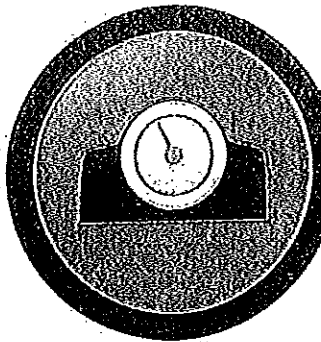




# ADVANCED WORKSHOP



## LOSE 20 IN 30

THE WEIGHT LOSS CHALLENGE

### WEIGHT LOSS THAT WORKS

Join your co-workers and thousands of people across the country as we lose the crash diets, gym binges and guilt that fuel typical weight loss plans. We will replace them with a practical, deprivation-free nutrition plan, an exercise program that fits into your busy schedule and a level-headed approach to developing real health that lasts all year!

**Don't miss out on an amazing opportunity to maximize your life!**

- Unlock the real key to weight loss: **hormones.**
- Get in amazing shape in only **12 minutes a day.**
- Bust the "weight loss diet" myths with a practical results-driven **nutrition plan.**
- Join the **20 in 30** Weight Loss Challenge.

#### WORKSHOP INFO

DATE: Tuesday, April 22nd

TIME: 5:30-6:30PM

LOCATION: Extension Office

#### REGISTER NOW

CONTACT: Sharon Jelinek

PHONE: 402.821.2588

EMAIL: [sjelinek@diodecom.net](mailto:sjelinek@diodecom.net)

306 W 3<sup>rd</sup> St Wilber, NE | Extension Office

April 22nd, 2014

EVENTS & RESOURCES POWERED BY

MaximizedLiving

## Lose 20 in 30 Notes

1. Eliminate Sugars (5 gr = 1 tsp, don't eat more than 2-3 tsp)
2. Buy Full Fat—Avoid Low or No Fat Products
3. Cut Out Grains—you can eat Sprouted Bread or Ezekial Bread
4. Remove Bad Fats and Add Good Fats—no Canola Oil or Vegetable Oils, Instead Use Olive Oil and Coconut Oil
5. Reduce Eating Lots of Fruit that are high in Sugar (Grapes & Bananas)—Eat Mainly Berries
6. Avoid Toxins
  - Eat Steel Cut Oats if want Oatmeal
  - Use Almond or Coconut Flour—avoid white or wheat flour (still grains)
  - Eat Fish 2-3 times a week
  - Salmon prevents cataract
  - After a workout, wait 2 hrs before eating carbs
  - Buy Organic, but don't need to if not eating the skin (bananas, oranges, etc.)
  - Check out [www.championfamilychiropractic.com](http://www.championfamilychiropractic.com) and their facebook page
  - Check out [www.maximizedliving.com](http://www.maximizedliving.com) and their facebook page
  - Do High Intensity Exercises—
    - 12 minutes a day
    - 20 sec high intensity, 20 sec rest (do this 3 times (2 min)) for each of 6 exercises
    - You will continue to keep burning fat up to 36 hours after your exercise
    - Best kind of exercise you can do—skip hours at the gym
    - Max T3 Workout disks

