



WHEN YOU ARE READY TO MAKE OTHER SIGNIFICANT CHANGES IN YOUR LIFE, WE ARE HERE FOR YOU!!

Congratulations! We are happy that you have let us know that you are ready to make life changes. This is what we at Welcome to Wellness (WtW) affectionately refer to as the [5 Fundamentals \(5F's\)](#).

The effects of these life changes are so powerful that they are thought to prevent all chronic diseases such as diabetes, heart disease, cancer and others and to reverse the majority of these diseases if you already have them! Please find more information on this [here](#) and [here](#).

Welcome to Wellness want to help steer you toward a "life on the Cruise Ship" and help steer you away from a "Life in the Nursing Home". All of us at WtW want to add Life to Your Years and Years to Your Life! Some people will dive in and others will tip toe in the beginning and that's ok. In addition to your chiropractic care, what additional lifestyle changes would you like to make to achieve your desired health goals? The team at Welcome to Wellness is here to help you achieve a life of wellness by providing education, guidance and support. There are two parts to complete:

Part 1: Please click on the link below and complete the 5F's intake form (mindset, nutrition, exercise and toxicity will be addressed).

https://www.atlaschirosys.com/apps/form.php?form_id=396&id=632

It will automatically be returned to us once you have completed it.

Part 2: Print and complete the following 7-day diet/exercise log. Once completed, please return it to the office.

<http://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A3e49f6f1-174c-4427-9036-1c7ce54d9892>

Please note that if you are taking ongoing medications for any condition (diabetes, thyroid, heart disease, etc.) your condition is highly likely to improve on our 5F's plan. We will write a letter to your medical doctor and pharmacist

so that they will be prepared to decrease and/or eliminate your medications accordingly.

You can read more about this Lifestyle Medicine letter we will send to your MD/Pharmacist [here](#). Never decrease or stop taking any prescribed medications on your own!

Many people will be able to make these changes on their own in a do-it-yourself manner with the information provided by Drs. Phil and Amar and in the Align Your Health Book. "Align Your Health" is the best book that we recommend to guide you through the 5 Fundamentals!

Some people though will want or need the help of a health coach. Once we have received your completed 5F's form and the 7-day diet/exercise log, we will schedule you in with Rebekkah Finnigan, Registered Nutrition & Wellness Coach. You will receive a complimentary 15-30 minute Coaching Conversation. She will guide you with these do-it-yourself resources and let you know what options exist should you want additional group or on-on-one coaching with your lifestyle changes.

"How you live your life will determine your health more than any other factor, including genetics" (1)

Sincerely, Your Team at Welcome to Wellness

(1) Quote from Dr. Phil Smith, Doctor of Chiropractic, Lifestyle Medicine (Harvard)