

Sacred Alignment @ Ribley Family Chiropractic and Therapies (RFC) Suite B Room 13

Founder: Dr. Palmer Ribley

Associates: Dr Bianca Oldershaw, Dr. Tanner Skogen

Office hours for Monday-Friday 9am-12pm, 3pm-6pm. Saturday hours 9am-11:30 am.

Doctor's Schedules

Monday, Tuesday, Wednesday: **Dr. Bianca**

Thursday: **Dr. Tanner**

Friday/Saturday: **Dr. Palmer**

Services We Offer: Chiropractic, Active Therapies, Massage Therapy, and Decompression.

Active Therapy includes: Myofascial release, stretching/strengthening, trigger point therapy, and lumbar decompression.

CASH rates: Chiropractic Adjustment \$45, Active Therapy 15 minutes \$25, Active Therapy 30 minutes \$50, Massage Therapy one hour \$100. Lumbar Decompression is \$25 per visit.

Insurance prices: *SOME insurance companies may cover Active Therapies/Decompression and/or different adjustment price depending on co-pay. This will all be discussed clearly in the finance meeting either the 1st or 2nd visit.

Chiropractic techniques utilized include: *Thompson Drop, Full Spine, Activator, Sacral Occipital Technique (SOT), and the Y STRAP.* I believe posture has a MASSIVE impact on how our body feels and works. Functional movement will be heavily emphasized and my YouTube channel has many videos to help with that. The name of the game in chiropractic is improving motion where motion has been lost.

Dr. Bianca and Dr. Tanner are both Webster certified and excellent with babies and pregnant women. Webster is the most popular chiropractic protocol for babies and pregnant women.

Welcome!

Congratulations on your first step to maximum natural based health. This guide is designed to assist you with your chiropractic and therapy care but also with your overall health goals. It's intended as an easy, organized plan of action to be implemented with your routine. Included in this guide will be many other habits, disciplines, and activities to ensure accelerated results.

Blue Ink = ProTip. These are sprinkled throughout this guide.

What to Expect in the first **two** appointments

1st Visit: New Patient Appointment

The doctor will have reviewed the paperwork to familiarize themselves with the health issues. A detailed history will be taken to gather more information. Following, X-Rays will most likely be taken and the adjustment will follow. If time permits, the doctor may review any significant findings on the X-rays, exam, or history and discuss the care plan with you.

2nd Visit: Report of Findings

Ideally, this visit will be within 3 days after the first appointment. This visit will recap the initial appointment, review any pertinent information including X-Ray findings that were not discussed the first visit, and then the 2nd adjustment. Patients will report how they responded to the first adjustment and the generalized care plan will be reiterated. Any questions or concerns will be answered.

1st, 2nd, 3rd Month Care Plan

The following points are general recommendations that can/will be adjusted as needed. (Pun intended) These are subject to change depending on your response to care, treatments, and your own due diligence. I will give you the hard truth most won't. Your health is your responsibility. "Doctor" in Latin means "teacher", and we pride ourselves in teaching our patients how to live and be healthy. My associates and I are here to help you every step along the way.

The following care plan schedule is subject to change depending on many factors

1st month care plan (ACUTE Phase)

Adjustments : 2x a week

Active Therapies: 1-2x a week

*Decompression Chair: 2x a week depending on condition. If you qualify for decompression you most likely have a disc issue and/or some degeneration issues in the low back causing symptoms. *If decompression is recommended due to a disc or low back issue, it's possible up to 2x a week may be recommended for the first month. With our Back On Track decompression, we offer competitive cash rates IF insurance does not cover it*

Basic functional movement exercises will be recommended as well. I provide FREE detailed videos on Youtube describing how to do these moves properly. PLEASE attempt in a consistent manner. The more work that gets done initially, the faster you will feel better and the closer you will be to the maintenance stage of care (by Month 3)

1st (2) Youtube videos to check out -> Posture Checkpoints and Pelvic Tilts (**QR codes below**)

Goals: Decrease pain by 50% and have more range of motion in the body. Walk for 10-15 minutes a day. Incorporate Posture Checkpoints and Pelvic Tilts into your daily routine. Pelvic Tilts x10 every day. Posture checkpoints awareness with all movements.

