

5 **PILLARS** **OF** **GREAT HEALTH** **RESOURCE** **GUIDE**

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Dr. Walter Salubro's 5 Pillars Of Great Health Resource Guide



Welcome to the **5 Pillars Of Great Health Resource Guide**. My name is Dr. Walter Salubro. I am the clinic director of Back To Health Chiropractic Centre in Maple, Ontario. Over the 15 years of chiropractic practice, I have seen thousands of people walk through my office doors that were searching for answers to their health problems. I have found that many people are sick, are suffering, are stressed out and are lost when it comes to living a happy, healthy, fulfilling life. That's what inspired me to teach a progressive model of health that leads and inspires people to make healthier lifestyle choices. I call this model the **5 Pillars Of Great Health**.



The 5 Pillars Of Great Health are:

- 1. Nutrition**
- 2. Stress Management,**
- 3. Exercise**
- 4. Spinal Care**
- 5. Vision, Purpose, Goals**

In my office, I teach a series of seminars in each of these 5 Pillars. There are 5 seminar series, one for each Pillar. Each seminar series is made up of 4 modules that take place over a span of 4 weeks.

That's a total of 20 seminar modules. Our patients love these seminar series because they are packed with life-changing health and wellness content. Clearly, I cannot provide all of the content of these seminars in this resource guide. So what I have done is I summarized some key essential points from each of the **5 Pillars Of Great Health** seminar series and packaged them into this **Resource Guide**.

The purpose of this guide is to give you some useful tips from each of these **5 Pillars Of Great Health** so you can implement immediately to improve your health.

The Guide will be divided into to 5 sections, one section for each of the **5 Pillars Of Great Health**.

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Pillar #1: Nutrition

When it comes to food and eating, keep it simple. Avoid or minimize foods and beverages with lots of sugar. Avoid or minimize foods and beverages that contain milk or milk products. Avoid or minimize foods with refined flour, especially white flour. Sugar, wheat and dairy are the 3 most common food allergens and they all have been linked to increased inflammation.

Research is now pointing to inflammation as having a strong association to diseases like, but not limited to, heart disease, allergies, asthma, autism, arthritis, eczema, heart attack, heartburn and high cholesterol.

Many people need to take control of the inflammation in their body tissues and organ systems. And ... taking a pill is not the answer because pills, drugs and medications only mask the inflammatory process and suppress the inflammation. The answer lies in removing the cause of inflammation and eating a clean diet. Eliminating sugar, dairy and wheat is a good start.

Also, start eating more fresh fruits and vegetables. The more raw, the better. Fruits and vegetables are packed with vitamins, minerals, fibre, phytonutrients and antioxidants that help promote health and reduce inflammation.



Adults should be eating **7-8 servings** of fruits and vegetables per day. **Children** should be eating **4-6 servings** of fruits and vegetables per day. What constitutes 1 serving of fruits and vegetables?

Here are some examples:

- 1/2 Cup of vegetables (fresh, canned or frozen) = 1 Serving
- 1/2 Cup of beans / legumes = 1 Serving
- 1/2 Cup of raw leafy vegetables = 1 Serving
- 1 Cup of cooked leafy vegetables = 1 Serving
- 1/2 Cup of fruit (fresh, frozen or canned) = 1 Serving

- 1 fruit = 1 Serving
- 1/2 Juice (100% real juice, not juice cocktails) = 1 Serving

One way of getting more fruits and vegetables in your diet is by juicing or by blending. I prefer blending and making fruit and vegetable smoothies because it keeps the fiber. Juicing and blending ensures you are getting good, natural, raw foods in your diet free of refined sugars, artificial colours and artificial flavours. Also, when you cook your vegetables, remember the rawer the better because the nutrients, vitamins and minerals are not lost.



Pillar #2: Stress Management

A survey conducted in the late 1980's stated that you have 1000 times more stressors in one day of your life compared to your great grandfather. In other words, there is a high probability that you experienced stress just today. Did you?

Well, this is why stress must be managed. You must have coping strategies for stress that are specific to the stress in your life. And yes, stress can make you sick too. Stress is also a trigger for inflammation. When the stress persists in your life it will eventually lead to chronic ailments like heart disease, digestion problems, a compromised immune system (which means more likelihood of infections) and even problems with the reproductive system.

