

A NATURAL HEALTH GUIDE  
BY THE DRS. WOLFSON

# 7 STEPS TO EXTRAORDINARY HEALTH

IN 7 DAYS  
EBOOK

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# Introduction

Hi, I'm Dr. Jack Wolfson. I'm a board-certified cardiologist. My wife Heather is a Doctor of Chiropractic. Together, we are The Drs. Wolfson.

Thank you for downloading our *7 Steps to Extraordinary Health in 7 Days*.

The steps outlined in the eBook work, and we have the thousands of patients to prove it. Get ready to be blown away by what you can accomplish in the next 7 days.

## **Can You Really Improve Your Health in Just 7 Days?**

It may seem hard to believe, but you can recover your health very quickly. This simple program has worked with our patients for years and is sure to help everyone on their journey to health, from the beginner to the expert looking to fine-tune a wellness lifestyle.

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*"After 7 days, I had more energy, lost 10 pounds and felt the best I had in years."*

*Patient Testimonial*

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But we need your help. Although the 7 steps are simple, you still must do some work. Rest assured, if Dr. Jack can do it, you can too. Most of you know that when I met Dr. Heather, I was living on Diet Mountain Dew and fast food. I changed, and by following the *7 Steps to Extraordinary Health in 7 Days*, you can achieve tremendous health results.

Not only are the 7 Steps simple, but they are affordable as well. You will find that some of the 7 Steps are free.

Let's get started. After all, 7 days is not a lengthy period and your clock is ticking.



# Step 1:

## Responsible Paleo Nutrition



Can we radically make over your diet in 7 days? Yes, WE can (and "we" includes you.) Let's keep this simple.

- All plant foods must be organic
- All animal products must be pasture-raised
- Seafood includes wild salmon, sardines, anchovy and shellfish. Other fish are okay, just avoid tuna and other seafood high in mercury.
- Every morning, start off with a greens drink (try our [Triple Combo](#))
- Absolutely ZERO gluten
- Absolutely ZERO soy
- Absolutely ZERO corn

Breakfast: After your greens drink, you can have eggs with avocado and salmon or a nut/seed “cereal” with raw cacao nibs and coconut along with some nut milk.

Lunch is a large salad with olives, avocado or sardines. We have a delicious [salad dressing recipe](#) for you to try. Our kids love it.

Dinner is veggies such as steamed broccoli or cauliflower with wild seafood or pastured meat. Quinoa, sweet potato, or wild rice is okay, just don't overdo it. These foods are “carbolicious”.

You may ask where you find all this organic food. Your local farmers market is your first choice. After that, head to an organic grocer. Finally, there are some online options when it comes to organic goods and ethically raised meat and seafood. Check out or page [What We Use](#) for more information.

No discussion of healthy nutrition would be complete without discussing water. You need quality water AND plenty of it. Rule of thumb is half your body weight in ounces daily. A 150-pound person should drink over a half gallon of water daily. We recommend the under-the-sink system from [Pristine Hydro](#) or bottled water in glass. Pellegrino in glass is a treat.

If you are like most people, you are probably frantic about how your morning cup of coffee fits in to this plan. Rest easy friends. You can enjoy this treat, just make sure your [coffee](#) is organic. Pesticides kill bugs and they kill our good gut bacteria.

Give this plan a try for 7 days. Come on...you can do it!

## Step 2: Sleep



For millions of years, humans went to sleep with the sundown and awoke with the sunrise. Then, Thomas Edison in 1879, would change the world forever with the invention of the light bulb. Our health will never be the same.

When you stay up after sundown, you are exposed to artificial light, typically from LED or fluorescent bulbs. This form of light damages your brain and leads to a reduction in melatonin, the hormone that controls just about every action in your body.

Sadly, the average time people go to sleep is midnight. This is a recipe for disaster. Health problems explode with poor sleep quality and quantity. You name the disease, and you will find it linked to sleep disorders.

If you are awake after the sun down, keep your light exposure to a minimum. Get [incandescent bulbs](#), use night mode on all handheld devices, and get a few pairs of blue-blocker glasses to keep around the house.