2nd month care plan (CORRECTIVE Phase)

Adjustments : 1x a week minimal

Active Therapies/Decompression: 1x every other week.

*Decompression schedule is dependent on each patient's specific condition and improved response.

Basic Functional Movements should be done on a regular basis by this point for everyone

Goals: Decrease pain by 50% and have more range of motion in the body. Walk for 10-15 minutes a day. At this point, the posture checkpoints should be noticed *more* with daily movements whether that's at work, driving in the car, caring for your family, working out at the gym, etc. Try your best to be aware of these checkpoints regularly.

MINIMALLY: Walking 10-15 minutes a day, 10 Pelvic Tilts a day, and doing 2-4 functional moves 10x a day. This may sound like a lot. It can be done in minutes. Small bits every day = consistency.

3rd month care plan (Maintenance Phase)

Adjustments: 2x a month minimal

Active Therapies: 1x a month minimal

Patients who follow this care plan diligently and regularly incorporate the functional movement exercises into their daily routine will see the fastest results

PLEASE stay consistent those first 3 months with your appointments and functional movements ie “homework”. Trust me I hate that word as much as you. Lets go with Functional Activities instead, it sounds cooler.

MINIMALLY: Same as last month

Some patients do work better on a 1x week maintenance schedule

***Lifewave Stem Cell/ Peptide Therapy Patch**

This is the only product I recommend as a MUST HAVE. I make the Lifewave X39 patch part of my care plan because of its incredible healing potential. I personally use this product everyday combined with the X49 and various other patches. It is a perfect compliment to your natural based healthcare with a broad range of benefits. It is the safest and most effective peptide therapy and stem cell product on the market. More detailed explanation will be later. Let’s get moving.

Functional Movement

Dr. Palmer’s YouTube: <https://www.youtube.com/@DrPalmerRibley>

The first functional movement video to watch: Posture Checkpoints



STRAIGHT NECK OR REVERSE NECK CURVE

X-Rays reveal objectively if you have this or not. Many lose the proper neck curve due to excess sitting, poor postures, working behind a desk on a computer, and of course now our cell phones. Everyone has one, and everyone looks down at it frequently. This causes

unfavorable structural changes to our neck. When the orientation of our neck curve becomes compromised, dysfunction can occur. The bones will degenerate faster, the discs can become compromised, and pain will most likely be evident. If you were told in the first two visits to improve the curvature of your neck review the below methods of how to do so.

Neck Molding with a Towel

-IN theory, you can take a small hand towel, roll it up in a cylinder type shape and lie on a flat surface with the towel under the neck. This will improve the neck curve and is the free option.

Neck Molding with a Cervical Orthotic

-The BETTER option is to purchase a cervical orthotic. The one we recommend is called Lumia Wellness. You can find it on Amazon for around \$20-\$25. This one is preferred because the angle of the orthotic goes in proper direction the neck is. Some other versions do not do this. It also comes with 3 different levels, which are usually suitable for every body size.

IMPORTANT PLEASE READ: When doing neck molding with the towel or cervical orthotic, start slowwwwww. I recommend to start around 2-3 minutes. Increase this 10 seconds per day. Once you reach 9-10 minutes you will be maxed out. I do not recommend doing the molding exercises for more than 10 minutes at a time and 1x per day is sufficient. DO NOT fall asleep on it. Combining this with the functional movement/checkpoints will greatly accelerate the proper curve alignment and reduce symptoms.

How To Use Video Below Scan with your phone. All following QR codes are scannable.



Neck Stretching and Strengthening

-Easy and quick neck stretch/strength move. Take a hand towel, grab each end, position behind the neck, gently pull up to add traction and slowly do 5-10 neck extensions (looking up). This will activate the muscles and give additional molding for the correct curvature in the neck. Do this after or before neck molding with the cervical orthotic.

