



Our genes have not changed in 10,000 years. However, our civilization, foods, energy expenditures, and lifestyle choices have. The changes in our lifestyle have created an epidemic of disease that is out of control. Your body is intelligent and has the ability to heal itself; provided that you create and provide the congruent environment for your genes to express health through normal physiology. Dr. Bouma's wellness plan places emphasis on giving you the ability to make the right choices by way of evidence based research. This plan is not designed to treat one specific disease process, but it is designed for your body to create wellness through correct physiology.

Dr. Bouma's Wellness Program

Dietary: Paleo Plan: Omit all grains out of your diet. They are the most inflammatory, highest in calories and lowest in nutrients. They are also a major leading cause of Insulin Resistance, which causes further disease progression. Eat a 65% (Vegetables & Fruits) to 35% (protein) diet. Eat when you are hungry and until you are satisfied. Eat from these categories. Eat foods with a variety of colors. **Athletes will need to take in some low glycemic complex grains but that will have to be discussed on an individual basis.**

Chiropractic Care: The philosophy of Chiropractic is a lifestyle. Remove any interference from the body so it may express its innate potential and heal itself. Now science is here to validate what Chiropractic has been proclaiming for over 117 years. The restoration of movement to dysfunctional joints prevents degeneration, improves nerve function, improves healing, stimulates the organs to express health, reduces stress and muscle spasm. The cerebellum runs the brain and the spine runs the cerebellum. Chiropractic is safe, effective for all ages. We are not putting anything into your body, we are only making it stronger based upon its natural ability. This is not pain based care.

Exercise: Movement is a genetic necessity for our body. There is a minimum effective dose (MED) that you can perform if you are short on time. It improves muscle tone, improves strength, increases bone density, reduces heart disease, improves cholesterol levels, reduces diabetes, reduces stress, increases your libido, and improves your skin.

GET MOVING! Especially if you have become sedentary, sit behind a desk, stand all day, or are getting older.

Supplementation: Three supplements allow our bodies to deal with the constant stressors of our environment.

Omega 3: Reduces inflammation, decreases cholesterol, improves cell membrane permeability, promotes weight loss, and helps develop new nerve synapses.

Vitamin D3: Improves bone growth, immune system support, anti-cancer agent.

Probiotics: Improves immune system, increases nutrient absorption through the intestines, and improves skin health.

Action Reaps Rewards. Your Health Is An Investment!

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