**Important Notes from the workshop:**

1. Stay away from anything that says low fat/no fat. Fat does not make you fat. You need fat to burn fat. Hormones in your body are made up of fat so if you do not eat fat you do not make the hormones to burn fat. Unused sugar converts into fat. Cook with coconut oil or olive oil. Avoid canola oil (Canadian oil low acid), hydrogenated or partially hydrogenated oils.
2. Stay away from sugar: this does mean sweets such as cookie and ice cream but also things that convert into sugar which includes bread, pasta, rice, white potatoes, cereal, etc. "What is there left to eat?" Good question, eat more fresh fruits (berries and granny smith apples) and vegetables. Raw is best. Use hummus instead of ranch or almond butter. 5g of sugar is approximately 1tsp of sugar. The human body can only handle about 2-3 tsp/30 minutes. If something has 60g or sugar that is 12 tsp of sugar. That will turn into fat and is a stepping stone to type 2 diabetes.
3. Eat good meat. Key words to look for include: wild caught, free range, cage free, hormone free (rGBH/rBST free), antibiotic free, GRASS FED AND GRASS FINISHED.
4. We workout at our office on Saturday mornings at 9:15am. It is free to the community. Call in advance to confirm that we are having it that Saturday. If you enjoyed the clapping exercise then give Christie a call 402.423.4422. Exercise: Metabolic conditioning/surge training. Pick six exercises, each one is performed 3x, 20 seconds on, 20 seconds off, next exercise. Squat jumps, forward lunges, burpees, push ups, tricep dips, running in place, swimmers, super mans, Russian twist, bicycles, etc.) THIS CAN BE VERY BENEFICIAL IF YOU ARE UNSURE HOW TO WORKOUT. It is for beginners, intermediate, and advanced levels.  
<https://www.youtube.com/watch?v=kMzEuaBniZs&list=PL60B101BEB0BA4AC6>
5. If you had a question and it did not get answered e-mail me at [championfamilychiropractic@gmail.com](mailto:championfamilychiropractic@gmail.com)
6. Call Christie if you want to sign up for the upcoming events held at our office. 402-423-4422
7. Lastly, there will be some of you that think I feel fine, "It will not be me," I do not need to change my lifestyle habits but I urge you to think twice. 5 out of 6 people in America are dying from heart disease or cancer. Unless you are doing something radically different than everyone else then you must consider the possibility that it might be you. I do what I do to prevent the same things that happened to my family (brother with cancer twice, sister with cancer, sister-in-law with cancer twice, grandmother with cancer, 5 day year old niece passed away). My family never thought it would happen to them and IT DID.
8. Recipes: <http://www.maximizedliving.com/NutritionDetox/Recipes.aspx>
9. YOUR PANTRY SHOULD BE CLEANED OUT BY NOW AND FOOD DONATED TO THE LOCAL FOOD PANTRY. THIS IS A NECESSARY STEP.

# LOSE 20 IN 30

## DIARY

### YOUR ASSESSMENT THE MAN OR WOMAN IN YOUR MIRROR

"Wherever you go, there you are."  
-Author Unknown

#### Circle if you have any of these complaints

- Headaches: \_\_\_\_\_
- Low energy: \_\_\_\_\_
- Sleep problems: \_\_\_\_\_
- Brain fog: \_\_\_\_\_
- Joint or muscle pain: \_\_\_\_\_
- Digestive problems: \_\_\_\_\_
- Menstrual problems: \_\_\_\_\_
- Sick often: \_\_\_\_\_
- Allergies: \_\_\_\_\_
- Depression: \_\_\_\_\_
- High blood pressure: \_\_\_\_\_
- Acid reflux: \_\_\_\_\_

What medications are you currently taking?  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any other health complaints or issues?  
\_\_\_\_\_  
\_\_\_\_\_

#### Mandatory 1st step:

Get an accountability partner. Twice the help equals twice the results. It can be your spouse, co-worker or friend. Write down your goals you want to achieve for the challenge and exchange them with your partner.

#### Eating Plan

- Breakfast: 2 eggs, 4 pieces of turkey bacon
- Snack: Handful of nuts
- Lunch: Not Tuna Salad
- Snack: Celery and Hummus
- Dinner: Basic Chili

*Appaloosa*

Weight in Pounds

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'0"	31	34	36	39	41	43	46	48	51	53	56	58	60	63
4'2"	33	36	38	41	43	46	48	51	53	56	58	60	63	66
4'4"	35	38	40	43	45	48	50	53	55	58	60	63	66	69
4'6"	37	40	42	45	47	50	52	55	57	60	63	66	69	72
4'8"	39	42	44	47	49	52	54	57	59	62	65	68	71	74
5'0"	41	44	46	49	51	54	56	59	61	64	67	70	73	76
5'2"	43	46	48	51	53	56	58	61	63	66	69	72	75	78
5'4"	45	48	50	53	55	58	60	63	65	68	71	74	77	80
5'6"	47	50	52	55	57	60	62	65	67	70	73	76	79	82
5'8"	49	52	54	57	59	62	64	67	69	72	75	78	81	84
6'0"	51	54	56	59	61	64	66	69	71	74	77	80	83	86
6'2"	53	56	58	61	63	66	68	71	73	76	79	82	85	88
6'4"	55	58	60	63	65	68	70	73	75	78	81	84	87	90
6'6"	57	60	62	65	67	70	72	75	77	80	83	86	89	92
6'8"	59	62	64	67	69	72	74	77	79	82	85	88	91	94
7'0"	61	64	66	69	71	74	76	79	81	84	87	90	93	96

NOTE: This chart is for adults (20 years old)

Legend:  Underweight  Healthy Weight  Overweight  Obese

Measurements: Chest \_\_\_\_\_ Arm \_\_\_\_\_  
Waist \_\_\_\_\_ Thigh \_\_\_\_\_

Please check any of the statements below if they apply to you:

- I have seen disease processes affect my family members.
  - I used to be in great shape in college and high school, but I've let myself go.
  - I struggle with my health because of my poor choices.
  - I know what to do with my nutrition, but I just don't do it.
  - I am the number-one person responsible for my health.
  - I am sick and tired of feeling sick and tired, and I don't have the same energy.
  - I feel like I just don't know what to do anymore.
- If you checked any of the above, you are qualified to reap the benefits of the TFN Challenge.