For the next 7 days, make a commitment to go to sleep at least one hour earlier than usual. Ideally, get into bed somewhere between 8 and 9 pm. Keep your room dark. Turn off all devices. Turn off your Wi-fi.

## Step 3: Sunshine



When our ancestors weren't sleeping, they were up and active. All this activity occurred in and out of the sunshine. The sun gets a bad rap, but does that fear make sense? All animals and plants thrive in the sunshine. Our ancestors basked in the sun and did so while we were naked.

Most people know of the health benefits linked to vitamin D, the sunshine vitamin. In fact, just about every cell in the body has receptors for vitamin D. People with the highest levels of vitamin D have the lowest risk of all disease.

But vitamin D production is not all the sun does. In fact, science is only scratching the surface of the health benefits of sunshine. Sunlight hitting our eyes leads to melatonin production. Melatonin is essential for mental health, as well as physical health. Sunlight on our skin increases nitric oxide, a natural messenger that promotes blood circulation and is an anti-inflammatory and anti-oxidant.

For the next 7 days, plan on getting sun exposure to as much of your body as possible. Even in colder climates and at any time of year, get your face in the sun. Arms and legs too, if possible. If you use sunscreen, make sure it is organic. Sunburn bad, sunshine good.

## Step 4: Chiropractic



This week, make a commitment to a healthy spine and a healthy body. You may ask why chiropractic is necessary for you. I would ask you, “Have you ever had a fall or been in a car accident?” If so you need a chiropractor. In fact, just being born can lead to a spinal misalignment, known as a subluxation.

A healthy spine is critical for brain and neurologic function. Chiropractic benefits all organs and supports a healthy immune system. All our patients are under chiropractic care. Think chiropractic first when you have a health issue.

Finding a good chiropractor (DC) to meet your needs is easy. Chances are, one of your friends sees a DC. Ask around or check out online reviews. Email us and we can help.

Get an evaluation this week. Listen to what the Doctor of Chiropractic recommends. If you like the plan, stick with it. If not, find someone else. All health care decisions should be this way.

One adjustment in the next 7 days could make a world of difference. Two would be even better!



## Step 5: Be Active



Exercise is so last century. Back in the 1980's, endurance exercise was all the rage. But 45 minutes on the treadmill, under artificial light, in a toxic chemical soup environment, while watching CNN will never be the answer.

Get outside and get active. Walk, hike, run, swim and bike your way to health. Start a garden and get digging. An herb garden works well.

Hiking is our absolute favorite. But when we are not hiking, we love yoga. If you can do yoga outdoors, that is perfect. If outdoors is not possible, find a studio and program right for you. You can join any class and learn at your own pace. Don't concern yourself with anyone else. Focus on you.

Meditation is another form of activity. Actively relaxing is more of an effort than you would think. There are many online programs to help you achieve the Zen moments.

Finally, you need to build muscle. To achieve this goal, do push-ups, pull-ups, squats and lunges. Build abs with planks.

Each day of the week, focus on a different body part. You WILL notice the changes in 7 days. I guarantee it.

## Step 6: Natural Living



For the next 7 days, work on getting all the chemicals out of your house.

- Use natural laundry products such as Dr. Bronner's Sal Suds or 7<sup>th</sup> Generation. Dump the toxic laundry detergent, fabric softener and dryer sheets in the garbage immediately.
- Remove all air-fresheners, plug-ins, and candles.
- Use natural dishwashing products and dishwasher soap.
- Replace all bath and body care products with organic options including your toothpaste, shampoo, and lotion.
- Consider an Austin Air purification system for your bedroom and the rest of the house.
- Head over to our page [What We Use](#) to find all the products you need to set up your healthy lifestyle.

## Step 7: Nutritional Supplements



All of us should take nutritional supplements. Here's why – even on the best organic diet, our soil has been depleted to the point where we can't get all the nutrients we need for great health.

One other big problem that leads to the need for nutritional supplements is environmental pollution in the air and water. They are so strong that we need supplements to counteract their impacts.

For the next 7 days, commit to our [Foundation 5](#).

