



World Class Optimal Health Guide

"The Ultimate Formula for Looking, Feeling and Actually BEING Healthy"

~ 10 Essential Steps ~



By David J. Rowe DC
"The Spinal Restorationist"

Hi there, it’s Dr. David Rowe, “The Spinal Restorationist”.

If you're a world class thinker and achiever who wants to live a healthy lifestyle, then this *World Class Optimal Health Guide* will help you achieve your goals so you can have a long and vital life.

This list of ten essential lifestyle elements is based on scientific and dynamic concepts that will have you feeling young and vigorous at every age.

Using this *Optimal Health Guide* you can determine how young and vital your future is – and what to do to make it stronger! It will help you make sure that your four areas of health maintenance are being optimized.

1. Optimal Nerve Function – total health
2. Eat Right - chemical
3. Move Right - physical
4. Think Right - thought













Don’t forget you’ll be receiving your free subscription to my audio ezine, *Dr. Rowe’s Monday Morning Minute*, tips and techniques for world class optimal health. Following these great ideas will lead you down the path of looking and feeling young – enjoying remarkable health.








NOTE: The data in this report is provided for educational purposes and is not intended as a substitute for the advice provided by your doctors and other healthcare professionals.






World Class Optimal Health Guide

~ 10 Essential Lifestyle Elements ~

LIFESTYLE ACTIVITIES	Your Current Practice	Areas of Change – Your Notes	Your Desired Practice
<p>Directions: Put a checkmark on each item that describes your current lifestyle. (You don't have to be "perfect" in an area to give yourself a point.) Then identify areas of change. Note your intentions. Re-check yourself every 30 days.</p>			
 I. HOW WELL DO YOU EAT? (Chemical) Preferably organic and unprocessed			
1. Plant-Based Diet – seasonal, local, organic			
• Fresh vegetables – 5-7 servings a day			
• Fresh fruits – 5-7 servings a day			
2. Protein Diet – free range, wild, unprocessed, organic Meat, Fishes, Fowl, Eggs, Nuts – 35 – 60 grams a day			
3. Ample, high quality water (approximately 1 gallon / day)			
4. No “fake” foods or preservatives			
5. Avoid processed foods			
6. Avoid trans-fats, corn syrup, high fructose, simple sugars			
7. Limit refined sugar			
Supplementation - Taken on a daily basis			
8. Omega 3 Fatty Acids / Fish Oil			
9. Probiotics Lactobacillus Plantarus			
10. Concentrated fruit and vegetable source (i.e. Juice Plus / “green” drinks)			
 II. HOW WELL DO YOU MOVE? (Physical) Proper body motion			
11. Cardiovascular / respiratory endurance –Ability to process oxygen.			
12. Stamina – The ability of your body to process energy.			
13. Flexibility -- The ability to create full range of motion of a joint.			
14. Strength – Your muscles’ ability to create force.			
15. Power – Ability of your muscles to create maximum force in minimum time.			
16. Speed – The ability to lessen the times cycle of repeated motions.			
17. Coordination –Ability to combine body motions into one distinct motion.			
18. Agility – Ability to lessen transition time from one motion to another.			
19. Balance – Ability to coordinate body center relative to support foundation.			
20. Accuracy -- Ability to control movements for a given direction or intensity.			

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 <p>III. HOW WELL DO YOU THINK? (Thought) Your mind and heart</p>			
21. View self and others with unconditional love			
22. Have an appropriate intimate relationship			
23. Develop long-term friendships			
24. Create healing and loving environments around you			
25. Scrutinize TV Time and viewing choices (Garbage in . . . Garbage out)			
26. Read growth-oriented, human development, inspirational and motivational material			
27. Be your brother's keeper			
28. Be dedicated to a life of service			
29. Have hobbies you enjoy			
30. Establish a goal driven life			
31. Walk in nature			
32. Conserve, reuse and recycle – keeping it “Green”			
33. Plant a tree . . . hug a tree			
 <p>IV. HOW WELL DO YOU CARE FOR YOUR SPINE? Proper alignment and use (Optimal Nerve Function)</p>			
34. Accurate chiropractic spinal evaluation			
35. Program of consistent spinal reconstruction			
36. Attention to posture and ergonomics			
1. Sitting – <i>how</i> you sit and <i>how long</i>			
2. Standing – upright not slouching			
3. Work areas and practices – ergonomically correct			
4. Walking as essential component for optimal health			
5. Motion – moving every 20 minutes			
6. Lifting – bend using power from legs, not lower back			
37. Lifetime wellness program			