*Handwritten note:* Liquid stevia in creamer

## DIARY

Today's Tip: Read food (and gum) labels and eliminate all artificial sweeteners, including aspartame and sucralose and switch to stevia or XYLITOL.

#### Eating Plan:

- Breakfast: Yogurt and Berries
- Snack: Veggie-Berry Smoothie
- Lunch: Leftover Chili
- Snack: Veggie Sticks with Hummus
- Dinner: Grilled Steak w/ Chimichurri, Boosted Broccoli
- Supper: Workout 2 - Lower Body

## DIARY

Today's Tip: Think about why. There is a big reason why you are on this challenge. Something incredibly meaningful to you. What is it? Take this time to remember and let it fuel you.

#### Eating Plan:

- Breakfast: Spinach Omelet
- Snack: Celery with almond butter
- Lunch: Chicken Artichoke Salad
- Snack: 1/2 cup walnuts
- Dinner: Teriyaki Salmon, Fried Rice
- Got MaxT3? Do this workout: Supper Workout 3 - Core

## DIARY

Today's Tip: Switch to extra virgin olive oil and/or coconut oil. Throw out foods containing hydrogenated or partially hydrogenated oils, including corn oil, canola oil, vegetable oil, soybean oil and safflower oil, (salad dressings etc.)

#### Eating Plan:

- Breakfast: Protein Smoothie
- Snack: 1/2 cup pumpkin seeds
- Lunch: Leftover Fried Rice
- Snack: Veggie sticks with Easy Guacamole

830

\*Real items can be found in the MLNP book.

## DIARY

Dinner: Caribbean Chicken, Mashed Potatoes  
Got MaxT3? Do this workout: Supper Workout 4 - Surge

#### Today's Tip:

People are motivated by pleasure or pain. Decide which one you are! Create an action step for reaching your goal, either give yourself something amazing for your efforts i.e. a vacation or spa day. Or force yourself to do something that scares you, i.e. Run a marathon.

#### Eating Plan:

- Breakfast: Omelet
- Snack: Veggie sticks with Ranch Dressing
- Lunch: Tabbouleh (Moroccan Cooked Salad)
- Snack: Apple-Almond Smoothie
- Dinner: Marinated Chicken Salad
- Got MaxT3? Do this workout: Supper Workout 5 - Upper Body

## DIARY

Today's Tip: Don't forget to journal everything you eat from here forward. Physically writing everything you've eaten makes it easier to hold yourself accountable.

#### Eating Plan:

- Breakfast: Veggie-Berry Smoothie
- Snack: 1/2 cup almonds
- Lunch: Asian Turkey Lettuce Wraps
- Snack: 1 Chocolate Macaron
- Dinner: Fancy Salmon, Green Bean Almondine
- Got MaxT3? Do this workout: Supper Workout 5 - Lower Body

\*Real items can be found in the MLNP book.

### Today's Tip:

Preparation, Preparation! Preparation! If you fail to plan, you are planning to fail. Prepare your meals for the week on Saturday or Sunday and know exactly when you are exercising!

### Eating Plan

Breakfast: Omelet

Snack: 1 Chocolate Macaroon

Lunch: Salad with Greek Dressing

Snack: 1/2 cup almonds

Dinner: Stuffed Porto Patty, Zesty Lemon Quinoa

Rest Today

### Snack: Boiled egg

Lunch: Chinese Cabbage Salad

Snack: Nuts and seeds

Dinner: Grilled Chicken with Chili Pepper, Bok Choy & Ginger

Got MaxT3? Do this workout:  
Fast Workout 8 - Lower Body

### Today's Tip:

If you feel that you have no time for exercise, REMEMBER it's only 12 minutes! In the time it takes to park your car at Starbucks, stand in line, order your latte and get back in your car, you could be DONE with your exercise for the week that turned your body into a fat-burning machine.

### Eating Plan

Breakfast: Spinach Omelet

Snack: Celery with almond butter

Lunch: Taco Salad

Snack: 1/2 cup walnuts

Dinner: Chicken Sage Soup

Got MaxT3? Do this workout:  
Fast Workout 9 - Core

### Today's Tip:

If you've messed up, focus on bouncing back. A single slip-up does not cancel out all of your successes. You are not on a diet.