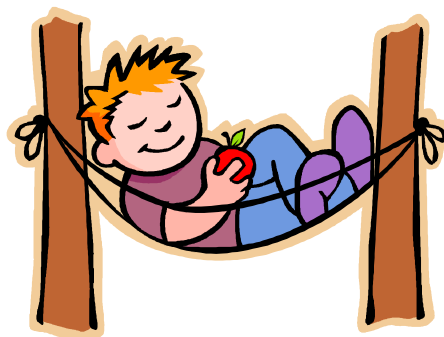
In a nutshell, your stress must be managed. You must get your stress levels under control and the sooner the better because your health, your peace and your happiness depends on it. I teach a program called **Stress Management: Self-Help Strategies For Conquering Stress**. In this seminar I give 23 self-help strategies for conquering stress.

I want to give you 2 specific strategies you can do right now to conquer stress.

Stress Conquering Tip #1: Turn off all the media sources for a least 1 hour before you go to bed. That includes your cell phone, your email, your

computer, your laptop, your tablet and the TV. This is a time where your body needs to prepare itself for sleep time and retire for the day. Staying glued to your media sources until the time you fall asleep will continue to put your nervous system on stress-overload. Getting a good, restorative sleep is essential for keeping healthy, for repair and for conquering stress. By staying away from your multi-media devices before you retire for bed, this will help prepare your brain and your body for rest, repair and the needed recovery.

Stress Conquering Tip #2: Take a break! Yes, you read that right, take a break! You see, many people in our modern, fast-paced society are on the go all day long, Monday to Sunday - work, business, home, kids, after school programs, traffic, family commitments, house work etc. This busyness causes an increased stress response in your body.



Take a **1 hour break** for **rest, relaxation and reflection** every day. If it's possible for you, take a 20 minute nap too. Research is showing that a 20 minute power nap can help fight against the effects of stress on your body, improve memory, help counter the effects of sleep deprivation and can restore the immune system to normal function. Give it a try. Your body will thank you.

Also, take one day of the week off from all the busy stuff. You see, its not enough that you are busy Monday to Friday with work, and busy Saturday with home and family obligations, but Sunday is meant for rest. Give it a try.

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Pillar #3: Exercise

Research studies state that adults require a minimum of 2 and half (2.5) hours of exercise per week. Exercise is essential for living a healthy, vibrant life-style. Exercise keeps you flexible, keeps you strong, keeps you fit and feeling great! Most people seem to know they need to exercise but only approximately 15% of adults get the minimum weekly requirement. The problem is **MOTIVATION**. Unless you are highly motivated to exercise, you will never be consistent with it. What drives motivation? It's **PURPOSE**. When you think of Purpose, think of your **WHY**.

What is your WHY for exercise? Jim Rohn, personal development teacher and motivational speaker said it like this:

"The bigger the why, the easier the how."

So with exercise, the bigger your WHY, the easier you'll be motivated to exercise. I will tell you my WHY for exercising. My goal is to run a marathon (that's a 42.2 km road run) at the age of 90. Yes!! Sounds ambitious but it keeps me motivated to exercise and make the proper choices today in these **5 Pillars Of Great Health** so I can reach the age of 90 and be healthy and strong enough to endure a full marathon. You too can create a WHY for yourself.

First start with choosing an exercise that you would enjoy doing. I like running, but running is not for everyone. You are better off doing something that you are aligned with. The possibilities are endless, such as:

- Fitness classes
- Yoga
- Fit boxing
- Boot camps
- Guided exercise DVDs that can be done at home
- Cycling



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- Swimming
- Weight lifting
- Zumba,

This is a very short list. The possibility for physical activities are really endless.

You can even also do activities like indoor rock climbing, dodge ball or play one of your favourite sports.

That covers choosing the type of exercise.

Now let's talk about getting motivated to actually **DO IT**.