Neck Stretch/Strengthen How To



Neck Functional Movements

Supine neck rolls



Mid back extensions



Quadruped neck retractions



Shoulder Functional Movements

Scapular scoops



Wall Roll ups



PVC overhead



Wall mid back stretch



W's



Half W alternate w/ or w/o bands



Low Back/Pelvis

Pelvic Tilts



Glute Bridge



Best Hip Flexor Stretch



The Basics

Water Quantity/Quality: Shoot for 1/2 gallon to 1 gallon per day. The higher quality the better. It's important to find a brand that filters out Fluoride such as Clearly Filtered or Berkley. As far as bottled water, go for only [spring preferably in a glass bottle](#). To enhance hydration, [ensure adequate electrolytes intake as well](#). [LMNT packets](#) or [Kaizen electrolyte mix](#) are great for that as well as mineralized salt ie [Baja Gold](#), Redman's Real, Celtic Salt. (In order of my preference)

Nutrition: Find a diet that works for you. [The best advice possible on this is to avoid processed foods as much as possible](#). It's that simple. Also, reducing seed/nut oil and processed sugar intake will significantly improve your health, which are found in processed foods. A seed/nut oil is essentially any oil besides Avocado and Olive Oil. Seed oil examples: Canola, sunflower, vegetable, etc. They are in EVERYTHING these days try your best to avoid due to their high inflammatory effects. So how do we avoid bad stuff thats in everything? Minimize processed foods and eat whole foods it's that simple. For oils, use avocado/olive/coconut, butter (preferably grass-fed), or ghee. [Another pro tip, when eating, chew slow and intentional. Focus on really break down the food in your mouth before swallowing. This small tip may help many digestion related issues and will be less work on your overall digestion system.](#)

Supplements: I'm not huge into heavy supplementation. If you have a system that works for you, great keep doing that. Supplements should be intentional and taken for a reason. My preferred supplement company is 10x Health. Their general multivitamin is methylated and of superior quality ingredients. They also sell gene tests to get more specific. Methylated supplements are different from regular ones because they can address genetic breaks we may have. A gene test would tell you the specific supplements to take based off your genetic results. I have done the 10x Health gene test and am satisfied with their supplements. This test can be done with any company and is only need one time. Your results will never change. Methylated supplements can help solve many health issues including Thyroid, GI issues, heart/vascular, and many more. Check them out at www.10xhealthsystem.com or use your favorite brand of methylated supplements.

Sleep: Probably the most important factor in regards to healing. Adequate and quality sleep is essential for healing and recovery. There's a lot that goes into this. Find what works for you. If you have sleeping issues, many of the tips and tricks in this guide will help.

[Pro tip For FLU season](#)

1000-2000mg Vitamin C w/ zinc

1-2 capsules Olive Leaf Extract (I like GAIA brand)

1-2 capsules Oregano Extract (I like GAIA brand)

1x Glutathione Lifewave Patch every day of symptoms

Raw (preferably local) Honey

Colloidal Silver

Lifestyle Ergonomics

At work: Most people are tied to desks all day. Try your best to get even just a few steps in every hour or so. Standing desks are great if you do have to sit a lot at work.

Sleeping: Find a pillow that works for you. Stomach sleeping is the worst position. I recommend the Pillow Cube for side sleepers and use it myself. Pillow Cube makes several

sizes to perfectly close the gap between your neck and shoulders allowing for a supported neutral neck while sleeping. Save 10% using code: DRPALMER10

Shoes: The best ergonomic shoes I have found so far are Vivobarefoot. Because we humans are designed to walk barefoot, “barefoot” style or “zero drop” are ideal. They take a few weeks to get used to. But when you do, you won’t want to go back to normal shoes. They are flat but not completely flat like Chuck Taylors. Vivo’s have support, and they have a huge toe box. This allows for all your toes to spread out and not scrunched up for long periods of time, which eventually lead to imbalances and compensations. They offer a 100 day trial money back guarantee, and I can save you 20% off with DRPALMER20. Yes I still wear my Air Force ones when I want to look extra cool, but the difference is noticeable. I usually regret it. The majority of the time I am in Vivo’s, ESPECIALLY at work.

