

Wellness Hacks:

Little Changes
Make a Big Difference!

Dr. Cheryl Hanly, DC

Copyright Pending 2018

All rights reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

MEDICAL DISCLAIMER

This booklet is intended as an informational guide and is not meant to treat, diagnose, or prescribe. The author does not accept any responsibility for your health or how you choose to use the information contain in this booklet.

Dedication

This book is for each of the over 10,000 patient visits that allowed me to “practice medicine” during the past two decades. You taught me how to help you and for that I am eternally grateful.

I honor and appreciate each and every one of you.

Namaste, Groovy Day!

Page of Gratitude

Many thanks to all the people that made this project possible!

First and foremost, thanks to my beautiful soulmate, Shenna Shotwell, who has believed in me and my abilities longer than I have believed in myself. She endured the labor of love called chiropractic college, she has handed out thousands of flyers to would-be patients as we have built our practice over the last 12 ½ years, and she continues to stand beside me through all of the trials and tribulations that make up this journey called life on earth! I am clear that I could not have become the doctor that I am today without her love, support and encouragement.

This project never would have come to fruition without the amazing talents of Dagny Grant. She pushed me to start the project in the first place and has been by my side, adding her creative genius since the beginning. She has been instrumental in taking the conceptual ideas and molding them into living, breathing stories that others can follow. She is an invaluable asset and my life has been eternally blessed since the day we met in 2009.

Oodles and gobs of appreciation goes to my faithful assistant and confidant, Tamara Webb, who has the incredible ability to take concepts from my head and formulate them into ideas that others can benefit from. I couldn't ask for a more dedicated employee or friend. She allows me to interrupt her when she is on the clock and off! She makes me look good and makes the practice seem effortless. She is an inspiration to me and my life is enriched because she is part of it.

And to the hundreds of people that have had a part in educational experience, Thank You! It is impossible to list all your names and it is your wisdom and love for the healing arts that has molded me into the doctor I am today.

Last, but not least, thanks to all my patients over the years that have inspired me to keep learning and seeking the truth.

I couldn't have done this without all of you!

Contents

Dedication

Page of Gratitude

Hack #1: Don't Believe What You Read On Labels!

Hack #2: Avoid Artificial Sweeteners

Hack #3: Eat a Small, Healthy Snack Before Bed

Hack #4: Detoxify Your Home

Hack #5: Understand That Wellness is a Journey, Not a Destination

About the Author

Stay in Touch!

Hack #1: Don't Believe What You Read On Labels!



Product labels are designed to lead the consumer to a buying decision. Manufacturers know their product is just one choice in a sea of options. They have a very brief opportunity to get you to think their product is the best possible option.

'Food science' is contrived with profit in mind.

It is not about trying to make people healthier.

The Institute of Food Technologists defines it as:

“The discipline in which the engineering, biological, and physical sciences are used to study the nature of foods, the cause of deterioration, the principles underlying food processing and the improvement of foods for the consuming public.”

Nothing in that statement is about health. Doesn't it make sense if the purpose was to improve the health of the general population that it would state that???

Catch phrases are used in advertising to try to take advantage of consumer naivety. 1976 was the beginning of the 'No Fat/Low Fat' craze, and manufacturers are still capitalizing on that fat-free-fallacy today.

Most people don't realize that the human brain is primarily fat (approximately 60%). It is dependent on the intake of essential fatty acids for adequate growth and development. The brain is constantly evolving. You must feed it properly for good evolution. Beneficial fats are critical for proper brain health.

Essential fatty acids are named as such because the body does not produce them on its own and it is thereby an "essential" part of our diet. Consuming a fat-free or low-fat diet robs the human body of its ability to thrive and experience vitality.

This is just one example of the deception taking place in the realm of nutrition.



**Obtaining coaching from a qualified professional
is a must if you wish to navigate the nutritional maze.**

Below is a list of healthy vs. unhealthy food choices:

Healthy	Unhealthy
Breads with whole sprouted grains	White bread
Whole-grain brown rice, basmati, forbidden rice, farro, quinoa	White rice
Pasta made of organic quinoa, lentils, chick peas, spiral cut zucchini	White pasta
Certified organic corn	GMO corn (not organic)
Certified organic soy and edamame	GMO soy (not organic)
Pink Himalayan, mineral, or sea salt	Iodized salt
Real butter	Margarine
Cold-pressed, extra-virgin olive oil for salads and when not using heat Use avocado oil and coconut oil for cooking	Vegetable/canola/peanut oil
It is not recommended to cook with olive oil as it has a very low flash point. It becomes carcinogenic around 260 degrees.	
Avoid foods with labels that include the words: 'hydrogenated', 'partially hydrogenated', 'refined' or 'highly refined'.	

