

Dr. Keough's Guide to Getting and Staying Healthy Now
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Introduction

I am so happy you've requested this valuable e-book I've put together for you called "How to Get and Stay Healthy Now!"

I meet people every day who desire to be healthy, but because of the amount of information out there, they feel overwhelmed and never begin. I also meet people who try to begin but somehow over complicate the process and end up spending time, energy, and money without ever actually having results to show for all their hard work!

I believe the No. 1 key element in creating a successful healthy living routine and vibrant health comes down to a BLUEPRINT. In this guide, I will reveal to you the 10 step blueprint that has worked for me, and I'll show you how I've been able to help thousands of patients over the years get real life-changing results and create a vibrant, healthy lifestyle that is sustainable.

I'm guessing that, because you are reading this, YOU have a desire to get to the bottom of stubborn health issues. You want to feel your best and live your best, healthiest life. I believe this e-book is the best first step for you! Are you ready to explore "How to Get and Stay Healthy Now"? Let's get started!

STEP1: Understand Where Health Comes From

Unless we're sick or in pain, we don't often think about or ask the question, "Where does good health come from?" In our culture, we believe that if we feel good (or at least if we're not feeling pain) and if we look good, we must be healthy. The problem with this is that we do not understand the true definition of health. If you look in any dictionary, you will find this definition of "health": "wholeness or optimal function." Plain and simple.

The definition of "health" does not mention the absence of pain, nor does it mention feeling good or even looking good. It is all about being a "whole, optimally functioning human being." If you look at the numbers, as a nation we are very sick. Despite our "civilized" and very clean ways of living, as well as our wealth (when compared to Third World countries), we are one of the sickest nations in the world, yet somehow, we spend the most money on health care—currently somewhere around \$2 trillion annually.

According to the World Health Organization, however, the United States is ranked thirty-seventh in the world when it comes to quality of health care. In my opinion, the problem lies with the way we define "health." We are taught from a very young age that health is based on "feeling" not function. If we feel ill, we are sick. If we feel good, we must be healthy; consequently, we define "health" by the way we feel or look. As a result, we have an entire health-care model based on this premise. Unfortunately, we probably all know someone who has died suddenly of a heart attack. What are the symptoms of a heart attack? Most commonly, the first sign of a heart attack is death. However, we would all agree that something was going on at the root of the heart attack for years prior to the heart attack taking place.

To Get and Stay Healthy Now, we first need to embrace our symptoms and start looking for **ROOT CAUSES**.

STEP2: Create a Healthy Spine and Perfect Posture

Chiropractic as a health profession is concerned with the innate or inborn intelligence of the human body. Our brain and nervous system orchestrate this intelligence and, because of that, millions of vital bodily functions. Our nervous system sends messages to our body's cells and organs, directing functions such as respiration, digestion, growth, and immune response. Our nervous system also directs our ability to think and concentrate, as well as our energy levels and quality of sleep.

Have you ever given any thought to how your body heals after a simple paper cut? Or how a newborn baby uses instincts to look and suckle for food?

Our innate intelligence operates so perfectly that most of us are completely unaware of it—until our body is no longer able to adapt to the repetitive stressors— physical (traumas), chemical (toxins), and emotional (thoughts)—that we place upon it. At this point, our body and health become compromised.

So why would one seek out chiropractic care? Pain happens to be the biggest reason people see chiropractors; however, as we've talked about before, pain and symptoms are not good indicators as to how healthy we are. We could have the world's worst posture and have multiple subluxations (misalignment of vertebrae) but virtually no pain.

Vertebral subluxations have many causes and occur throughout our life, especially when we are young and learning how to crawl, climb, creep, walk, and ride our bikes. Studies have shown that spinal misalignments can even be caused throughout gestation due to a mother's imbalanced, misaligned pelvis or the position of the baby within the womb.

The good news is it's never too late to improve your posture and structural integrity, and the people who take the steps to do this have been shown to have better health and more vitality than those who do not. Chiropractic care is one of the foundational

steps to take if you want to improve your health and vitality and not just remove pain.

Chiropractic physicians assist in optimizing the health and function of your spine and therefore enhance your well-being. They can guide you and your family toward a healthy, proactive life.