You have to take **ACTION** to see the results with exercise. So this is where you **WHY** comes into play. What is your WHY? Do you want to lose weight? Do you want to fit into smaller cloths or bathing suits? Is it because you have an important event coming up in your life like a wedding? Or is it because you have been sick and have suffered of illnesses like heart disease and are ready to turn your life and your health around? Or is it because your want to live a long, healthy strong life so you can spend quality time with your grand children when you are in your eighties and nineties? Or ... do you want to enjoy your retirement by visiting exotic countries around the world and see some of the best beaches?

Whatever your WHY is, it has to be yours! What is your purpose for keeping exercising and keeping fit? It's probable the same purpose you have for staying healthy overall. Think about it. Journal it. Write it down on a sheet a paper and keep it as a constant reminder and this will help motivate you. Work on your WHY and get self-motivated to exercise.

You can do it!

So far we covered 3 of the 5 Pillars Of Great Health. Remember, nothing will change in your life or with the status of your health unless you make new choices.

Start making new choices in these 5 Pillars Of Great Health. In my seminar series, I go into much more depth and give more detailed and thorough information with action steps.

Here is what other's have said about the seminars we deliver at our office:

"I found this seminar very informative. Each segment was well prepared and well presented. It was thought provoking. Gave us tools to handle stress that comes up every day. Thanks! – I.H.

"It's amazing to have a chiropractor that provides overall health & wellness seminars. Not only are the modules informative, empowering, but a good starting point to help us get on track - no matter your starting point. Dr. Walter is energetic, motivated and we're thrilled to be a part of his practice. Thanks again and looking forward to the upcoming sessions." - D.M.

"Dr. Walter, very informative, great job. Learned a lot from the 4 Modules. This makes me want to change my life and all the choices I have. Can't wait." - R.M.

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Pillar #4: Spinal Care



Why is taking care of your spine an essential **Pillar To Great Health?** Hippocrates, who is considered the 'father of western medicine', said this about the spine:

"Look well to the spine for the cause of disease."

Hippocrates lived from 460 B.C. to 370 B.C and is considered one of the most outstanding individuals in the history of medicine. He was a philosopher and a very intelligent man and he knew that spinal problems are the cause of disease and health problems.

Keeping the spine optimized and free of misalignments (also called vertebral subluxations) is the focus of **chiropractic care**. An optimal spine equals optimal health.

The spine protects the spinal cord just like the skull protects the brain. Because the spine is made up of 24 moveable bones, these bones are susceptible to abnormal shifting (misalignment) due to stresses on the spine.

Misalignments of the spine cause undo strain on the surrounding tissues, primarily the spinal nerves and spinal cord. The spinal cord is the lifeline between the brain and the rest of your body. Your brain sends signal through your spinal cord and out through the spinal nerves that come out of the side of the spine.



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These spinal nerves go to all your body parts, organs, tissues and cell. The nervous system, which is made up of your brain, spinal cord and nerves, controls and co-ordinates all of your body's functions, all of your body's healing, and all of your body's repair mechanism. For instance, your hear

beats and pumps blood, your lungs function so you can breathe and if you were to cut your finger it would heal - all these processes are controlled and coordinated by the nervous system.

Your nervous system is also responsible for all your senses, taste, touch, seeing, smell and hearing. Your nervous system is responsible for balance, muscle coordination and all bodily movements.

Think about that, all these functions are possible because your brain sends messages through the spinal cord (which is encased and protected by the spine), out through the spinal nerves to all your body parts, tissues and cells.

Scientists are saying that the brain is the most complex structure in the universe. In other words, it is powerful and innately intelligent, as well as self-regulating. Your brain also controls your emotions, your learning abilities, your speech, your memory and your behaviours.

You see, your **life potential** is expressed through your nervous system. Your nervous system needs to be healthy and optimized for you to express full health and full life potential.

When the spine shifts out of alignment (called vertebral subluxations), this puts strain and stress on the spinal cord and the spinal nerves, which causes interference on that expression of full health and full life potential through the nervous system.

Not only do vertebral subluxations cause pain, but they lead to degenerative arthritis and also damage to organ systems. This is why a healthy spine is essential for optimal health.

Chiropractic is the only profession that focuses on detecting and correcting vertebral subluxations.

