

The 4 Keys



to Health and Happiness

4 Keys to Health and Happiness

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FOREWORD

(and acknowledgements)

This book was created to pass on the 4 Keys to success and happiness that has been taught to my practice members for the last 12 years.

This book is only 15 pages long and can be read as often as needed to keep a person on the path to health and happiness. The book is a quick read for that exact reason, someone can read it weekly to make sure they are on track.

This book is very inexpensive so feel free to scribble notes to yourself on the pages as needed. If you need another copy for a friend, family member or yourself, feel free to send me an email for information on ordering.

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This book was created out of the love I have for helping people and the love I have for my wife and children. They are my inspiration and life.

Thanks.

Introduction

Again, I told you I would keep this book short, so briefly here is my bio.

I was born in North Dakota, raised there by two wonderful parents. I studied natural science and philosophy in college, went on to graduate from NorthWestern Health Sciences University with a Doctorate Degree in Chiropractic.

I opened my first clinic in Western MT, that is where the 4 Keys to health and happiness were born. I wanted to help others who were not practice members learn what makes us healthy and happy. That was 1996!!

Nothing has changed, research over the last 12 years has proven that these 4 Keys are linked to health and happiness.

So without anymore fluff, lets move to the nitty gritty and find out what the 4 Keys are.

(I told you I wanted to keep this book short didn't I?
For more information on myself or my clinic, feel free to visit www.drpfieffer.com)

“First Key”



***“Do not anticipate trouble,
or worry about what may never happen.
Keep in the sunlight.”
Benjamin Franklin***

The first Key to health and happiness involves **STRESS**. You may not have known this, but every single person will eventually die from stress in one form or another. So the first Key is to reduce stress where you can.

This is very important, so please listen
with both ears as you read this aloud.

Your body has a response to stress, its called the Stress Response – Stress in any form sets off a series of events within the body's neuroendocrine system. Often called the "fight or flight" response, these events are triggered by the brain, which alerts the body's autonomic nervous system to prepare all systems to react to an emergency. The autonomic nervous system sends a message in a split second through nerve fibers, which signal all the other body systems. During this alarm period, many different hormones are activated with many dramatic effects on other body systems. The heart beats faster, blood pressure is raised, and blood vessels dilate (open wider) to increase blood flow to the muscles. The pupils dilate to aid vision. The digestive system

slows down so that the body's resources and energy can be used wherever else they are needed, and the production of saliva decreases. The bronchi dilate to aid breathing. The skin sweats to cool the body, and the liver releases its stores of glucose, the major fuel of the body, to increase the person's energy level. The body stays in overdrive until the brain tells it that the emergency has ended.

Events that trigger the stress response are supposed to be emergencies that do not last for very long. This allows the body to relax and recover after the emergency has ended so that it can respond correctly the next time its emergency response system is needed. But what is happening more and more is that people are so stressed, that they stay in this stress response much longer than it was designed for. This weakens every other body function as a result.

To understand how to control this, we need to look at the basics, stress consists of three categories...

1. Physical Stress
2. Mental Stress
3. Chemical Stress

We will take a moment to explain the differences and how your health relates to them.

Number 1. Physical Stress – is any form of stress that is physically affecting the body, ie car accidents, slip and falls, heavy backpacks, heavy lifting, etc.. Those are pretty simple examples of physical stress, some of the other forms which you may not have recognized as physical stress are sitting too long, typing at a keyboard and any repetitive motion.

Now, lets examine Number 2.

Mental Stress – this is the form that most people associate with general stress. It is our mind creating a stressful environment for our bodies. Examples are stressing about money and love, envy, jealousy, hate, etc.. We worry about our childrens future, our spouse, our friends, co-workers, etc..

Number 3. Chemical Stress – This is one of the hardest to recognize and reduce from our lives, it can be as simple as pollution in our water, air and workplace. But chemical stress is also caused by simple things like what we eat, drink, work with, etc.

Caffeine, nicotine, sugar, MSG, food coloring, beach, paints, seems like everything we purchase has chemicals in it. I am not going to list them, you can read each package of ingredients and see for yourself.

So how can a person monitor and control the amounts of stress they have? Simple, the first step is to admit you are stressed, then find out what is stressing you the most and start to reduce or eliminate that stress. Say you are a sugar addict? *Don't laugh there are a lot of them out there.* First thing you might do is take a look at how much sugar you actually put into your body each day. Then maybe instead of that 3rd pop of the morning, have a glass of water. Its not hard to reduce once you recognize the need to. Same with caffeine, food, even alcohol.