To Get and Stay Healthy Now, we must start taking proper care of our nervous system through quality chiropractic care. After all, the nervous system controls all your body's functions, so we want it working in tip-top shape!

STEP3: Find a Functional Medicine Practitioner

The US health-care system spends more than 80 percent of its funds on chronic medical conditions with limited success. It's the biggest health-care system in the world, spending more than \$3 trillion per year. Although it provides public health care to around 20 percent of the population, the rest are dependent on health insurance or paying out-of-pocket. Despite this spending, the US trails behind most developed countries.

There is undoubtedly something wrong with the current health-care approach that pays enormous attention to acute conditions, relieves symptoms, and provides treatment through various specialists trying to cure each organ's disease. Modern allopathic doctors view patients as someone made of several independent systems.

Functional medicine takes a different approach from allopathic medicine. Functional medicine looks at a person as a single entity, believing that everything is interconnected. It attempts to find the root cause of the ailment, and it analyzes the potential triggers that led to the present condition, paying specific attention to the patient's characteristics to provide a personalized remedy and treatment approach.

“Functional Medicine is a system. A biology-based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual's illness.” – The Functional Medicine Approach, IFM Functional medicine attempts to track down the root cause of the disease, so it pays specific attention to the patient's history. Chronic conditions start much earlier than they are felt and reported, which is something that even allopathy has begun to accept. Now, most researchers recognize that diabetes exists at least a decade before being diagnosed, and the same is true for neurodegenerative diseases. Researchers firmly agree that chronic diseases are the result of a faulty lifestyle practiced for years or even decades.

What type of lifestyle do you chose to live? Do you reach for healthy choices, drink pure water (not tap), get at least seven hours of sleep each night, have healthy relationships, manage stress, and exercise consistently? Skimping on your health will take its toll over time. To Get and Stay Healthy Now, start making healthier choices by considering what you are putting in your body and how you are living your life. Even if it's only one thing, start **TODAY!** If you're already having symptoms and aren't sure where to turn, seek out a trained functional medicine practitioner right away to get help getting to the root cause of your symptoms.

STEP4: Practice Intermittent Fasting

Often called an eating pattern, intermittent fasting (IF) is a way of eating that alternates between periods of fasting and periods of eating food regularly. This is a very powerful tool that I started practicing when I was twenty years old. When done correctly, it's a great way to significantly bring down markers of inflammation, in addition to the many other amazing health benefits it offers.

There is good logic behind this way of eating. Humans have been fasting for as long as we have been in existence, simply because food was scarce in certain periods, especially during long, cold winters. In some nations and religions, like Christianity and Islam, fasting became the norm.

Culturally, we are wired to consume our food during certain times of the day—for example, breakfast at eight, lunch at noon, and dinner at seven. However, there is much controversy surrounding the subject of eating and when we should consume certain meals to facilitate weight loss and health and when we should not.

Benefits of fasting:

- Reduced body fat
- Reduced blood-sugar levels
- Reduced amounts of insulin and insulin resistance
- Accelerated fat burning and fat oxidation
- Raised levels of growth hormone
- Reduced levels of cortisol
- Reduced stress related to food consumption
- Reduced chronic inflammation

To Get and Stay Healthy Now, start by making healthier choices around food. Shop the perimeter at the grocery store, experiment with herbs and spices, eat more veggies than a vegetarian, and try IF, which can be a very healthy pattern of eating. However it's not for everyone. Before you start IF, seek out a trained functional medicine physician who can assess your health to make sure you are healthy enough to adopt this into your life or to help you make the necessary changes to improve your health.

STEP 5: Get Moving

Another crucial step to improving your health right away is to GET MOVING. This doesn't mean spending hours at the gym each day—I'm talking about moving your body, which means something different to everyone. You could dance, walk, jog, practice yoga, play sports, take a class, or play with your kids. I talk to people every day who never make the time to move. They may be in pain, extremely fatigued, or busy, but let me tell you, if we don't make the time for consistent movement in our life, we will never do it. There will always be "more important" things unless we prioritize our health and make time to MOVE.

