



## Beyond Wellness:

# A Handbook to an Extraordinary Life

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Wellness is a process, not an event. That is true of your chiropractic care, and that is true of this handbook, which is meant not to be consumed, but perused. Take your time, add slowly to your daily habits, listen inside, scan for the items that stand out to you and start there. The items that are listed in this guide are here because they are a compilation of the highest impact things that you can do to support your optimal health and wellbeing, so doing any ONE of them daily is likely to have a drastic impact on the way you feel and function in the world.

There are exercises at the end of most categories. Taking a pen to paper and really doing the exercises is a key piece to your success. The checkboxes by each category are intended to help you feel like you are following like a lesson plan and have a sense of progress, however the checkbox should not be confused with being “done” with any one of these, all of which are lifetime practices to be contemplated, cultivated, practiced, returned to, and approached with curiosity and a beginner’s mindset each time.

Focus on “Small Wins.” If you’ve had a hard time dedicating an 20 minutes a day to meditation, you would be amazed what one minute of deep breathing can do.

There was a woman who lived alone in a small farm house in the middle of farm country. One spring a guest came to visit and was astonished at what he found. Acres and acres of tulips, as far as the eye could see. As he approached the house at the end of the long driveway, she met him on the porch. “This is quite literally one of the most amazing things I have ever seen,” he said. “This must be an amazing place to live”

She smiled, breathing deeply and turning her face to the sun over the farm. Often people came from miles away to appreciate the amazing field.

Sensing a sturdy presence in her, he asked “Where did all of these tulips come from?”

“I planted them all myself.”

He stared at the field, in disbelief, taking what must have been hundreds of thousands of tulips. “How is that possible? It would take a lifetime to plant so many flowers... How did you do it?”

She answered simply. “One bulb at a time.”

Begin planting, *today*.

## Somato Respiratory Integration (SRI)

SRI is an adjunct to your Network Spinal care and is one of the most powerful home care tools you can put into practice. In Network there are three levels of care, Level 1 - Discover, Level 2 - Transform, and Level 3 - Awaken. SRI and the 12 Stages of Healing correspond with your Network care and support your progression through the levels as well. Stage 1-3 correspond with the season of Discover, Stages 2-7 correspond with the season of Transform, and Stages 8-12 correspond with the season of Awaken. Network works primarily with your spine while SRI works with breath-body connection focusing on the front side of your body.

A network adjustment is entraining your body to its own natural rhythms (hence why we also refer to it as an “entrainment”) and SRI is also helping you connect most fully with the rhythm of the stage or stages that are most present in this moment. It is only in connecting fully with “what is” that we are able to move beyond to “what is next” and there is nothing like SRI to connect with the energy *behind* the thoughts, ideas, patterns, attitude, and emotions that unconsciously guide us to perpetuation of the stories that define us, and block us from the life we were created to live.

Ask for support with SRI in your adjustment/entrainment sessions, use the SRI workbook and 12 Stages of Healing, ask about private sessions with a trained SRI facilitator, attend SRI classes and workshops, and even YouTube videos on each of the stages for extra guidance and instruction.

You will be amazed at the shift you will feel in your energy and awareness after one session, and even more so practicing daily.

I will practice SRI: (e.g. “before I go to bed; when I wake up; at my desk when I...”)

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<input type="checkbox"/> Stage 1	<input type="checkbox"/> Stage 7	<input type="checkbox"/> Integration: <i>Bringing together more than one stage or season, often in a non-linear way</i> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<input type="checkbox"/> Stage 2	<input type="checkbox"/> Stage 8	
<input type="checkbox"/> Stage 3	<input type="checkbox"/> Stage 9	
<input type="checkbox"/> Stage 4	<input type="checkbox"/> Stage 10	
<input type="checkbox"/> Stage 5	<input type="checkbox"/> Stage 11	
<input type="checkbox"/> Stage 6	<input type="checkbox"/> Stage 12	

## □ SLEEP

When we get busy, and we are all busy these days, sleep is often one of the first things to go. But borrowing a little bit of sleep every night is a much bigger deal than just feeling a little more tired. It has a massive effect on our ability for our body to heal and stay healthy. Here is an excerpt from [an article on The Healing Power of Sleep](#).