You are making healthy choices every day and you should be proud of the changes you made this far. The fact that you are reading this means that you are doing better than you think you are.

### Eating Plan:

Breakfast: Protein Smoothie

Snack: 1/2 cup pumpkin seeds

Lunch: Leftover Chicken Sage Soup

Snack: Veggie sticks with Easy Guacamole

#12\*

Dinner: Roasted Vegetable Lasagna

Got MaxT3? Do this workout:  
Fast Workout 10 - Surge

### Today's Tip:

Don't go shopping when you are hungry, somehow your favorite snack ends up in the cart. You'll be surprised at the healthier choices you make when you shop when you are satisfied.

### Eating Plan

Breakfast: Yogurt and Berries

Snack: Veggie sticks w/ Ranch Dressing

Lunch: Leftover Roasted Vegetable Lasagna

Snack: Celery sticks with Hummus

Dinner: Beef Stew

Got MaxT3? Do this workout:  
Fast Workout 11 - Upper Body

### Today's Tip:

At some point, you've probably thought "I know I shouldn't eat this, but I just don't care." While you might not care at that moment, you will care next time you step on the scale or midway through your next workout. Remember how bad food makes you feel!

### Eating Plan

Breakfast: Veggie-Berry Smoothie

Snack: 1/2 cup almonds

Lunch: Leftover Beef Stew

Snack: Veggie sticks with Easy Guacamole

Dinner: Fish Fry Dinner, Mashed No-tatoes

Got MaxT3? Do this workout:  
Fast Workout 12 - Lower Body

\*Real items can be found in the MLNP book.

### Today's Tip:

Falling to plan is planning to fail. Get your shopping done today!

### Eating Plan

Breakfast: Omelet

Snack: Spicy Cinnamon Smoothie

Lunch: Taco Salad

Snack: 1/2 cup almonds

Dinner: Orange Chicken, Lime and Walnut Coleslaw

Rest Today

### Today's Tip:

Stay on track! At this point you may think that you don't need to schedule meals, but sticking to your schedule frees you from emotional eating.

### Eating Plan

Breakfast: Yogurt and Berries

Snack: Veggie-Berry smoothie

Lunch: Raspberry Pecan Summer Salad

Snack: 1 Chocolate Macaroon

Dinner: Stuffed Peppers, Zesty Lemon Quinoa

Got MaxT3? Do this workout:  
Superfast Workout 2 - Lower Body

### Today's Tip:

Spend 5 minutes picturing yourself at the end of this challenge. Is it getting more real to you now? You are well on your way to achieving your vision. Keep up the good work!

### Eating Plan

Breakfast: 2 eggs, 4 pieces of turkey bacon

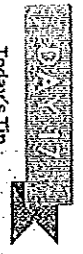
Snack: Handful of nuts

Lunch: Asian Turkey Lettuce Wraps

Snack: Celery and Hummus

Dinner: Crispy Salmon Cakes, Smashed Sweet Potatoes

**Got MaxT3? Do this workout:**  
Fast Workout 10 – Surge



**Today's Tip**  
You are starting to see results so stay positive. Dwelling on unhappiness causes unhealthy choices.  
Be happy with your results now and continue to make good choices.

**Eating Plan**

- Breakfast: Omelet
- Snack: Celery with almond butter
- Lunch: Salad with Greek Dressing
- Snack: 1/4 cup walnuts
- Dinner: Tex. Mex. Skillet

**Got MaxT3? Do this workout:**  
Superfast Workout 3 – Core



**Today's Tip**  
Repeat this to yourself any time you feel tempted to slip back to your old ways, especially if you are rationalizing or feeling sorry for yourself. "My commitment must be stronger than my emotions are at this moment." The pain of discipline is temporary but the pain of regret is permanent.

**Eating Plan:**

- Breakfast: Salad Smoothie
- Snack: 1/2 cup pumpkin seeds
- Lunch: Curried Turkey and Rice Salad
- Snack: Veggie sticks with Easy Guacamole
- Dinner: Butternut Squash and Leek Soup

**Got MaxT3? Do this workout:**  
Superfast Workout 4 – Surge



**Today's Tip**  
Eliminate all Teflon cookware...danger! Switch to

stainless steel, cast iron or micro-ceramic cookware.

**Eating Plan:**

- Breakfast: Omelet
- Snack: Veggie sticks with Ranch Dressing
- Lunch: Leftover Butternut Squash and Leek Soup
- Snack: Raspberry Explosion
- Dinner: Easy Cuban Style Chicken Breast, Broccoli

**Got MaxT3? Do this workout:**  
Superfast Workout 5 – Upper Body



**Today's Tip**  
If you are cooking with butter, make sure it's organic so that you aren't ingesting any of the antibiotics or hormones used in dairy processing.

