

## Dr. Scott's Health Rules

Whether you are embarking on a brand new health journey, recovering from an injury or disease or feel you need more motivation try these out.

1. **Forgive Yourself:** Regardless of how much you ate, drank, didn't work out, etc it's all in the past. We can truly only look at today. Be excited that you are ready to make the next steps towards your health.
2. **Be Positive:** If you have never worked out and you worked out even once this week, be excited. As humans, we beat ourselves down way too much. Focus on the positive and know that every single thing you do will assist you towards better health.
3. **You Don't Have To...You GET To:** I am constantly humbled either in my office or reading about a person who was in a wreck and is in a coma or someone bedridden from a serious medical condition. What do you think they would give in order just to be able to walk outside? Life is all about perception.
4. **Surround Yourself With Good People:** There is so much research on not only being around people being important to your health but there is the old saying "Birds of a feather flock together". Join a gym, do crossfit, join a running club, yoga club, or anything else you like. Be around people that can inspire you and help you. Plus it's a lot more fun.
5. **Find a Good Holistic Doctor:** Don't try to do all of the health on your own. Everyone is unique when looking at lab work, diet, stress levels, etc. Plus as you work out your body will be stressed and needs manual therapy to keep running well.
6. **Get Out of the Supermarket:** If you live in an area where there are farmers markets, shop there. Know where your food comes from. Look at places like [www.eatwild.com](http://www.eatwild.com) and [www.westonaprice.org](http://www.westonaprice.org) to find local places that have fresh organic produce.
7. **Drink Water:** Sounds easy enough but we either don't drink enough or we do things to our bodies to become dehydrated. Over 75% of our body is water. It really is instant nutrition. Get a high quality water filter or go to the above sites for the best quality water to buy.
8. **Spread Love:** A big part of health is emotion. As Ghandi said "Be the change you want to see in the world". Open doors for people. SMILE. Be a humble servant and enjoy life.
9. **Be Grateful and Be in the Now:** Life can change in a second. As the saying goes "I complained about not having new shoes until I saw a man with no feet". Every day truly is a gift. Love yourself, love your friends and family.
10. **Laugh:** Don't take yourself or anything too seriously, even a diet. Go to a movie and laugh until you cry. If you want a cheat meal now and then do it. See how you feel. You can always adjust. Remember it's not the destination but the journey that matters.