



AFFORDABLE CHIROPRACTIC CLINIC

420 East Armour Road
North Kansas City, Missouri 64116
816-889-9800

Rules about Eating

- Eat when hungry; do not eat when not hungry.
- Drink water throughout the day, 6- 8 glasses.
- At first your appetite and your nutritional needs may not be coincident. If you are in the habit of overeating, consciously restrict yourself to small or moderate portions until your new natural nutritional program reestablishes the harmony between your taste and your nutritional needs.
- If you are in the habit of undereating, increase your appetite through exercise, deep breathing, and appropriate vitamins, minerals, and enzyme supplements.
- Don't eat and drink together: Eat your food until you are no longer hungry, and then sip your beverage.
- Relax after eating; do NOT involve yourself in some strenuous or emotionally stressful situation or thought.