**Eating Plan**

- Breakfast: Protein Smoothie
- Snack: 1/2 cup almonds
- Lunch: Chicken Artichoke Salad
- Snack: 1 Chocolate Macaroon
- Dinner: Endless Chicken Salad Casserole (TIP)

**Got MaxT3? Do this workout:**  
Superfast Workout 6 – Lower Body



**Today's Tip**  
Remember the old adage, "Falling to plan is planning to fail." It's a shopping and planning day. This is the most important step to making sure your week is a success.

**Eating Plan:**

- Breakfast: Spinach Omelet
- Snack: Apple-Almond Smoothie
- Lunch: Smoked Salmon Tartar
- Snack: 1/2 cup almonds
- Dinner: Chicken Savoy, Garlic Roasted Cauliflower

**Rest Today**

**Today's Tip**  
Do something to celebrate your progress so far. If you've lost inches, go buy a new pair of pants that you couldn't have fit in before. Sign up for a competition you never would have considered in the past. Go for a hike that you couldn't do before. It feels good to see what all of your hard work has gotten you!

**Eating Plan:**

- Breakfast: Grain-Free Pancakes
- Snack: Handful of nuts
- Lunch: Broccoli Cranberry Salad
- Snack: Celery and Hummus
- Dinner: Lemon Lamb, Greek Greens

**Got MaxT3? Do this workout:**  
Fast Workout 7 – Upper Body



**Today's Tip**  
Read food labels and eliminate food additives and preservatives like MSG or albas such as hydrolyzed vegetable protein, yeast extract, autolyzed yeast or sodium caseinate.

**Eating Plan**

- Breakfast: Veggie-berry Smoothie
- Snack: Boiled egg
- Lunch: Salad with Caesar Dressing
- Snack: Nuts and seeds
- Dinner: Fish Fry Dinner, Zesty Lemon Quinoa, Boosted Broccoli

**Got MaxT3? Do this workout:**  
Fast Workout 8 – Lower Body

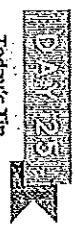


**Today's Tip**  
Pay it forward. Choose your favorite tip from this challenge and help someone else with it. Email a coworker a recipe. Show a family member how to cut down their exercise time. The best way to ensure your own success is to help someone else succeed.

**Eating Plan**

- Breakfast: Omelet
- Snack: Celery with almond butter
- Lunch: Not Tuna Salad
- Snack: 1/4 cup walnuts
- Dinner: Chicken Sage Soup

**Got MaxT3? Do this workout:**  
Fast Workout 9 – Core



**Today's Tip**  
Review your goals and see that you are almost at the finish line. Look at all the healthy habits you have created and the lifestyle changes you've made.

**Eating Plan**

- Breakfast: Salad Smoothie
- Snack: 1/2 cup pumpkin seeds
- Lunch: Leftover Chicken Sage Soup
- Snack: Veggie sticks with Easy Guacamole
- Dinner: Basic Chili

**Got MaxT3? Do this workout:**  
Fast Workout 10 – Surge



**Today's Tip**  
The best body moisturizers are oils, like jojoba, almond, or coconut oil.

**Eating Plan**

- Breakfast: Yogurt and Berries
- Snack: Veggie sticks with Ranch Dressing
- Lunch: Leftover Basic Chili
- Snack: Celery sticks with Hummus
- Dinner: Meatloaf, Mashed Potatoes

**Got MaxT3? Do this workout:**  
Fast Workout 11 – Upper Body

\*Teal items can be found in the MLNP book.



**Today's Tip:**  
Bill Cosby said, "I don't know the key to success, but the key to failure is: trying to please everybody." Don't pay attention to people who are trying to pull you down. Surround yourself with people who lift you up!

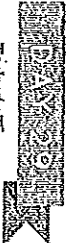
**Eating Plan:**  
Breakfast: Grainless Granola  
Snack: 1/2 cup almonds

**Lunch:** Raspberry Pecan Summer Salad  
Snack: Veggie sticks with Easy Guacamole  
Dinner: Chicken Asparagus Marsala  
**Got Max13? Do this workout:**  
Fast Workout 12 - Lower Body



**Today's Tip:**  
The best all natural cleaner is equal part water and vinegar in spray bottle for an intense cleaning solution for countertops, sinks and bathtubs.

