



Top 5 Things We Do To Keep Our Family Healthy & Happy!

1. Think For Yourself, Beat Your Own Drum

My husband and I were raised in families that thought differently. We educate our children on the importance of thinking for them self, asking questions and reaching conclusions based on their experiences in life and the information they have gathered. In fact my father used to tell me when I was young to *'look at what everybody else was doing and run like hell in the opposite direction!'* I did that and haven't looked back. We find ourselves saying the same thing to our kids. We all have an inner drum that we beat. It's important to find out what your song is and a tune to it rather than blindly following what others are saying and doing. Life is too short...simply be you!

2. Get Adjusted

Vital Wellbeing acknowledges you as a self healing, self regulating and self regenerating person who is constantly adapting to your environment; to your life. At the centre of your ability to adapt is your nerve system, the master communicating system. It innervates all the cells, organs and tissues in your body. One health profession specifically acknowledging your innate intelligence and deeply seated in the neurology of the human body is the chiropractic profession. Our children have been adjusted every week and sometimes more often since they were thirty minutes old and myself and my husband have been adjusted every week since 1993. We believe that every man, woman and child should receive regular chiropractic adjustments for life... kind of just like eating a piece of fruit or a salad... you're not going to do it just once are you?

3. Ditch The Medical Dogma, Listen To Your Body

These days' people are over diagnosed, over analysed and over prescribed. Most being told their body cannot heal itself. Let me ask you this if pills and medications give you health shouldn't the healthiest people be the ones taking the

most medications? Umm...interesting question right? Both you and I know this is not the truth so why do people think a medication will help the body? When you buy into health being about 'FEELings' there is a 'fee' that comes with it; a price you pay. The fee is not only the price for the plethora of medications you end up on; it's your life. The way you approach health now is more than likely the same way it was taught to you followed diligently, without question because that is the way it has always been done. By chasing the pain-free, symptom-free and disease-free approach to health you shall by the very virtue of your actions diminish your health. If everyone is defining health and solving it in one particular way with results that are subpar, isn't it time to ask: what if I did something different? Our ground-breaking approach is empowering parents to break the health illusion and choose safe health options for them self and their child. It's time to empower yourself!

4. Eat Fresh & Organic Food

Since 1990 we have eaten organic food. We also have a private share in an organic cow and therefore drink organic raw milk. Back then it was harder to find however like anything when you know what you want you can generally find it! When you adjust to eating organic, local, seasonal and fresh foods not only are you assisting your body with optimising health you are also being gentler to the earth. The taste is delicious and the quality exceptional. There are many places to start the journey into organic food - farmers markets, corner stores, health food stores and even supermarkets are carrying organic items and some meats now-a-days. Organic food is a smart choice to optimise the health of your family's generations.

5. Get Moving!

As a family we love working out together. Three mornings a week we are up at the crack of dawn to work out during which time we train hard and laugh a lot too. There is a law called Wolfe's Law which in layman's terms can be interpreted as 'if you don't use it you lose it'. Sitting for long periods of time is not what we are designed to do and today more than ever when desk jobs include long hours at computer screens and kids attached to electronic devices it is important to get moving! As Leonardo de Vinci said all those years ago and it still holds true today that 'movement is the essence of life'. Right down at the micro level of our body there is movement. Movement and exercise facilitate the brain's readiness and ability to learn and retain information. Movement also stimulates nerve growth factors and contributes to physiological and developmental changes as well as improving memory, concentration and contributing to a positive outlook; all pluses to get moving!

I hope you have enjoyed reading our **Top 5 Things We Do To Keep Our Family Healthy & Happy!**

Health and vitality,
The Farrant Family