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 <p>V. HOW “NATURAL” IS YOUR HOME? (Chemical) Non-chemically treated fibers</p>			
<p>38. Bedding -- mattress, pillows, linens -- made of cotton, linen, wool, silk, feathers, down, etc.</p>			
<p>39. Carpeting – natural fiber, no formaldehyde</p>			
<p>40. Furniture – natural fabric and fill</p>			
<p>41. Clothing – no synthetics: polyester, nylon, rayon; use only natural fibers.</p>			
 <p>VI. HOW WELL DO YOU LIMIT YOUR TOXIC INPUT? (Chemical) Proper use of household tools and products</p>			
<p>42. Use natural cleaning products: floor, bath, kitchen, laundry, etc.</p>			
<p>43. Eliminate aluminum, Teflon and non-stick pots / pans</p>			
<p>44. Use non-chemically treated accessories (drapery, throws, etc.)</p>			
<p>45. Limit alcohol</p>			
<p>46. Avoid tobacco smoke (primary / secondary)</p>			
<p>47. Limit pharmaceutical drugs – use only when absolutely necessary</p>			
<p>48. Eliminate use of microwaves</p>			
<p>49. Keep plastics away from hot foods</p>			
<p>50. Use high-grade air and water filters</p>			
 <p>VII. HOW NATURAL ARE YOUR HYGIENE PRODUCTS? (Chemical) Proper hygienic supplies</p>			
<p>51. Body and skin care containing coconut oil (naturally saturated)</p>			
<p>52. Natural toothpaste</p>			
<p>53. Sun block, shampoos, soap / detergents void of the twelve deadly toxins.</p>			
<p>54. Cosmetics – natural and without phthalates</p>			
 <p>VIII. HOW WELL DO YOU CARE FOR YOUR MOUTH? (Physical) Teeth, Gums and Tongue</p>			
<p>55. Hygiene – brush twice a day</p>			
<p>56. Cleanings and check-ups – every three months</p>			
<p>57. Floss - daily</p>			

LIFESTYLE ACTIVITIES	Your Current Practice	Areas of Change – Your Notes	Your Desired Practice
Directions: Put a checkmark on each item that describes your current lifestyle. (You don't have to be "perfect" in an area to give yourself a point.) Then identify three areas you want to change. Note your intentions. Re-check yourself every 30 days.			
58. Gum care – stimulators or water pic daily			
59. Tongue brushing / scraping – daily			
 IX. HOW WELL DO YOU SLEEP? (Physical) Proper bed rest			
60. Appropriate sleep hours; total of 7 – 9 (varies with age)			
61. Regular sleep rhythm			
62. Proper mattress – firm, multi-spring, natural fiber bedding			
63. Proper pillow – contoured, sized, fitted			
64. Sleep position – on back or side			
65. Lights and TV off			
66. Electronic devices distanced away from you			
 X. HOW WELL ARE YOU GROUNDED? (Physical) Proper foot support			
67. Shoes that fit the shape of your feet			
68. Shoes that fit the “job” – proper type of footwear for athletics, running, exercising, sports, etc.			
69. Ergonomically sound: arch support / orthotics / heel lifts			

How well did you score? Count the checkmarks in the column for “Your Current Practice”.

- 50+ . . . You're a star! Let's talk partnership opportunities.
- 35 -- 49 . . . Great work. Now work on the weakest areas first.
- 20 – 34 . . . You're in the game. Select items from your weakest area to get started on.
- Less than 20 . . . Danger! Danger! Take immediate action to avoid crisis!

Next Steps: Everything is a cinch, inch by inch. Acknowledge your win. Then pick three things you can do to improve. And in 30 days, re-assess yourself. Be sure to pay close attention that no areas are slipping and that the weakest items are improving.

About David J. Rowe DC

Let me tell you a little bit about myself.

As co-founder of Rowe Chiropractic Offices (RCO) and developer of the comprehensive technique used at RCO, I am dedicated to a mission that goes far beyond spinal adjustment. My practice of over 25 years vows to “reconstruct spines and educate as many individuals as possible toward world class optimal health”. I am tireless in this pursuit. I have traveled over a million miles to learn - and subsequently to teach - this approach of health and wellness to you.

I graduated Magna Cum Laude from Life Chiropractic College in 1982. I present seminars for doctors of chiropractic as well as laypeople interested in natural preventative health care. I am also an active participant in community events, such as Kids Day America.

I have authored core chapters of two major educational texts: “Chiropractic Management of Spinal Fractures and Dislocations” within The Textbook of Clinical Chiropractic: a Biomechanical Approach by Gregory Plaughter and “Adolescent Patients with Acute Spinal Fractures” within Pediatric Chiropractic,

edited by Claudia Anrig and Gregory Plaughter. I am a Fellow of the Gonstead Clinical Studies Society and have served as its president.

By the way, it may also interest you to know that while I live in Manhattan, I own a fruit and nut orchard in Westchester County, which allows me to pursue my passion for organic agriculture.

I am delighted to bring this body of knowledge and expertise, along with my passion for health and wellness, to you so that you too, can achieve world class optimal health.

You're Invited!

You're invited to start your journey to world class optimal health with what we consider to be the very best way to supplement the essential nutrients and antioxidants that you need from fruits and vegetables.

A healthy immune system is what keeps your resistance high.

Adding a high-grade, concentrated fruit and vegetable source will help you become and stay healthy. In our extensive research, we have found Juice Plus to be the one source that continually makes a noticeable difference for our patients.

Our sole focus is to introduce you to the “best in class” and scientific concepts, techniques and resources that can assure you achieve a level of vitality

that has you feeling young and vigorous no matter what your age. Give yourself and your family the world class treatment.

Get started today!

[Click here](#) to learn more and sign up.

Imagine feeling, looking and actually BEING healthy, each and every day.

You can do it!

Let us help.



To your optimal health,

A handwritten signature in black ink that reads "David".

David J. Rowe, D.C.
"The Spinal Restorationist"