[Pro Tip: If you put a wallet in your back pocket and leave it there while driving or sitting, this could lead to additional misalignment issues over time in the body. It is recommended to remove the wallet from back pockets while driving or sitting.](#)

EXTRA’S

FREEBIES

The following is a list of free (or mostly free) activities, habits, or things you can do to improve your health significantly and prevent disease. [You are your own doctor! You are the healer!](#) I am the medium through which you can heal yourself whether it’s from mine or one of my associate’s chiropractic adjustments, one of the therapists working on you in active therapy, or through putting to action some of the concepts in this guide. Realistically it’s a combination of everything! You control how fast you heal. Some of these may seem basic and mundane. The Power of these natural healing modalities cannot be overlooked. [Consistency is key just like with anything else.](#)

1. Functional Movement Daily: Watch the videos on my YouTube, find what works for you and perform regularly. [ProTip: HANG daily. Using a pull-up bar or whatever method dead hang for 10-60 seconds daily multiple times is best. Let your spine slowly decompress and relax](#)

2.. Cold shower- Quick, easy and free method of getting some cold exposure benefits.

3. Nose Breathing: This takes practice. Simple methods to help train your body to do it include being conscious of breathing through your nose, learning how to belly breathe using your diaphragm, and ([pro tip](#)) [taping your mouth at night with medical cloth tape or buy from a business that sells them. Tape your mouth for 1 month straight](#) and you will notice immediate results. It was hard for me at first too. One night you may feel like you can't breathe and you have to take it off, that's okay. Another night it might be off when you wake up. That's okay. Stay consistent and start slow. Try your best. For more details about this topic besides as discussed earlier, read the book "*Breathe*" by James Nestor.

4. Wim Hof Breathing: and other breathing techniques: Find a breathing technique or practice that works for you. I personally enjoy Wim Hof's method and his breathing technique. The Wim Hof method has three pillars including mindset, cold exposure, and a breathing technique he has refined from the other popular ones out there. He has a guided 10 minute video on YouTube titled "Guided Wim Hof Method Breathing" Qr to the right



Here is my "How to Do Wim Hof" Breathing below



[ProTip-Suffer from Headaches? Hydration is key but when you have a headache eat some high quality salt and drink some water AND/OR a Wim Ho breathing session. See if it goes away. START everyday with water and mineralized salt.](#)

5. Yoga: An incredible practice for mindfulness and the body. Find some good channels on YouTube. Breathe and Flow is my personal favorite because they incorporate the mindfulness and breathing aspect, through the nose of course. Attending an in person yoga or a hot yoga session to sweat out more toxins is a great choice too. But if you're balling on a budget and have internet access, there is no excuse. If you truly do not have internet access somehow, go to a library, find a yoga book and memorize the moves. There is a solution to every problem.

6. Exercise: In some way shape or form. Very simple. Walking counts as exercise. Stretching counts as exercise. Just move the body. If it's not moving its not grooving. And yes if you don't use it, you lose it. That's absolutely true. As always LISTEN to the body. If you are lifting weights or exercising and something feels off or wrong or a "bad" pain, STOP doing that move."No pain no gain" is not necessarily true with the body. We all typically know the feeling between a challenging workout and overdoing it. [Pro Tip: one easy way to stay consistent with walking is to walk after meals. When walking after a meal, you are helping to aid your body with the digestion of the food. When our body is digesting the food, the muscles in our GI tract are activated by peristalsis. This is constant movement digesting our food so moving our body helps in this process. And the other benefit of this is you're getting additional steps in and metabolic benefits. Walking for only 15-20 minutes daily will add years to your life. It's the 2 for 1 deal.](#)

7. Reading. Read more. Its good for your brain, it's good for your health. Knowledge is Power.

8. Journaling: This can be very powerful. This can be used to simply empty the mind and brain to get thoughts out, this can be done to visualize goals and accountability, this can be done for affirmations and training your subconscious. Writing in general is powerful for goals.