Start off your day with a heaping teaspoon of our Daily Greens in water or in a smoothie. Take one cap of our Gut Flora 100 Billion with the Daily Greens.

At mealtime once daily, take four caps of our MULTI and one cap of Omega DHA. Ideally, you would take the MULTI two caps 2x per day.

Finally, Digest is our digestive enzyme that you take at the beginning of every meal. Two caps should suffice unless you find more is necessary. Belching, gas, and bloating are signs of poor food choices and need for more enzymes. Some patients take four or five caps, and slowly work their way down as they get healthy.

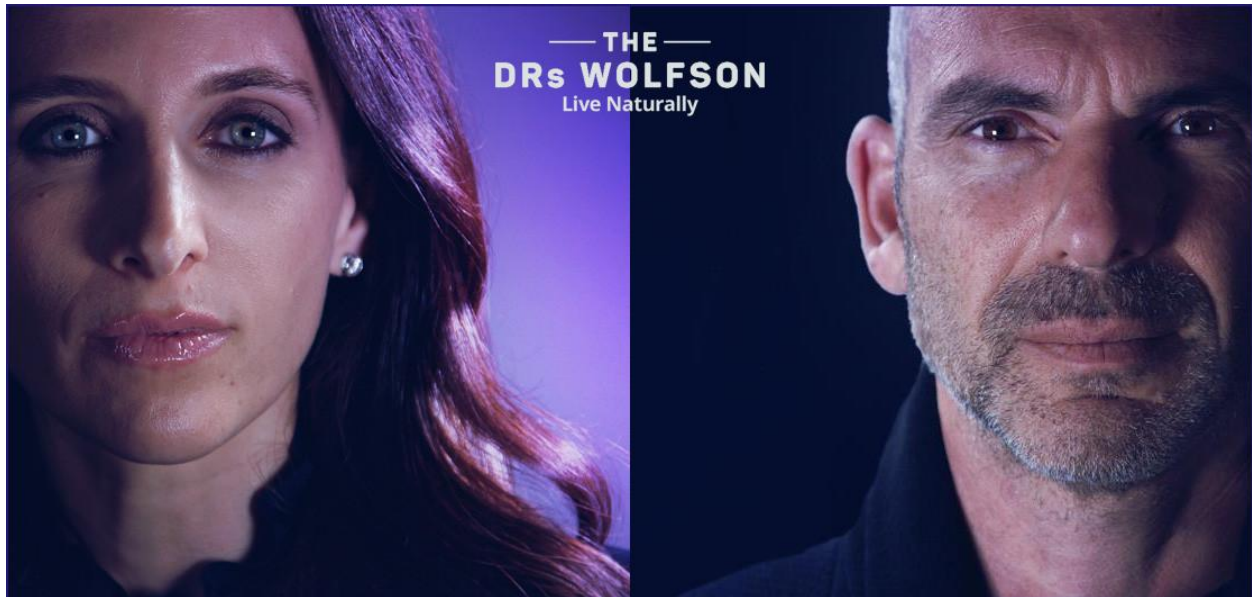
# Congratulations!

You are on your way to health and wellness in only 7 days. This plan will change your life. Don't get discouraged. Some steps will be easier than others. Do the best you can and understand that the more you follow the steps, the better your health will be. Let us know how you do. We love your feedback.

**Cheers to your health.**



# About The Drs. Wolfson



The Drs. Wolfson are doctors that have emerged as two of the world's leading natural holistic health physicians. Their natural holistic health information, natural lifestyle and natural healthcare approaches have been featured on NBC and CNN, and in publications like the USA Today, The Wall Street Journal and The Washington Post. They are amongst the most followed natural holistic health doctors on Facebook. Tens of thousands of people watch their natural health videos, hundreds of thousands read their posts each week, and more than 100,000 doctors and people just like you have attended their speeches and training. Dr. Heather Wolfson is a chiropractor. Dr. Jack Wolfson is a board-certified cardiologist, author of the # 1 Amazon best-seller, *The Paleo Cardiologist: The Natural Way to Heart Health*, and winner for the Natural Choice Award as a holistic M.D. Together, this husband and wife team are The Drs. Wolfson.