**Eating Plan:**  
Breakfast: Mint Onion Quiches  
Snack: Tropical Smoothie  
Lunch: Taco Salad  
Snack: 1/2 cup almonds  
Dinner: Stuffed Port Pasty  
Rest Today



**Today's Tip:**  
When buying organic, remember to "start at the top of the food chain," specifically with animal products. You may spend less buying grass-fed meat from a local farmer than from a grocery store.

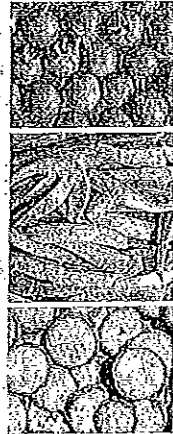
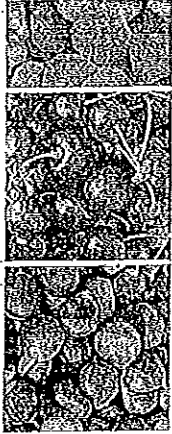
**Eating Plan:**  
Breakfast: Eggs Florentine  
Snack: Nuts and seeds  
Lunch: Chicken Artichoke Salad  
Snack: Celery with almond butter



**Dinner:** Stuffed peppers, Zesty Lemon Quinoa  
**Got Max13? Do this workout:**  
Fast Workout 9 - Core

**Today's Tip:**  
You did it! Look back on this month and all of the progress you have made. Don't forget to attend the next event at your workplace, so you can share your success and celebrate with friends, family and co-workers!

**Eating Plan:**  
Breakfast: Spinach Omelet  
Snack: Veggie sticks with Hummus  
Lunch: Salad with Greek Dressing  
Snack: 1 Chocolate Macaroon  
Dinner: Panoy Salmon  
Celebrate!





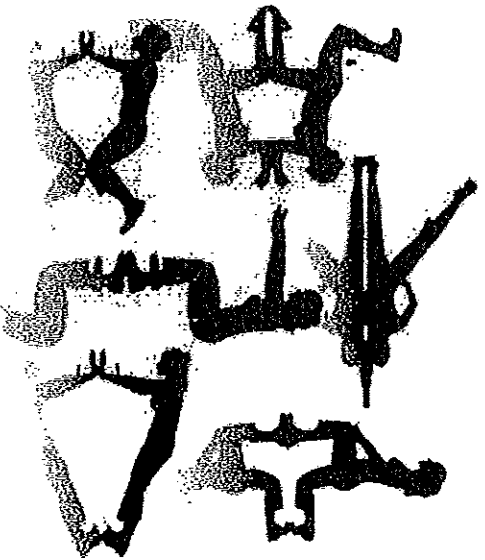
FAMILY CHIROPRACTIC

Champion Family

Chiropractic

7125 South 29<sup>th</sup> Street

Lincoln, Nebraska 68516



# Surge Training!

Maximized Living has revolutionized the way people approach fitness by developing a Surge Training program that will help you reach peak fitness faster than you ever thought possible!

## *Learn from the Experts:*

- *Discover the top fitness myths.*
- *Work with your hormones to burn fat fast.*
- *Find out the importance of what happens after you exercise.*

