

Natural Ways to Keep Healthy

As a chiropractor I am always looking at natural ways of keeping healthy. I believe it is important to eat well, avoid a lifestyle habit that poorly affects your health and to exercise at least 3 days a week.



Sometimes it is difficult to have the perfect diet so vitamins and other supplements are taken. But our body can struggle to absorb supplements as they are usually processed and refined. Supplements also lack complex micronutrients, essential dietary fibre, and phytochemicals which aid protection against degeneration of our cells.

Four months ago, a naturopath I met recommended I try Algotene for overall health and vitality. Algotene is a whole food. Whole foods are natural food such as beans, fruits, vegetables, which have no added ingredients, such as carbohydrates, salt or fat. They are usually unprocessed and unrefined. They are also high in micronutrients, dietary fibre, and phytochemicals which slow our body's aging.

I have found Algotene helps me stay energized at work and I often recommend it to patients who I know could benefit. All health shops sell it, so if you are looking for something that is easy to take and does a whole lot of good, why not give it a go. I take two capsules a day three days per week.

Take on a New Challenge.....

On another note, I just had my first Masters 100m sprint event last Saturday and will be competing all this season. At 41 years of age, to keep injury-free, I see my chiropractor monthly. If you are getting back into exercise for summer and have not been into the clinic for a while why not pop in for a tune up.



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