Nutrition Facts Label Explained

Quality of ingredients dictates how the food label is interpreted. Start with the servicing size. Be aware of the difference between standard and metric units.

Evaluate the fat content breakdown. Not all fats are created equal. *Always avoid trans-fat*. Natural saturated fats are radically different than chemically-synthesized fatty acids. Saturated is not always better than unsaturated. They are both important. Do your homework. The suggested DV for total fat based on a 2000 calorie diet is 65 grams per day.

Vitamins and minerals are always good if they are from a whole food source.

A high carbohydrate value is not always unhealthy. The source of the carbs is crucial. Remember, net carbs are calculated by the total grams of carbs minus (grams of protein + grams of fiber)

$$13 = 17 - (3 + 1)$$

Avoid products labeled with the words **hydrogenated, partially hydrogenated, fructose or high fructose corn syrup, natural flavors, and natural colors.**

Nutrition Facts

Serving Size 1/2 cup (about 82g)
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 40mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 10% • **Vitamin C 0%**

Calcium 10% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Hack #2: Avoid Artificial Sweeteners

Artificial sweeteners are an extremely low vibration chemical that has many destructive effects on the human body. They are labeled and disguised in many ways: natural flavors, artificial flavors or artificial sweeteners. Sometimes they are simply included in the ingredients in multi-syllabic words that you can't pronounce (ending in the suffix -ose).

The physiological effects of artificial sweeteners on the body are numerous and extremely damaging. They affect blood sugar levels covertly by flying under the radar of the body's sugar regulation system. This leads to several issues involving insulin resistance, namely diabetes

One of the most damaging effects of artificial sweeteners can be seen from the standpoint of neurological health. Artificial sweeteners cause demyelination. Demyelination occurs when the cover that insulates the nerves gets thin or develops holes in it. When enough damage is done to the myelin sheath, it decreases the speed at which a nerve impulse can travel.

This process could be likened to repeatedly drilling tiny holes in an electrical cord! Eventually it isn't going to work properly, and you are going to get shocked!

Conditions related to the use of artificial sweeteners include but are not limited to diabetes, multiple sclerosis, heart disease, insulin resistance, high cholesterol, high blood pressure, weight gain, obesity and has a negative effect on metabolism, gut bacteria and increased appetite.

It is imperative that you read content labels to ensure that you are eating what you think you are eating! 'Food science' is a money-making scheme for the seller; it was not designed for the perseverance of the human body.

Below is a list of sweet and healthy alternatives and then their not-so-healthy counterparts.

*** ALWAYS CHECK THE SOURCE OF INGREDIENTS ***

Fresh Local Honey: Mother Nature's sugar alternative preserved with natural vitamins, enzymes, phytonutrients and other nutritional elements, has played a vital role in health and healing for over thousands of years, quick source of energy, unprocessed, unpasteurized, untreated, immune system booster, antiviral, antibacterial, antifungal, low glycemic, good for wound healing, helpful for alleviating allergy symptoms, good for overall wellness, great source of proteins, vitamins, minerals, beneficial fatty acids, carotenoids and bioflavonoids which are helpful to cardiovascular health. *Health risks exist. Please consult with a professional before ingesting. Never give honey to children under age 1.*

Molasses: Lowest glycemic index of any sugar cane product, contains vital nutrients of iron, calcium, magnesium, vitamins B1, B3 & B6 and selenium, prevents against oxidative stress, prevents menstrual cramps, manages weight, improves sexual health, treats constipation, keeps bones healthy, anti-inflammatory, manages diabetes, prevents hypokalemia, relieves acne, speeds wound healing, increases red blood cell formation, helps maintain hemoglobin levels, promotes fetal growth, maintains healthy nervous system, prevents headache and fatigue, helps treat cancer with natural selenium, softens and conditions hair, prevents premature graying.