**9:15AM – 9:30AM**

**Saturday Mornings**

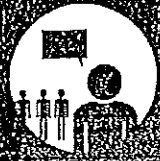
**Must Sign Up To Attend**

**Phone: 402.423.4422**

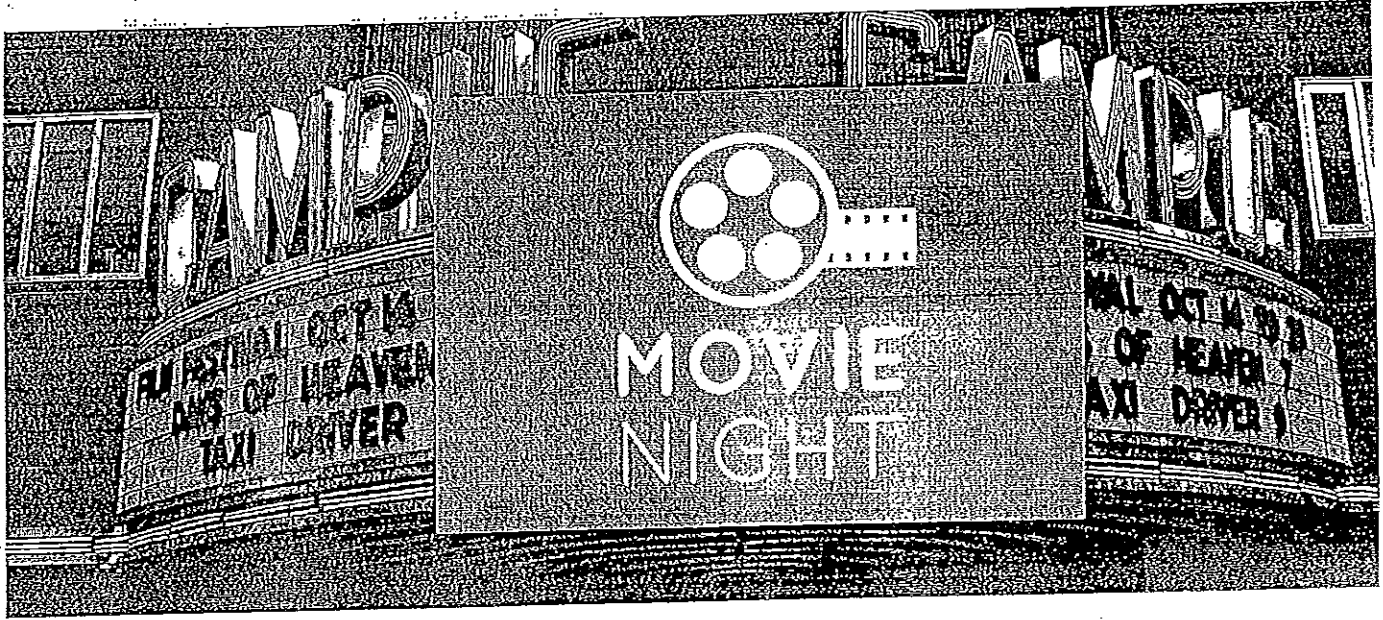
**Email: [championfamilychiropractic@gmail.com](mailto:championfamilychiropractic@gmail.com)**

**[www.facebook.com/championfamilychiropractic](http://www.facebook.com/championfamilychiropractic)**





## SPECIAL EVENT



# Hungry for Change

Join us and celebrate your progress in the 5 Essentials while learning even more ways to maximize your health with a special screening of **Hungry for Change**. Don't miss this exciting chance to bring friends and family to experience the life-changing information offered by Maximized Living! Remember to bring your success stories so that you can share them with this uplifting community!

### About Hungry for Change:

HUNGRY FOR CHANGE exposes shocking secrets the diet, weight loss and food industries don't want you to know about deceptive strategies designed to keep you coming back for more.

**\*\*For more events follow us on Facebook @ [www.facebook.com/championfamilychiropractic](http://www.facebook.com/championfamilychiropractic)**

### REGISTER NOW

PHONE: 402.423.4422

### ONLINE:

[championfamilychiropractic@gmail.com](mailto:championfamilychiropractic@gmail.com)