Our bodies were literally made to move. Early men and women toiled outside most of the day gathering food, hunting, and fishing. We moved all day long, and our bodies loved us for it. In our modern world today, we spend most of our day sitting. We wake up and sit down for breakfast, we sit in the car on the way to work, we sit at work all day, we sit in the car to drive home, and we sit down in front of the TV at night before retiring for bed. This type of lifestyle contributes to severe health issues, including increased pain and joint problems, cardiovascular issues, cancer, diabetes, and many other chronic health issues.

If you're currently not exercising, start by doing some consistent movement for five minutes daily. I don't care what it is—it could even be marching in place! The goal is to build a healthy, manageable movement plan each day.

I personally try to start my day with fifteen minutes of yoga and stretching, although some days it's only a few minutes (depending on how early my kids get up). Other days, my routine is longer, but the goal is to aim for some movement each day.

Increasing your movement will greatly benefit your body, mind, and soul. Increased movement will decrease pain and joint discomfort, improve mood and mental outlook, decrease your risk for cardiovascular issues, improve digestion, regulate hormones, and aid in the transport of nutrients into your cells.

A little bit of movement goes a long way, so start today!

To Get and Stay Healthy Now, start implementing a few minutes of gentle movement into your day. If you experience pain, please consult your doctor or work with a chiropractor. Start small and build up! You will feel better immediately!

STEP6:Reduce Toxic Exposure

When we buy commercial cleaning products, we expect them to do one thing: clean! We use a wide array of scents, soaps, detergents, bleaching agents, softeners, scourers, polishes, and specialized cleaners for bathrooms, glass, drains, and ovens to keep our homes sparkling and sweet-smelling. But while the chemicals in cleaners disinfect our dishes, bathtubs, and countertops and make them gleam, many also contribute to indoor air pollution, are poisonous if ingested, and can be harmful if inhaled or touched. In fact, some cleaners are among the most toxic products found in the home. In the year 2000, cleaning products were responsible for nearly 10 percent (amounting to 206,636 calls) of all toxic exposures reported to US Poison Control Centers. Of these, more than half of them (120,434 exposures) involved children under six, who swallowed or spilled cleaners stored or left open inside the home.

Commercial cleaning products also act as endocrine disruptors (chemicals that can interfere with our endocrine or hormonal system—which we definitely don't want) in the body. Endocrine disruptors have been known to cause birth defects, cancer, and other developmental disorders. Products containing synthetic chemicals include industrial solvents, lubricants, polychlorinated biphenyls (PCBs), polybrominated biphenyls (PBBs), dioxins, bisphenol-A (BPA), phthalates, and the list goes on. Endocrine disruptors are even lurking in the furniture we sit and sleep on.

To Get and Stay Healthy Now, **AVOID** all hormone-disrupting chemicals by washing your hands, avoiding antibacterial soap, avoiding fragrances, using glass instead of plastic for drinking and for storing food and drink, avoiding cans (due to being lined with BPA), opting for organic foods as much as possible (certain pesticides have been linked to hormones disruption), and filtering your tap water. This will reduce exposure to potential hormone disruptors, including birth control pills (according to NRDC's Drinking Water Project). You should use natural skin-care products, including cosmetics, sunscreen, lotions, and soap. (For more information check out the EWG website <https://www.ewg.org/>)

STEP 7: Heal Your Leaky Gut

Can you believe that the lining of your gut wall is only one cell thick? Each one of those cells fits tightly yet perfectly next to its neighboring cell. They are held in place by a barrier called a tight junction, which is designed to seal in all food particles, liquids, and chemicals, keeping them inside your gut, which is where food particles are broken down into their most basic molecules of amino acids, glucose, cholesterol, vitamins and minerals. These nutrient molecules are now able to pass through the tight junctions of your gut lining and into your bloodstream where your immune system stands guard ready to fight for you if needed.

What if there's a problem with the tight junctions of our gut lining and they are looser than they should be? This is a common condition called "intestinal permeability" or "leaky gut." When we have larger-than-normal gaps or openings, food particles are able to pass through before they are fully digested. Unfortunately, our immune system doesn't recognize these partially digested food particles, and if they continue to pass through, our immune system responds by tagging certain foods as dangerous invaders. At the same time it's mounting this response, the tight junctions open more, creating more issues. Some of the most common foods that can trigger this type of response inside our guts are gluten, cow's milk dairy, and many other foods.