Maple Syrup: Contains over 65 antioxidants, anti-inflammatory, antibacterial, low glycemic, excellent source of manganese, important in energy production and normal brain and nerve function, riboflavin, which aids in the metabolic process, and zinc which is essential for a healthy immune system, great source of magnesium, calcium and potassium, known for decreasing the risk of hypertension or stroke, carcinogenic and makes a good cosmetic face mask. Maple syrup water is a hydrating alternative to natural water or sports drinks.

Xylitol: Controls glucose and insulin levels, helps manage diabetes, decreases oral bacterial growth, retards development of dental plaque, improves the health of gums and teeth, prevents overeating, helps in weight loss, helps eliminate ear infections, boosts sinus health, builds strong bones, strengthens the immune system, reduces ulcers, prevents bad breath, protects against stomach cancer, low glycemic, anti-microbial, alkalizing, antifungal.

Monk Fruit: Anti-histamine, cough relief, colon cleansing, weight loss, physique enhancement, rich in nutrients, contains no calories, great for diabetics, anti-aging, anti-cancer properties, decreases cholesterol, protects against atherosclerosis, heart attacks and strokes, widely used for constipation, relaxes colon spasms, acute bronchitis, acute tonsillitis, sore throats, acute gastritis, psoriasis, carbuncles, boils, wound-healing, expectorant.

Date Sugar: Use as a substitute for brown sugar, a concentrated source of potassium, magnesium and copper, and it contains decent amounts of iron, phosphorus and calcium, sulfur, manganese, zinc, several **B** vitamins, vitamin **A**, fiber, protein and carbohydrates, antioxidant, energy boosting, great for muscle development, encourages healthy intestinal bacteria, prevents constipation, useful in preventing abdominal cancer, intestinal disorders, heart problems, anemia, sexual dysfunctions, and diarrhea.

Stevia: No calories, good for regulating blood sugar and blood pressure, decreases LDL cholesterol and triglycerides. aid in weight loss, prevent certain forms of cancer, protect oral health, build strong bones, and skin care.

Green Leaf Stevia: This is the least processed form of stevia. It is 30-40 times sweeter than sugar and is also slightly bitter to taste.

Stevia Extracts: Its extracts are 200 times sweeter than sugar and comparatively less bitter to green leaf stevia.

Altered Stevia: This is the highly processed form of stevia which contains GMO ingredients. It is 200-400 times sweeter than sugar and is often termed as the worst form of stevia.



AVOID LIKE THE PLAGUE:

- Splenda (yellow packets)
- Sweet and Low (pink packet)
- Equal (blue packet)
- Stevia (CHECK THE CONTENTS) Make sure the first ingredient is stevia)
- Sucrose
- Dextrose
- Aspartame
- White granulated sugar (i.e. restaurant table sugar)

**The physiological effects of artificial sweeteners
on the body are numerous and extremely damaging.**

Hack #3: Eat a Small, Healthy Snack Before Bed

Not getting a good night's sleep is a problem affecting millions of Americans every year. Insomnia comes dressed in many ways.

One of the things I am often told by my patients is that they don't have a problem going to sleep but rather staying asleep. They wake up every morning several hours before their alarm goes off. Some have difficulty while others find it impossible to go back to sleep.

Sleep deprivation has psychological as well as physiological effects on the body. It certainly adds stress to any relationship and it can also lead to decreased performance, loss of memory and/or cognitive impairment. It always negatively effects the health of the organism. In this case we are talking about your body.

The human body does its greatest healing while asleep. Waking up in the middle of the night is disruptive to the diurnal rhythms.

This disruption is so significant and so important that the 2017 Nobel Prize in Physiology or Medicine was awarded to Jeffrey C. Hall, Michael Rosbash and Michael W. Young "for their discoveries of molecular mechanisms controlling the circadian rhythm".

What they were able to prove after decades of research is what our ancestors have known for a millennium, that not honoring our body's need for rest and rejuvenation is the leading cause of sickness and disease.

The only method the human body can use to communicate is through symptoms. When the central nervous system (which controls the human body through the coordination of 3 trillion inputs per second) receives confusing inputs, it answers by sending back an aberrant response.

The challenge is that most people don't understand how to interpret the messages being sent.