*Sleep, new research reveals, is a master regulator of health. A sleep deficit or disruption can create wide-ranging havoc, compromising our immune system, causing inflammation, and damaging our genes. Losing just an hour of sleep a night increases risk of cancer, heart attack, stroke and type 2 diabetes.*

*Lack of sleep can also lead to memory loss, negatively affect people's reflexes and decision-making skills, cause hearing loss and psychiatric disease, and impede sexual function...*

*We treat sleep like a "tradable commodity," adds University of Chicago sleep researcher David Gozal, MD, sacrificing it for work, entertainment or some other lifestyle choice. In large part, he believes, we do this because it can take months or even years for a disease caused by sleep deficit to fully emerge.*

*In the meantime, everything from our health to our relationships to our sense of wonder gets diminished. "Sleep is the food of the brain," says Gozal. And a great many of us aren't just hungry for sleep, he notes. "We are starving."*

You will get and stay healthier faster if you get enough sleep. For tips to help you sleep better, go [here](#) for a free sleep e-book from Experience Life Magazine (ELmag.com/sleepebook)

Also, try to the "Sleep Cycle" App, which allows you to track your sleep quality using the phone's microphone to sense sleep/wake cycles. It also helps wake you when you are on the lightest part of your sleep cycle. You will feel more awake and ready to take on the day, and who knows, maybe use the morning to add a healthy habit you have been wanting to add but haven't been able to find time for.

## ☐ Positive Attitude

Most of us think the same repetitive thoughts over and over every day. And, unfortunately, until and unless we decide to start choosing our thoughts consciously, most of those thoughts are negative. It is well documented in health care literature that people who have a positive outlook tend to have the best outcomes. The moment you realize that you control your mind, it doesn't control you, is the moment that you start to have greater control over your health and wellbeing as well. It's almost impossible to stop negative thoughts. The best thing you can do is 1) become aware of them, 2) start choosing positive thoughts to replace them with. Focusing on "What I WANT" vs. "What I don't want" is the beginning to attracting the life you may have had begun thinking was always going to be just out of your reach. Again, it starts with awareness so you might start with this exercise:

Take out a piece of paper and draw a line down the middle. Above the left column write "what I don't want" and over the right column write "what I want." Most of us can easily and readily think of all the things they don't want to happen or are already in their life that they would like to go away. Write that on the left, then reflect on what the opposite of that is for you. How would your life be different if you didn't have to worry about that? For example, if you don't want to be in debt, maybe what you want is a zero balance on your credit card statement and a certain amount of money in your savings account. Be careful when you are saying what you "want" to avoid any "negatives." For example saying I want to be "Debt-free" is still focusing on the debt you don't want to have rather than what you are attracting in its place. Take a pause and try the exercise now with the few top things that come to mind.

What I don't want

What I WANT

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Don't just think of

## Exercise, think of MOVEMENT

Any movement mobilizes your joints, gets blood, lymph and cerebral spinal fluid flowing, makes muscles more limber, and improves digestion and organ function. Gentle movement like a walk or slow-paced yoga class sometimes has the benefit of being soothing rather than stimulating.

More rigorous exercise is beneficial as it increases your metabolism, helps burn off toxins as well as calories, strengthens muscles (including your heart), and releases feel-good chemicals into your system helping increase mood, confidence and sense of wellbeing. Winter and spring are the best times to increase your level of vigorous exercise. First thing in the morning or right before dinner are the best times of day.

The best thing you can do to add more movement and exercise into your day is establish a daily and weekly rhythm and focus on small wins. The ideal is 20-30 minutes 3-5 days per week, but starting with committing to exercising 5 minutes every morning is far better than exercising for an hour once every couple of weeks. Find a yoga or fitness class you love and make it a habit to go every week in addition to your daily schedule.

My MOVEMENT goal

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My "Small Win" fitness goal

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## Your Body Language Shapes Your Life

Go to the the "Resources section" of the website ([DrLaraHill.com](http://DrLaraHill.com)) and watch the Amy Cuddy TED Talk to understand the impact that your posture and body language has not only on others' perceptions of you but also of your own perception of yourself, as well as the way that you experience the world and achieve success in your goals.

Things I want to remember from the video:

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## Meditation

Adding to your daily routine some type of focusing, quieting, contemplative practice can be a game changer. If you are not currently meditating, adding just 10 minutes every days is almost guaranteed to change your life. If you don't have 10 minutes, don't worry though! As little as 1-3 minutes can be an amazing way of hitting the reset button. It has been said "You wouldn't go days without taking a shower, why wouldn't you do the same for your mind?"

There are many, many different types of practices out there to choose from to match up with your needs, personality, belief system, etc. If you aren't sure where to start, ask Dr. Lara if she can take a few minutes to help you discern where to start. A short one-to-one consultation may be worth scheduling to help her ask the questions that might help steer you down the right path.

A great place to start is taking three conscious deep breaths in transitions before getting out of the car, before leaving the house, when sitting down in front of your computer, just before you eat a meal, etc.