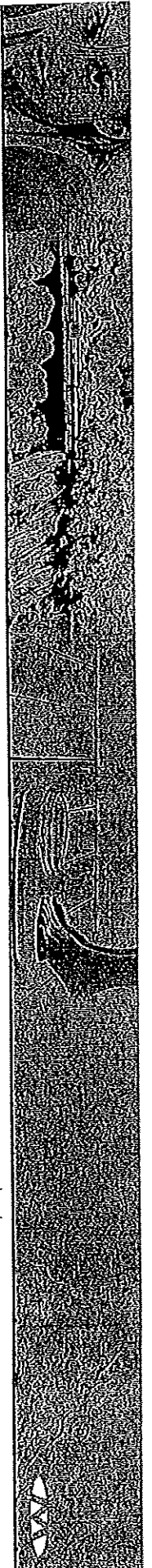
### EVENT INFO

DATE: Monday, April 28th

TIME: 6:30PM

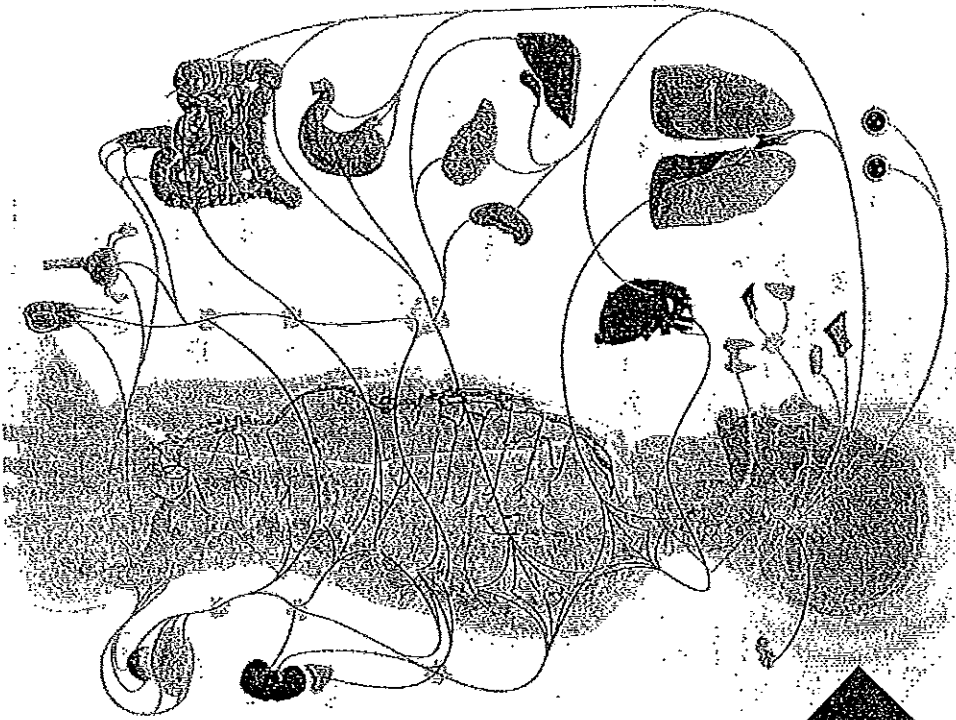
### LOCATION:

Champion Family Chiropractic  
7125 South 29<sup>th</sup> Street Ste A  
Lincoln, NE 68516



# Turn Your Power On

What controls ALL function and healing?



## The Nervous System

Nerve	Areas and Part of the Body	Possible Symptoms
C1	Blood supply to the head; pituitary gland; scalp; bones of the face; brain; inner and middle ear; sympathetic nervous system	Headaches; nervousness; insomnia; headache; high blood pressure; migraine; headaches; nervous breakdown; amnesia; chronic dizziness; dizziness
C2	Eyes; optic nerves; auditory nerves; sinuses; mastoid bones; tongue; forehead	Sinus trouble; allergies; pain around the eyes; earache; fainting spells; certain cases of blindness; crossed eyes; deafness
C3	Cheeks; gut; ear; face bones; teeth; facial nerve	Neuralgia; neuritis; acne or pimples; eczema
C4	Nose; lips; mouth; Eustachian tube	Hay fever; runny nose; hearing loss; adenoids
C5	Vocal cords; neck glands; pharynx	Laryngitis; hoarseness; throat conditions such as sore throat
C6	Neck; muscles; shoulders; tonsils	Stiff neck; pain in upper arm; tonsillitis; chronic cough; croup
C7	Thyroid gland; bursae in the shoulder's elbows	Gonorrhea; colds; thyroid conditions
T1	Arms from the elbows down, including hands, wrist, and fingers; esophagus and trachea	Asthma; cough; difficult breathing; shortness of breath; pain in the lower part of the arm

Nerve	Areas and Parts of the Body	Possible Symptoms
T1	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries	Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breasts	Bronchitis, pleurisy, pneumonia, congestion, influenza
T4	Gallbladder, common duct	Gallbladder conditions, jaundice, shingles
T5	Liver, solar plexus, circulation (general)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
T6	Stomach	Stomach troubles including, nervous stomach, indigestion, heartburn, dyspepsia
T7	Pancreas, duodenum	Ulcers, gastritis
T8	Spleen	Lowered resistance
T9	Adrenal and suprarenal glands	Allergies, hives
T10	Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
T11	Kidneys, ureters	Skin conditions such as acne, pimples, eczema, boils
T12	Small Intestines, lymph circulation	Rheumatisms, gas pains, certain types of sterility
L1	Large Intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
L2	Appendix, abdomen, upper leg	Cramps, difficult breathing, minor varicose veins
L3	Sex organs; uterus, bladder, knees	Bladder troubles; menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms; many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult painful or too frequent urination, backaches
L5	Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps
S-C	Hip bones, buttocks, rectum, anus	Sacroiliac conditions, spinal curvatures, hemorrhoids, pruritus (itching), pain at end of spine on sitting

# The First Step

Sign up today for your 1<sup>st</sup> visit

Includes a complete history, consultation, thermal imaging study, static EMG, posture analysis, bilateral weight scales, range-of-motion X-rays (if necessary)

**Champion Family Chiropractic**  
a Maximized Living Partner

7125 South 29<sup>th</sup> Street, Suite A  
Lincoln, NE 68516  
P: 402-423-4422

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