**Having enough food for our brain
is paramount to maintaining
healthy physiology.**



When the body has used up all its fuel (glycogen storage) during the night, the body will wake up because it is hungry. Feeding the body medications to induce sleep (the problematic symptom) does nothing to eradicate the cause of insomnia.

Adding a healthy snack at bedtime will help prevent this interruption in sleep by building up the glycogen reserves.

The human brain consumes approximately 60% of the blood glucose in fasted sedentary individuals, according to the American Journal of Physiology, Endocrinology and Metabolism.

A good example of an adequate healthy snack would be eating a piece of fruit with a tablespoon of almond butter within an hour of going to bed. Or simply eating a handful of walnuts, almonds or pecans.

Snacks should not consist of processed sugar or processed carbohydrates.

Hack #4: Detoxify Your Home

Society has gotten very comfortable with convenience. If a need exists, instant gratification is imminent. The need is generally satisfied by getting online or going to the local store.

Unfortunately, that convenience has brought with it a great deal of blind faith in products based on ease-of-access. Realizing desires in an expedient fashion has overshadowed the health ramifications of said acquisition.

Many of the things that we use in our home as cleaning agents or for personal care are toxic.

Some products are even touted for their health benefits when scientific proof exists to the contrary.

For example:

Item	Found where	Problem
Aluminum	Cooking and food storage, common in most antiperspirant and deodorant products, bleached flour, baking powders	Largely responsible for Alzheimer's disease
Arsenic	Pesticides, commercial beer, table salt, paint, cosmetics	Diabetes, anorexia, diarrhea, goiter, kidney and liver damage

Bromine	Added to bread and bakery products as an anti-caking agent	Disrupts normal thyroid activity
Copper	Water pipes, added to tap water, pesticides, dental amalgams	Weakens adrenals, disrupts HPA axis
Fluoride	Toothpaste, water, cleaning solutions, solder, etching compounds	Neurotoxin, causes hyperkalemia, metabolic and respiratory acidosis
Formaldehyde	Off-gassing from treated lumber, particle board, glue, insulation, lotions, shampoo, sunblock, toothpaste, baby wipes, bubble bath, cosmetics, lotion, bar soap	Eye irritant, including corneal opacification, loss of vision, allergic dermatitis, eye, skin respiratory tract irritant, corrosive, GI tract injury, carcinogenic
Iodine	Table salt	Carcinogenic, Goitrogenic
Lead	Paint, ammunition, dust, soil, PVC, household products, toys	Adrenal issues, leaky gut, headaches, loss of hearing, breast pathologies, learning disabilities
Nickel	Hydrogenated oils, shellfish, ear rings, cigarette smoke, belt buckles	Skin rashes, cancer, depression, heart attack
Organophosphates	Used as flame retardant in furniture and carpet, pesticides	Disrupter of the Central/peripheral/autonomic nervous system, carcinogenic
Styrene	Used in Styrofoam products, plastic products, carpet backing	Carcinogenic, Endocrine disrupter

Many household products are made with perfumes designed to leave behind a lingering scent. This is accomplished with chemical products that absorb into our skin as soon as they meet it.

Here's the bottom line.

There are two things and only two things
that cause sickness and disease:

Deficiency and Toxicity.



In order to help the body heal, toxicity must be removed at ALL levels.

Skin is the human body's largest organ system. It comprises up to 15% of the body's weight.

Skin has many purposes. One of the most important being to provide a protective layer between the external and internal environment. As this protective barrier, it absorbs a little bit of everything it is exposed to.

Seek out natural products and cleaners. If they come in contact with the skin, natural products will not cause harm. If words are written in the ingredients that are hard to pronounce, or the word has more than 4 syllables, chances are it isn't good for the body.

Pure Essentials oils are always a great choice for natural products and cleaners. (As with everything else that has been discussed, it is imperative that research is done regarding the manufacture of products.)

We use Young Living Essential Oils exclusively. To learn more about the many benefits of pure essential oils go to our link

<http://learningtoshopoutloud.com/index.php/product/groovy-essential-oils/>

Personal use items such as toothpaste, mouthwash, hair gel, facial scrub, shaving cream can all be made at home. It's cheaper and it's healthier. It's easy to do and it will be much better for you!!!

See our recipes by visiting us www.learningtoliveoutloud.com

Hack #5: Understand That Wellness is a Journey, Not a Destination

Wellness is many things.

