brownie in your mouth, have you ever stopped to think about why you are eating it?

Yes, programming plays a deep role, but there are other reasons for choosing certain foods besides taste and instant gratification.

Some of these foods literally hijack our body's ability to regulate hunger and appetite, so when we don't eat them, our cravings magically dissipate into thin air.

So now that we can learn how to adapt our mindset, we can learn how to control our environment. Next, it's about learning what to nurture our





bodies with instead.

Like refueling your car with the right gasoline and oil, your body needs the right fuel to function properly. Yes, food is your fuel and literally determines what makes up the cells in your body. And just like your car, your body likes clean fuel absent of any unwanted additives and fillers.

Using the wrong gasoline or forgetting to change your oil can lead to unwanted engine sludge and future car problems, likewise, unnecessary chemicals in our food may give us foggy memory, a “spare tire” around our waists, and sludgy energy.

It's time for a metabolic tune-up.

The body is much more complex than a car. It functions best on a diverse diet of fruits and vegetables, healthy protein sources and complex, minimally processed carbohydrates.

What your body does not need are things such as monosodium glutamate (MSG), high fructose corn syrup, food dyes, bleach, antibiotics and hormones (found in some animal products), and *trans* fats to name a few.

People are becoming more distrustful of the food system and of the products lining the aisles of the grocery store. They want to change, but simply do not know how to take those first steps. I'm here to help you change all of that.

When such widespread change is needed, often times it only occurs at the grassroots level. Starting your own homegrown revolution is easier than you may think.

The first step can be as simple as getting to know your local farmers. What has been stopping you from visiting the farmer's market?

Even most urban centers now have ready access to fresh produce grown from surrounding suburban farms - many farms offer winter produce packages and heartier vegetables like kale, squash and





potatoes.

Produce in today's markets are typically at least five days old before they even become available for consumption. This means much of the nutritional value is being lost - even before you store it, freeze it, boil it, saute it, microwave it, or eat it raw.

Supporting local, organic agriculture can help our nation's problems with nutrition and energy problems of the globe.

You do not have to watch gruesome videos of animal treatment or see the amount of chemicals, fertilizers, and pesticides sprayed on our food to decide something needs to be changed.

I also question the long-term effects of genetically modified produce or commercial agricultural processes. I want to know what is in my food and where it came from.

We *all* have a say in how agriculture is handled in this country. We can take control with each and every bite and every purchase at the grocery store.

Control what you eat with bite-sized action steps 63-80. When you do, watch your body and your community transform

63. **Go green.** Eat green, leafy vegetables with most meals.

64. **Eat at least two servings of vegetables for every one serving of fruit.**

65. **White it out.** Stay away from white, bleached, & refined pasta and grains.

66. **Follow the Rule of Thumb:** If you cannot cover the ingredient label with your thumb, you probably should not eat it!





67. **Watch carefully for chemical food preservatives.** If your food can outlive you, you probably should not eat it!

68. **Resist purchasing farm-raised fish.** They are often grain-fed & full of cancer-promoting Polychlorinated biphenyls (PCB's).

69. **Recognize food marketing & avoid food in clever packaging.** Healthy food does not require a health claim. If your food has a health claim, chances are it is a lesser evil at best. Beware of **health-washing**: Low-carb, Low-sugar, Low-fat, Low-sodium, Enriched, Fortified, "Made with..." and Natural are phrases that should trigger you to raise a critical eye.

70. **Eat a high variety of vegetables, fruit, seeds, herbs, and proteins.** Variety gives the body ample choice to pick and choose the chemical messages it needs to express health.

71. **Make planning a habit.** When you fail to plan, you plan to fail.

72. **Have your child bring his or her lunch to school.** You cannot control what is served outside of the home, but you can control what you bring!

73. **Shop the perimeter of the grocery store.** The outside aisles of the grocery store is where you find the fresh vegetables, fruit, and meat products. Travel the inside aisles carefully. The grocery store is a jungle, and the predators (refined carbohydrates, white flour, & high sugar and salt products) lurk in the middle aisles.

74. **Make room for healthy food.** When you remove unhealthy foods from your food plan, healthier foods take their place. When you add healthy things, you crowd out unhealthy things.

75. **Take control at restaurants.** Substitute fresh vegetables for the french fries. Ask questions. Drink water. Ask for an allergy-friendly menu.

76. **Purchase food as close as possible to its most natural form.** Choose unsweetened varieties of cow's milk substitutes (*Almond, Soy,*





Oat, Hemp, Coconut milks). Refined and processed foods lose their nutrient content. Eat foods that do not need to have their nutrients added back in.

77. Consider eliminating milk & cheese from your diet. Milk was not introduced into our diets until conventional agriculture developed some 10,000 years ago. We are the only mammal that feeds itself with the milk of other mammals. Lactose intolerance is present in up to 70% of Americans, & can be worse in Asians & African-Americans. Proteins such as casein in milk are common allergens. Some blood-types may handle milk better than others.

78. Consider removing grains from your diet (even 100% whole grains). Grains were also not introduced into our diet until 10,000 years ago when conventional agriculture developed. This is a blip of time in human evolution. Grains are inflammatory and biologically addictive & can exacerbate blood sugar problems - even with a negative test for gluten sensitivity. While some blood-types may handle grains better than others, many benefit from completely eliminating them.

79. Realize that your choices affect others. You are what your grandmother ate. A healthy diet and lifestyle literally changes our genes. It has been proven that those changes can be then passed on to your children.

80. Eat before eating. When you go to a restaurant, eat a healthy snack before going. This will help you resist appetizers and desserts, and your tongue will not be salivating for entrees bathed in addictive fats & sugars.

About Dr. Alex Rinehart





Alexander Rinehart, MS, DC, CNS is a Board Certified Clinical Nutritionist and Certified Nutrition Specialist practitioner, a licensed Chiropractic Physician, and the founder of the [AZ Nutrition Center, LLC](#) in Goodyear, AZ.

While there are overlaps between Registered Dietitians and Certified Clinical Nutritionists, Dr. Rinehart sets himself apart by not marrying himself to any specific diet, not focusing on calorie counting, or tracking specific grams of protein, carbs and fat.



Instead, Dr. Rinehart practices a unique form of holistic healthcare known as Functional Nutrition or “Food as Medicine”.

Functional medicine sees health on a spectrum of function. Your overall *pattern* of "function" over time can determine the likelihood of health or disease occurring later in life. Functional medicine allows us to look "*under the hood*" to see how well your body is functioning.

It is Dr. Rinehart's mission to spread a pandemic of wellness across Goodyear, Phoenix, and surrounding regions.

Special Offer:

Schedule a Complimentary 15-minute Health Audit (\$75 value) where I will listen to your health story and let you know how I may be able to help you.



Click the Button to Reserve a Time

ALEXANDER J. RINEHART, DC, MS, CNS

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