



Doc's Tips for Maximum Health

Hi everyone,

I was walking through the aisles at Barnes & Noble the other day when I came across the health book section. Wow! Being healthy sure has become complicated! I found myself thinking I'll bet I could boil down 99% of the contents of these books onto one sheet of paper. Then I remembered making such a list when I first started practice in 1996. So here's a slightly updated edition of my list called "Tips for Maximum Health:"

1. Stretch every day. Consult our staff on the appropriate protocol.
2. Get 20 minutes of aerobic exercise daily. Do resistance training 2-3 times per week. Change routines every three months.
3. Move frequently. Don't stay in one position for more than 15 minutes at a time.
4. Put forth great efforts to maintain good posture.
5. Drink about 1/2 your body weight in ounces of filtered water every day. Consider adding trace minerals back to the water.
6. Your diet should consist of 60% organically grown fresh vegetable and fruits. The other 40% should be organically based lean meats, nuts, seeds and legumes.
7. Avoid artificial sweeteners, processed foods and tobacco. Seek to minimize alcohol and all other drug use.
8. Supplement your diet with quality multivitamin and fish oil. Remember, in the case of supplements, you get what you pay for.
9. Take time every day for prayer or meditation. At least 15 minutes of deep breathing in a relaxed atmosphere is a must.
10. Spend as much time in the natural outdoors as possible. Strive to get at least 15 minutes of direct sunlight each day.
11. Be involved with your community and your family.
12. Choose to be happy. Be grateful for what you have and keep your life simple.

I can nrettv much guarantee that if you follow these rules. your body will have no choice but

necessary to help you with your goals. Don't wait until New Year's to make the resolution to live a healthier life, start now!

By the way, if you're stumped on ideas for Christmas, don't forget we offer gift certificates for all of our services and products... Mike's massages seem to be the top seller every year.

Dr.Venske & KMHC Staff

262-646-2123

[To learn more about KMHC click here to visit our website](#)

Give the Gift of Health this Holiday KMHC Gift Certificates



Gift certificates make an excellent holiday present. Certificates available for massages, acupuncture, yoga classes, Biofeedback and much more! Call to learn more at 262-646-2123.



Note to all patients: Please be patient with us over the next 4 - 6 weeks as our entire staff is in the process of learning electronic health records.

Looking for healthy locally grown food....

[Click here for more info. on the Winter Farmers Market](#)

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