~

It is a state-of-mind.

~

It is a way-of-being. It is a paradigm change.

~

Wellness is an energetic shift.

~

**It isn't enough to want wellness.
You must **BE** wellness.**

~

Wellness is doing a few small things every day.

~

Baby steps.

~

Wellness is being a student.

~

Wellness is about finding a mentor.

~

**Wellness is about putting your ego in check and not thinking you
have all the answers.**

~

Wellness is about listening with both ears.

~

**It is about opening your heart to the knowing that the power that
made the body heals the body.**

~

Wellness is about having faith.

Wellness does not come to those who are lazy and buy into the marketing on product labels.

Wellness comes to those that are willing to go the extra mile and put in the time necessary to learn how their bodies talk to them.

This miraculous, amazing, intricate and sophisticated organism we call the human body is infinitely wiser than it is given credit for. It will heal itself if the healing is done in a paradigm different from the one in which the disease was created.

People watch the news and are mortified by the horrific things perpetrated upon mother earth. We lament that people in charge are destroying our waterways and polluting the planet.

This same decimation is happening, at a much smaller scale, when the human body is filled with drugs and scarred by surgeries. Toxicity and deficiency pollute our human waterways and poison our organ systems.

Wellness is possible when we eradicate the deficiency and toxicity at all levels. It is important to deal with the physical, spiritual, emotional, recreational, and professional aspects of who we are. If we are not honoring one part of our existence, it is guaranteed we are not honoring another part. How we are in one part of our lives is how we are in all parts of our lives.

Wellness begins with a decision:

*To BE well and to do whatever
it takes to get there and stay there.*

Dr. Cheryl Hanly, DC

Spirit is divine and always puts us where we need to be when we need to be there. You are undoubtedly searching... or you wouldn't be here.

Something about your health is concerning you or you are searching for an understanding of how to better interpret your human vessel.

Honor your intuition and take the next step. Wellness is your birthright. You deserve wellness. Wellness is possible.

About the Author



Hi. My name is Dr. Cheryl Hanly. I am a Kansas City native, born and bred. I currently reside in North Carolina, my fourth state of residence, with my wife, two dogs and a cat.

I have a son by marriage and five amazing grandchildren in Texas.

My passion for the healing arts was inspired by the health challenges experienced by my father. My experience was him as a guinea pig, being treated by the “latest and greatest” thing that might affect his symptoms.

He was part of the all-too-familiar healthcare algorithm until he started taking back his power by educating himself. Unfortunately for him, a significant amount of damage had already been done to his body and my dad was limited in his ability to participate in my life because of it.

No child should ever be robbed of the experience of living life to the fullest with the people they know, love and care about!

Our creator designed a magnificent, self-healing, self-regulating vessel called the human body in which to experience life on earth. This body will always choose to thrive in its environment, if given a chance.

I have dedicated my life to showing others how to find that gift within themselves.

I am a Magna Cum Laude graduate of Cleveland Chiropractic College in Kansas City, an avid post-graduate education seeker, and almost-fellow in functional neurology, a nutrition guru, a believer in the power of plant medicine of all kinds, and a light worker that understands the body-mind-spirit connection to health and well-being.

Living a truly vital existence is a blessing bestowed on all of creation. Faith is the manifestation of that blessing.

Don't ever give up on YOU!!!

I would love to be of service to you. For more information or to get in contact with me, use any of the methods listed below.

Dr. Cheryl Hanly, DC

Creedmoor Wellness Center

P.O. Box 786

Creedmoor, NC 27565

919-528-7290

drhanlydc@creedmoorwellness.com

Stay in Touch!

Ask about a **FREE 15 Minute Consultation!**

drhanlydc@creedmoorwellness.com

www.creedmoorwellness.com

Come join us on Facebook: <https://www.facebook.com/creedmoorwellness/>

Subscribe to our You Tube Channel: <http://bit.do/creedmoorwellnessvideos>

www.learningtoliveoutloud.com

Come join us on Facebook: <https://www.facebook.com/LearningToLiveOUTLoud/>

Subscribe to our You Tube Channel: <http://bit.do/LTLOLvideos>



Creedmoor Wellness Mission Statement

**To Provide A Drug-Free, Spiritually-Centered
Healing Alternative To All Individuals
That Desire To Live A Truly Vital Existence.**