The only way to know if you have vertebral subluxations is to get a check-up by a chiropractor. Chiropractors correct subluxations, which help optimize

your nervous system and maximize your health. An optimal spine equals optimal health.

Get your spine checked for vertebral subluxations today. Call a chiropractor in your area and make an appointment for a check-up.

Keeping your spine and nervous system optimized and healthy is an essential pillar to Great Health.

FIND OUT IF CHIROPRACTIC IS RIGHT FOR YOU?

If you have back pain, neck pain, headaches or have been suffering of other ailments and want to see if chiropractic can help you, come visit our office. We are located in Maple, Ontario (in the City Of Vaughan).

Or call **(905) 303-1009** today for a **15 Minute Complimentary Telephone Consultation** with Dr. Walter Salubro.

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Pillar #5: Goals, Purpose, Vision

The final **Pillar Of Great Health** is Life Direction. Direction in life is clear-cut when you have an ideal **Vision** for your life, a lasting **Purpose** (a.k.a. your Mission) and **Goals**. The Bible says, in Proverbs,

“Without vision the people perish”.

There is profound wisdom in that Proverb. Humans thrive on focus and direction. Your happiness will correlate directly to the extent that you feel in control of your life. Psychologists call this **Locus Of Control**.

Unwanted negative circumstances and situations can cause you feel out of control at times. They are usually unpredictable when they occur and they can steer you off course many times over unless you have a clear vision for your life.

Your **Vision** is your personal and intimate guide to how you want your life to turn out. Vision gives you the ultimate feeling of control and hence leads you to happiness. Your life vision is the ideal image of how you want your life to look. Think of it as your ideal scene for your life. How do you want your life to look? How do you want it to feel? What do you want to do in your life? With whom do you want to live your ideal vision with? Where do you want to be? What do you want to smell, taste, touch, hear and see? Think 30, 40, 50, even 60 years into the future.



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The best way to create your ideal vision is to write it out on paper and then look for images and pictures in magazines or on the internet that depict your ideal life vision. Print or cut out these pictures and paste them on a Bristol board. This is called a **Vision Board**. Hang your vision board on a wall in your home where you see it every day. This will

inspire you and keep your ideal vision in the forefront of your mind. What you focus on you attract.

Next key Pillar #5 is **Purpose**, also called Mission. Purpose follows Vision and you cannot have one without the other. Each and every Human longs to know that they have meaning for existence. In other words, each and every Human thrives on Purpose.

We all want to know what our Purpose here on Earth is. And each and everyone person has a unique Purpose. When you know what your purpose is, it is your duty to live serve it because someday, somehow it will help others.

My Purpose is to help sick and suffering people get well with chiropractic care so they can live a long-lasting, healthy and happy life. This is my purpose and each I wake up, I set out to serve this Purpose.

What is your Purpose in your life? Ask yourself that question. **“What is my Purpose?”**

When I first learned about this, I spent 18 months asking myself what my purpose. This concept was foreign to me, as it may be for you, so it took me a long time for me to discover any meaningful Purpose. But every morning, as I was going through my morning routine, I kept on asking myself this question: “What is my Purpose?” And, slowly, the answers started coming to me.

It doesn't have to take you as long as it did me. Start with something, with whatever comes to mind. Write it down and ponder it. If it feels good, then you are on the right track. Think about what you are passionate about. That's a good starting point. For me, I am passionate about teaching so I incorporate a lot of teaching in my day-to-day life and in my chiropractic practice.

Write down a Purpose statement and carry that paper around with you in your pocket or in your purpose. I have my Purpose Statement hanging on a

banner in my office reception area. Over time, you may refine and evolve and fine tune your Purpose statement. Living your life on Purpose is a powerful way to live. It gives you a feeling of fulfillment, meaning and enjoyment. With Vision in one hand and Purpose in the other, you now have guide posts to direct your life.

What's next is **Goals**.

Goals are essential. Brian Tracy, one of my favourite personal development teachers says that ...

"Goals are the master skill of success".

So when it comes to health and to your life, it's no different. Goals are the master skill to health and success in your life. Goals act like benchmarks along your life journey to your ideal life Vision, as you serve your Purpose. You see how this all comes together.



