

Dr. DeFranca's Top Ten List

- 1. Keep your Spine Healthy; Maintain Good Posture**
A good functioning **Spine** favorably influences the **Nervous System** which, in turn, greatly influences your **Health**. Brugger's Position.
- 2. Exercise and Stretch**
Walk 30 minutes a day, stay active, do not become a couch potato! Sitting places an undo stress on the spine that can cause pain.
- 3. Eat Well**
You are what you eat. Plenty of whole foods, vegetables, fruits. Easy on the red meats, sweets, and grains.
Anti-inflammatory anti-arthritis diet: plenty of good fats and oils. (fish and flaxseed oils, omega-3 fatty acids)
- 4. Water: the fountain of youth**
Water is integral for life, dilution, detoxification Drink up!
Listen to your thirst. Your urine should be clear.
- 5. Sleep Well and Dream: listen to your dreams.**
They let you into your unconscious mind, send messages about your life's mission, and aid in your life's challenges with useful coded messages.
- 6. Think Well and Relax, Be Present!**
Watch those thoughts! Psycho-immuno-neurology.
Thoughts are things, what you think about you become.
Think healthy thoughts, meditate, pray daily!!
The PAST-PRESENT-FUTURE time zones. Which one are you in?
- 7. Cry, Talk, Listen to your inner voice**
"The body weeps the tears the eyes fail to shed." -Robert Bly
Emotional constipation needs a good enema in the form of tears.
Allow yourself to **feel** your emotions. Don't stuff them!
- 8. Hug someone, it's free and easy.**
It's in giving that we receive. An important nutrient that most people are deficient in.
Reduces stress, enhances immune system, feels good.
- 9. Breath: O2 and lymphatic flow**

Belly vs. chest breathing, 4 x 4 breathing (4 seconds in and out)

- 10. Smile, Laugh, Be Happy, Be yourself- NOT what others want you to be! Love others and allow yourself to be loved.**