When you have a leaky gut, it has been found that whatever foods you like the most or eat the most are the foods that are more likely to trigger this type of immune response, which causes inflammation. Long-standing inflammation that is triggered by diet, stress, and other chronic factors is bad for your health. To Get and Stay Healthy Now, we must heal our gut. Today, start paying attention to your diet, stress, exercise, sleep, and toxic exposure to allow your gut to begin the healing process. I promise that your body wants to heal if you'll only give it the chance. In addition, work with a trained professional to learn how specific supplements can aid in the healing of your gut and immune system.

STEP8:Optimize Sleep

Sleep makes us better overall. We feel better, are more alert and in a better mood, have more energy, and function better in daily life.

We all know sleep is important, but why is it exactly? How often have you heard someone brag about how little sleep they need each night, as if it's something that makes us stronger. We often treat sleep as optional, something we don't really need if we can hype ourselves up enough on caffeine to get through our day without crashing.

Unfortunately, this type of relationship with sleep is detrimental and will eventually cause health problems. Sleep plays a vital role in all kinds of physical and mental processes—everything from memory to weight control.

Here are some facts about sleep:

Improved memory – We retain information and perform better on memory tasks after sleeping.

Rest, rejuvenate, and repair the body – During long periods of sleep, our bodies restore and rejuvenate, growing muscle, repairing tissue, and synthesizing hormones.

Catching up on weekends – Trying to catch up on lost sleep by sleeping late on the weekends doesn't work. Sleep deprivation can be overcome only with several consecutive nights of sufficient sleep.

Snoring – If you snore, you may suffer from sleep apnea, a serious breathing disorder. Talk to your doctor about a sleep study.

Sleep requirements – We require more sleep during critical periods of growth and learning. Both teens and small children need about ten hours each night.

Blue light – The light from electronic screens interferes with sleep cycles by affecting the sleep-inducing hormone melatonin. If you have trouble sleeping, it's recommended that you shut off all screens at least an hour ahead of your bedtime.

Sleep deprivation – Most parents miss out on hundreds of hours of sleep in a baby's first year.

Internal alarm clock – The “natural alarm clock” that allows some people to wake themselves up at will is caused by a burst of the stress hormone adrenocorticotropin. It's thought to be an unconscious anticipation of the stress of waking up.

Sleep and your weight – Failing to get enough sleep can interfere with eating habits and insulin production, making it a contributing factor in obesity and high blood glucose.

To Get and Stay Healthy Now, you need to improve your quality and quantity of sleep. Sleep is the thread that weaves all other aspects of your health together. Without good sleep, you'll never fully improve your health. Follow the guidelines above to create the perfect sleep regimen for you and your family.

STEP9: Nurture Your Microbiome

We harbor around 40 trillion bacteria, most of them in our intestines. Collectively, this is known as our gut microbiome, which is vital to our health. However, certain bacteria that live in our intestines can also lead to disease. Did you know that the food we eat impacts the type of bacteria that live inside us? Basically, we are feeding either the good or the bad bacteria with our diets.

The following are seven science-based ways to improve your gut bacteria.

1. Eat a wide variety of foods.

Again, we have trillions of bacteria within our guts and hundreds of different species. Each of these species plays a different role in our health and well-being, and we must eat different foods to support them. It is known that the more diverse our gut bacteria, the healthier we will be. This is due to the fact that the more bacteria diversity within us, the more health benefits we will receive, as well as more resistance to chronic disease.

Early humans were hunter-gatherers and were forced to eat a wide variety of foods, depending on what was available during each time of year. This promoted good health and protection from disease.