You should have goals in these 6 key areas of your life: 1. Health, 2. Family/Relationships, 3. Work/Business, 4. Finances, 5. Spiritual, 6. Recreational/Hobbies.

Create short term goals, for the next month, 3 months, 6 months and 12 months. Then create long term goals for the next 5 years, 10 years, 15 years, 20 years etc.

It really helps when you have your ideal Vision mapped out. That's why I talked about it first. With your ideal life Vision as a destination map, you can work backwards with your goals. That's a powerful and compelling way to write out your goals.

Now, once you have your goals written out, you must take **ACTION**. Goals without action are dead. It's like they don't exist because they never will

come to fruition without taking action. You must plan out your action steps for each of your goals and start doing something immediately to fulfill that goal. **Action is essential.** With Vision, Purpose and Goals, you have the fundamental tools in place to create your life and achieve maximum happiness.

Final Words:

It is my wish for you to live the most wonderful life you can possibly dream of. It is my wish for you fulfill all of your life dreams and live the fullest and healthiest life possible. By implementing the suggestions and ideas in this **5 Pillars Of Great Health Resource Guide**, you will have the basic essentials to building a solid foundation of health and happiness. Start living the 5 Pillars Of Great Health Now.

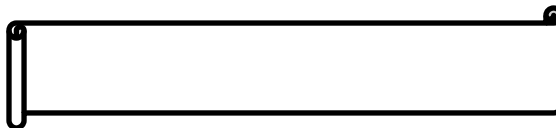
Seminars By Dr. Walter Salubro

- **The Back To Health Makeover**
How To Elevate Your Life With 5 Pillars Of Great Health
- **Stress Management:**
Self Help Strategies For Conquering Stress
- **Nutrition Mastery:**
How To Eat Right For Disease Prevention And Optimal Health
- **Exercise Motivation:**
How To Get Lean, Strong And Fit Doing Exercise You Love
- **Vision, Purpose, Goals:**
How To Create Your Ideal Life By Design Versus Living Your Life By Default
- **Optimal Spine, Optimal Health:**
How To Power Up Your Health The Chiropractic Way

Books By Dr. Walter Salubro

3 Step Stretching Plan:

How To Relieve Stress And Tension In Your Back, Neck And Shoulders



To attend a seminar or book a chiropractic consultation with Dr. Walter Salubro, call **(905) 303-1009**.

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Leading you to better health the chiropractic way."

About Dr. Walter Salubro



Dr. Walter Salubro is a family wellness chiropractor and the owner of Back To Health Chiropractic Centre in Maple, Ontario. He grew up in Toronto, Ontario and moved to Vaughan, Ontario with his family at the age of 15. Dr. Salubro graduated from York University in 1996 and from the National College of Chiropractic in 1999. He has been practicing chiropractic and serving his community of Maple and Vaughan for over 15 years.

Dr. Salubro provides chiropractic care to people all age groups. He has completed many post-graduate courses in chiropractic techniques suitable to both children and adults. In addition to offering specific spinal adjustments and posture corrective techniques, Dr. Salubro offers an extensive line-up of health and wellness seminars, exercise classes and a run-walk club to his patients.

Dr. Walter Salubro is dedicated to providing the highest quality chiropractic care for all of his patients. He caters to the care of infants and pregnant mothers. Dr. Salubro is certified from the Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics (C.A.C.C.P.). Dr. Walter Salubro is Webster Technique Certified, certified and recognized by the International Chiropractic Pediatric Association (ICPA).

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*"It is the mindful lifestyle
choices you make today
that will keep you healthy,
strong and enduring
for the marathon called life."*

Dr. Walter Salubro

About Back To Health Chiropractic Centre

We provide chiropractic care for people who are stressed-out, in pain and are seeking guidance and direction to better health.

We are the chiropractic office that is concerned for your health. We have found that preventing illness and disease starts with a healthy spine. So we provide and deliver a systematic approach to chiropractic care that helps to alleviate pain, relieve stress and lead you to a healthier, stronger you, now and for the long run.

Back To Health Chiropractic Centre

The office of Dr. Walter Salubro

“Leading you to better health, the chiropractic way.”

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