

## Twelve Ways to Escape the Hold of The System

- Clear time on your calendar
- Surround yourself with supportive people
- Be an example to others
- Find a true Chiropractor and get adjusted
- Find a massage therapist
- See an acupuncturist or energy medicine practitioner
- Eat clean
- Count your ounces of water
- Sleep right
- Exercise right
- Detoxify
- Assemble your own healthcare armory