2. Eat a plant-based diet.

Eating plenty of vegetables and fruits is the cornerstone to a healthy gut microbiome. The high fiber cannot be digested by our body, but certain bacteria colonies in our guts can digest the fiber, which stimulates their growth. Beans and legumes also contain very high amounts of fiber, but you want to make sure to soak them in warm, filtered, alkaline water a few days before you cook them. Beans and legumes contain phytic acid, which blocks the absorption of important minerals during digestion. And when possible, always buy in bulk and not canned. Some high-fiber foods that are

good for your gut bacteria include:

- Raspberries
- Artichokes
- Green peas
- Broccoli
- Chickpeas
- Lentils
- Beans (kidney, pinto, and white)
- Whole grains (gluten-free grains such as quinoa, millet, oats, buckwheat, amaranth, teff, and brown rice)

3. Eat plenty of fermented foods.

The process of fermenting usually involves bacteria or yeasts converting the sugars in food to organic acids or alcohol. Examples of fermented foods include:

- Kombucha
- Yogurt
- Kimchi
- Sauerkraut
- Kefir (liquid yogurt)
- Tempeh

However, it is important to note that many yogurts, especially flavored yogurts, contain high levels of sugar. If you aren't sensitive to dairy, be sure to consume only plain, natural yogurt (or kefir). This kind of yogurt is made only of milk and bacteria mixtures, which are sometimes referred to as "starter cultures."

4. Eliminate anything with artificial sweeteners.

Sugar consumption has gotten out of control in our country, so people reach for artificial sweeteners as a replacement for it. However, studies have shown that they can negatively affect our microbiome.

5. Eat foods rich in prebiotics.

Foods rich in prebiotics promote the growth of beneficial microbes in the gut. They are mainly fiber or complex carbs that can't be digested by human cells. Instead, certain species of bacteria break them down and use them for fuel, thus promoting the growth of beneficial bacteria in our microbiome.

6. Breastfeed your baby for a minimum of six months.

Our microbiome begins to establish itself at birth. The health of the mother, how the baby is birthed, and whether or not the baby is breastfed all impact our microbiome from the get-go. Children who are breastfed have lower rates of allergies, eczema, obesity, and other diseases due to the difference in the microbiome. If possible, breastfeed your baby for at least six months. This helps your baby develop a healthy microbiome, which protects them from certain diseases later in life.

7. Take a high-quality probiotic supplement.

Probiotics are live microorganisms, usually bacteria, that are beneficial to our health when consumed. Probiotics don't permanently colonize the intestines, meaning they don't stay in our gut normally. However, they may benefit our health by changing the overall composition of the microbiota and by supporting our metabolism.

To Get and Stay Healthy Now, maintain a healthy microbiome by eating a wide variety of foods that support a healthy microbiome. Numerous studies have now shown that when the microbiome is disrupted, it can lead to numerous chronic challenges.

STEP10: Optimize Your Genetics?

We have been conditioned to think that our genes are our destiny. Most of us think of our genes as an unchangeable, unavoidable set of hard-wired instructions passed on from our parents at the moment we were conceived. However, we are learning that is not the case. We now know we can take identical twins with identical genetic material, put them in entirely different environments, and find out that, after time, the identical twins are expressing very different traits. The good news is your genes are dynamic and ever changing. They are working every moment of every day to give you exactly what you've been living, which means, if you are choosing a diet rich in sugar, consistently dealing with stress, and lacking sleep, you're telling your genes to give you extra weight to carry, low energy, poor mood, dark circles under your eyes, and dull hair.

On the flip ensode, if you're reaching for clean, healthy choices, getting plenty of sleep, exercising, and managing stress well, your genes will give you a great mood, great looks, and great health!

So the BIG QUESTION is, can we really control our genes? The answer is YES! Our genes write the story of our life, but what they write is largely up to us.

Yes, we are born with certain genetic variances, which can do a number on our bodies and our brain function. This genetic variation can help determine our body type, as well as whether we have energy or fatigue, are prone to migraines, have anxiety or are calm, or are prone to depression or are optimistic.

Despite certain genetic variances, we still have the final say in the story our genes write. We can maximize the positive outcomes in our health by making healthy choices.

The great news about your health is that you get to CHOOSE! No more can we blame our family's genes for certain health problems we face. Stand up for your health. Help your genes write a new story.

To Get and Stay Healthy Now, start to shift your mindset when it comes to your genes. They are only going to work as well as you allow. Change your lifestyle to support a healthy life!

DR. KEOUGH'S GUIDE TO
**GET AND STAY
HEALTHY NOW**

PART OF THE HEALTHY LIVING SERIES:

GUIDE TO RESTORATIVE EATING FOR THE WHOLE FAMILY

GUIDE TO USING BREATH TO STAY HEALTHY

GUIDE TO FITNESS



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