9. Meditation: The benefits of regular meditation are undeniable. The mind is the hardest thing to train in our body and the mind has a direct effect on our body and health. Slowing down the thoughts can put us in parasympathetic mode faster allowing us to heal. Meditation can help with stress, anxiety, and depression. Even further, meditation can help with more serious ailments. This is documented by the work of Dr. Joe Dispenza. He is on the forefront of science

in studying the brain in deep states of meditation and miracles happening within the body. There are many ways to meditate in many forms. Intentionally sitting or laying down to meditate is the standard. But I consider other activities meditation such as grounding on the earth outside in nature, fully present. I think working on passions like art can be a form of meditation. My definition of meditation is pure present awareness. No wandering thoughts, no mind chatter, no monkey brain, just still and present. Explore meditating and see what works for you!

10. Mindset: Mindset is critical to our lives whether we are aware of it or not. If our default mind is stuck in negativity, constantly hearing negative perspectives, what do you expect will happen? We may be tuned to the more negative frequencies without realizing it. We have free will so we can change our frequency at will at any time. Developing a strong, positive mindset is probably the most important thing you can do in your life for overall success. Our thoughts become our emotions, our emotions become our actions, our actions become our habits, our habits become our life. Existing in the comfort zone is easier than exiting it and being uncomfortable, but this is necessary for growth. The placebo and nocebo effect is very real and also documented by Dr. Joe Dispenza in his work. If you think you can do it, you're right. If you think you can't do it, you're right. It all starts in the mind.

11. Grounding = Bare feet contacting the ground. According to a study from the NIH, "Accumulating experiences and research on earthing, or grounding, point to the emergence of a simple, natural, and accessible health strategy against chronic inflammation, warranting the serious attention of clinicians and researchers. The living matrix (or ground regulation or tissue tensegrity-matrix system), the very fabric of the body, appears to serve as one of our primary antioxidant defense systems. As this report explains, it is a system requiring occasional recharging by conductive contact with the Earth's surface – the "battery" for all planetary life – to be optimally effective."

Other Products/Technologies/Activities

All of the below products are products I use or have used and find great value in it for many different conditions or reasons.

1. Lifewave Light Therapy Patch INFO continued

This is my favorite product on this list because the value you get for what you pay exceeds everything else. Lifewave has been around for over 20 years developing Light therapy patch technologies. The patch technology utilizes light to function. We are light beings. We emit light in the form of heat (infrared light). The patch consists of zero chemicals, no drugs, and nothing goes inside the body (nontransdermal). The only ingredient in the patch are tiny crystals. When a Lifewave patch is applied to the skin, our body heat (infrared light) activates the patch by reflecting the light of the crystal to our skin. The reflected light from the tiny crystals cause the patch to stimulate our skin with a specific low level light. Almost like a laser. Cold lasers are a form of Light Therapy. The crystals are tuned to a specific frequency, which emits a specific light frequency. When our skin receives this light frequency from the patch, our body is signaled to elevate Copper peptide. We are beginning to find that Copper Peptide is like the Fountain of Youth. Yes Ladies and Gentlemen, we have found it. And it was right within our body! As we age, our body produces less and less of Copper Peptide and less stem cells. By increasing Copper Peptide in the body, our body creates more stem cells on top of turning on 1/3 of our genes to a more youthful state. One third of our entire genome! This is huge, so for all the patients who say "I guess I'm just getting old", here is your solution! I'm never getting old because I use these daily, truly. The science of light therapy can get complicated, but the easiest example is the sun. Everyone knows when we go out in the sun, we get vitamin D. This occurs because our body knows the specific frequency of the sun and that signal causes the biochemical reactions in the body to elevate vitamin D. Yet another example of why the sun is good for us. If that paragraph didn't make sense please check out www.thisisitinfo.com for more information. There you will find all the information regarding how the X39 patch works with videos, pictures, and studies. Also, for more in depth details and analysis of the science of