My mindfulness practice

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"Small win" Daily Practice Goal

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## Gratitude

A daily gratitude practice is another game changer. This goes along with positive mental attitude, but takes it a step further. Take a few moments EVERY day to write down 3-10 things you are grateful for. Start with small things like having a bed to sleep in or a random exchange you had with someone that day. You can even do this at the beginning and end of every day.

A great app for this is the Five Minute Journal app.

I will write down \_\_\_\_\_ things I am grateful for every \_\_\_\_\_

## Affirmations

Sometimes some of the biggest obstacles to our healing are the same stories we tell ourselves over and over every single day. Beliefs are powerful, and sadly sometimes they are not even true. In fact, they are only as true as we allow them to be! Those unconscious thought patterns need a circuit breaker, and affirmations are it. Affirmations should start with “I am...” and have something positive that follows (avoid using the word “not” or anything similar. Think about when I tell you not to think about a pink elephant. Did you just imagine one? Me too, even though I said “not” first. Make sure the subject is something you *want* your mind to think about.) Imagine and *feel* it is real (visualization and feeling are important). Sometimes it won't feel *true* to start, but you may be surprised how good it feels to say something that is the opposite of what have have so often believed about yourself. When you do, you feel the truth that resonates in it. All of us have every quality, just in different proportions. When you say “I am...” you reflect that truth, and expand that quality.

One belief I have about myself that is holding me back is:

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I am going to replace that belief with this positive affirmation, and repeat it daily until I begin to believe it:

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*“I am blessed with happiness, peace of mind, good vibrant health, wealth, and prosperity, and success in all areas of my life, now and forever.”*

Were you shown a decreased cervical (neck) curve in your spine in your review of findings?

## Spinal Curve Exercise instructions

Your spinal curve in your neck was first formed when you were a baby even before you started to crawl when you would lie on the floor and pick up your head and look around. We can use this idea of a way of supporting the curvature in your neck. Sitting in a chair, look over your shoulder, up, and behind you--the way a baby would look if they were on their tummy looking up behind them for their parents. Pair this behavioral approach to the structural approach of the Denneroll. If you haven't gotten exercises or a Denneroll, ask Dr. Lara.

## Reading and Book Resources

Reading 1 chapter, or 15 minutes, or even 1 page a day is a great way of keeping your mind alive, your spirit strong, and your self growing. Read something spiritual every day, even if it is one verse from something. And if you read only fiction, mix in a non-fiction book every so-often. The amount of growth that can come out of a single book can be astronomical.

### **Network Spinal- and Chiropractic-Related Books**

- 12 Stages of Healing, by Donald Epstein
- Healing Myths, Healing Magic, by Donald Epstein

### **Other Suggested Reading**

- The Art of Potential, by Benjamin Zander
- 7 Habits of Highly Effective People, by Steven Covey
- Miracle Morning, by Hal Elrod
- The Places That Scare You: A Guide to Fearlessness in Difficult Times, by Pema Chodron

The next book I will read is: \_\_\_\_\_

My goal is to finish it by (date) \_\_\_\_\_

I will read (amount) \_\_\_\_\_ per day, daily

## Workshops!

Go to as many classes and workshops as you can. Those who attend the most consistently have the best results, move through care the fastest, spend less money, and stay happy and healthy as a result.

Classes and Workshops I've attended and what I've learned:

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_____	_____
_____	_____
_____	_____



## THE GATE

The Transformational Gate, now known simply as The Gate has been blowing people's minds for 30 years--facilitating breakthroughs, and changing people's lives around the planet. This is like jumper cables for your day-to-day care. The founder and developer of Network Spinal, Dr. Donald Epstein himself facilitates the event, along with the best practitioners in the world. When you apply for the program, your Network chiropractor fills out a separate form regarding the work that you have already done in the practice so that you get the most out of your care the weekend of The Gate. There are Gates in the U.S. and across the globe. One is generally held in Denver, CO on President's Day and Labor Day weekends. You can visit [www.epienergetics.com](http://www.epienergetics.com) to apply. Please let Dr. Lara know once you have applied so that she may begin the practitioner end of the process asap, and tell you everything you need to know to set you up for this extraordinary experience!

- Watch The Gate documentary on the EpiEnergetics website

Reactions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- I want to go to a Gate  I want to learn more about The Gate

It is my goal to make it to The Gate in (date/location) \_\_\_\_\_

I will successfully make it happen in the following way:

- 1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_  
3) \_\_\_\_\_  
\_\_\_\_\_

Congratulations! Your journey has just begun...