each patch, please download the Lifewave App. Inside the Training tab you will find the webinars for the various patches, where David Schmidt the inventor and CEO explains in further detail how the patches work, what they do scientifically, studies done, and how to maximize the use of them. The X39 patch is the company's flagship product that was released about 4 years ago. The inventor was trying to find a way to use his patch technology to activate and increase stem cells in the body, and well, he did it. Upon researching the benefits of copper peptide, you will quickly see how it is the fountain of youth. But first what are stem cells and why are they important? A stem cell is a universal or originating cell. All of our cells in our body were once stem cells before differentiating and specializing into whatever cell they became (heart cell, liver cell, skin cell, etc) The X39 is the first and only technology of its kind that activates and increases YOUR own stem cells in your body with no drugs, chemicals, or injections. Because it works via light there are no side effects and it is safe for nearly anyone to use. While the X49 has a more specific range of benefits (including bone density and muscle synthesis), the X39 patch holds the most broad range of benefits including increased energy, better sleep, improved mood, faster recovery, less inflammation, increased wound healing, improved cognitive ability, and much, much more. Together, they are powerful duo. But even just the X39 alone has profound effects when used over time. *The testimonials* I have heard from my friends, family, and patients are nothing short of spectacular. My own grandmother has been using the patches for over 2 years now. In that time, she was reported to need a cataract surgery. She was planning for it every physical she got which was twice a year. Her most recent physical, her doctor told her she no longer qualified for the surgery. Regarding the eyes specifically, I have heard many testimonials of objective improvements after using the patches for several months. I can even attest to this, although I never got object testing done. Another fun fact about the patches is they help with pain. I kept this statement last for a reason. I try not to promote or advertise these as "pain patches" because they do so much more in terms of regeneration in the body. BUT they are magical for some people. I'm talking life changing. There are two main designated areas on the body to put the patch, but you can

put them anywhere, including a point of pain. If you apply the patch to an area of pain, it will most likely decrease the pain a little if not a lot. I'm learning to not start with this because then if that's all someone has in their head is "it will help my pain" (comparing it to a pain pill) and the pain doesn't go away completely, then they mentally will think it won't work. It does work. On everyone. Some people take longer than others, and some conditions may need more work, but the patches are doing work inside and outside of the body. The body heals what it needs to first. The other patches all work via Light Therapy but elevate different peptides. There are many others, and I use them for other reasons!

AEON- Powerful anti-inflammatory patch. David the inventor does not state the peptide this patch elevates for a specific reason. The peptide is used in cancer treatments and he doesn't want people running around making claims that the Aeon patch cures or prevents cancer. I'll let you connect the dots on that one.

Energy- This was the first patch David invented using his patented Light Therapy technology. He was contracted by the US Navy to develop a natural based energy product for the Navy Seals on submarine missions, which can involve them needing to alert for long hours typically abusing caffeine and amphetamines to do so. The Energy patch works by increasing beta oxidation in the cells (fancy word for fat burning) . When the cells burn fat faster, they have more ATP (energy), and our body has more energy. Clean, natural energy straight from the body. These are one of my favorite.

Glutathione- Is the body's master anti-oxidant and plays massive roles in the immune system and in body detoxification. Many neurodegenerative diseases such as Parkinson's, Alzheimers, ALS and many more have one thing in common. Low levels or deficiency of Glutathione. For patients suffering from these conditions, I would highly recommend the x39 daily combined with Glutathione 2-3x a week. Glutathione is in every single cell in our body, and when levels get significantly low, serious health issues occur.

IceWave: The patch designed specifically for pain relief. If a patient is in severe pain and the X39 patch is not touching the pain at all, combining the Icewave with the X39 is recommended. Another good combination for pain relief would be the X39 with the AEON. If neither combination of the two works

either, you can try all 3 combined, X39, AEON, and IceWave. If the combination of the three does nothing, and relief cannot be obtained from other natural based practices (chiropractic, massage, active therapy, etc), please consult with a healthcare provider for further evaluation.

Carnosine- Another peptide our body makes that decreases with age. In the body, Carnosine deals with cognitive function, wound healing, and heart function. Any of these may be improved with the Carnosine patch.

Silent Night- This is the Sleep patch. It elevates melatonin in the body, no need to take supplements! Personally, taking melatonin supplements has never worked for me as I would always feel groggy in the morning. This does not happen with the Silent Night patch. If you have issues sleeping, and the X39 alone wasn't helping, this is a patch to consider trying. Or just great to have stand by in case a random insomnia night occurs!

Any other patches not listed are still great for whatever needs. Explore all of them and see which ones resonate with you. X39/X49 retails for \$150 per sleeve (1 month supply), use this link www.lifewave.com/drpalmer or scan code for Wholesale pricing, which is \$100 per sleeve. All of the other sleeves are slightly reduced in pricing per sleeve. Order wholesale by QR code Or use link www.lifewave.com/drpalmer



2. Parasite/Zencleanz Detox

I recently completed the Zencleanz Rainbow Detox. It is a 7 day parasite intestinal and liver detox. The benefits of parasite cleanses are endless from what I've learned. Supposedly MANY major diseases are also linked to parasites. And apparently parasites are in everything so when regular parasite specific detox or cleanses are not done, they can take over. This leads to many health issues ranging from cancer to autoimmune. In short, parasites are actual parasites to the body, stealing our precious energy used to heal faster. After the detox, I felt brand new,

completely cleaned out and have had less cravings. I am so impressed with it I plan to do this once a year now. Order yours to the right QR code or link below.

<https://zencleanz.com/?ref=PALMERRIBLEY>



3. Cold Exposure/ Ice Bath

This is one of my all time favorites. For anyone who doesn't know my story, I recently completed a streak of 444 days of taking an ice bath in a row. The only reason I stopped was because my industrial sized ice maker broke. The 444 day journey was life-changing. The benefits are indescribable. Some physical benefits include: reduce inflammation, faster recovery, better energy and sleep, better focus, improved mood, better cardiovascular circulation, and many many more including mental benefits. For me, the mental benefits were the most profound after doing a cold plunge so many days in a row. If you don't have access to an ice bath, cold showers are a great place to start for cold therapy. You can start slow with it and slowly increase your tolerance. We all take showers everyday why not finish cold? The temporary suffering leads to an increase of natural endorphins and feeling better the rest of the day. For me, the few minutes of suffering is totally worth it! You have to try it yourself to see what I mean. Ice Barrel is the brand ice bath I use and recommend. Use DRPALMER10 for 10% off all purchases

4. Saunas

Saunas combined with an ice bath are next level, but saunas are great even by themselves. Some benefits include: reduced risk of cardiovascular disease, reduced risk of dementia, improved pain relief, reduced stress, improved sleep, cardiovascular function, immune function, and skin rejuvenation just to name a few. The sauna and ice bath or cold shower have great health benefits but the point of doing either or both is to feel good! They both make you feel good releasing natural endorphins for hours after.

Dr. Palmer's Superhuman Protocol

2x adjustments per month

1x Active therapy per month

Whole Food Diet minimal processing/seed oils/processed sugar

1/2-1 gallon high quality water daily w/ electrolytes

Cold exposure daily (cold shower or ice bath)

Walking 10 minutes daily minimal (or 70 minutes per week)

Other exercise in the form of yoga/functional movement/working out/sports (120 minutes per week)

Lifewave X39/49 patch daily (up to 7x a week), Aeon Patch (3-4x weekly), Glutathione/

Carnosine (1-2x weekly) Energy patch as needed (up to 7x a week)

Zencleanz Parasite Detox (1x a year)

To end,

I hope you found some value in this guide. Yes I know its a lot! It is meant to be taken into bite size pieces. All the other tips, tricks, recommendations to do outside the office, and products to try has been my journey the past few years. I did not start doing them all at once. I slowly started exploring all the above products, habits, activities, and disciplines over time. Find what works for you. If you have any questions about your care, the products listed, or anything regarding health feel free to e-mail me at drpalmer@ribleychiro.com

Yours in Health,

-Dr. Palmer Ribley