The physical stress factor is a little harder to reduce, but its possible, if you are a computer programmer for example, maybe a more ergonomic chair, keyboard and mouse are a good start. You see any kind of repetitive action is a physical

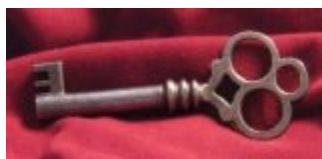
stress to the body, typing for example, carpenters hammering nails is another example. There are options to reduce your amount of physical stress, voice recognition software is an option to typing, air hammers for nailing..

The mental stress aspect of stress is the hardest for people to recognize and reduce. I feel some people are just hardwired to worry. There is professional help out there for everyone with mental stress issues, problem is first you have to recognize you have mental stress. One easy way to reduce your mental stress is find something you love to do, and just do it. Reading soothes some people, exercise soothes others, some people like meditation, others might find listening to music soothing to there minds. You have to find your own thing here, its not for anyone but yourself to decide what calms your mind. I can tell you from experience that worrying never solves the problem, it just creates one. But me saying it and you doing it just doesn't work. Think about it though, worrying doesn't do anything to make the problem better or worse, it just creates unease in yourself. So if you can, try not to worry so much.

You will find yourself coming back this page and hopefully scribbling down remedies to help you reduce your 3 distinct stress levels.

I know its a lot of information in a very short chapter, but if you apply what you can to YOUR life, its a great start.

“Second Key”



***“Exercise and application produce order in our affairs,
health of body, cheerfulness of mind,
and these make us precious to our friends.”***

Thomas Jefferson

The second Key to health and happiness involves everyone's favorite subject, Diet And Exercise.

This will be a short chapter, because we all know we should do it, but maybe we just to think we have the time. Charles Buxton said, *“You will never find time for anything. If you want time, you must make it.”* Or maybe we don't know what to do.

Well here is my suggestion for everyone out there who wants to, but doesn't have the time or know what to do.

There is always a way to make time, now when I teach my practice members about diet and exercise, we find out what their lifestyle is, how we can add diet and exercise to their daily life. It's not hard, diet doesn't mean an all out, full fledged, non tasteful, high fiber, low calorie, no-fat diet, it simply means find out what you eat, and eat a little less. With diet, the easiest thing to do, is just leave some food on your plate every single time you eat. Now that's assuming

you eat normal portions of food and actually sit down and eat. But look at it this way, if you are a fast food junkie and you leave two bite of your burger, a few french fries and the last few gulps of your shake, you have saved yourself close to 300 calories already. If you start slow and easy, it doesn't feel like dieting. Find a more natural snack to treat yourself too, instead of chocolate covered peanuts in your desk drawer at the office, put a can of almonds, granola, or something else that has less fat, more nutrition. Just find a snack you like that has less calories and fat than the one you currently eat. At home, follow all the usual rules, never go shopping for food when you are hungry, don't stock chips, chocolate pies, or fudge filled ice cream in your house. And the best one is try not to eat after 7pm. I know its hard, but try this little experiment sometime soon and see if you make it though. If you the night time TV watcher who snacks a bit, buy some hard candy or suckers. When you want a snack while cozying up to the TV, put a hard candy in and suck on it till its gone. Now true you still ingested like 100 calories, but in that 15 minutes you could have put away 1000 calories in chips, chocolate or ice cream. The little suckers you get at the bank and food stores work perfect for filling your mouth.

There are thousands of easy ways to reduce what you eat, look for them and find the ones that work for you and your lifestyle. This book does not touch on nutrition, that is a whole other story.

Now onto my favorite topic, exercise. YEEHAA!!! This is probably the most difficult thing to do for some people, but the overwhelming excuse I hear is I have no time. What, there are 24 hours in a day, you need 7-8 of them for sleep, 8-10 of them for work in most cases, that leaves at minimum 6 hours of time for family, friends and "other" stuff.

So finding time to exercise is just an excuse that won't work. I have my alarm set for 4:30am and get up, goto the gym and workout for 40 minutes, shower and I am on my way to work by 6am. Now I know not everyone is a morning person, but lunch times, break times, after work, after kids are in bed, there **IS** time, just make it. Even 5 minutes here and there adds up, more movement you do, the more exercise you get. Now if you already exercise, great. You won't get much out of this, but for those who don't exercise, read on....

Exercise is not a hard thing to start, I am not talking about going out and running a marathon. Exercise to start can simply be taking a 15 minute walk after lunch. Taking the stairs up and down once or twice on a work break. If you have assimilated yourself to a lounge chair in front of the TV, start exercising by just moving your legs up and down or stand up and sit down during commercials, anything that will get your blood pumping more than it normally does is the key. This isn't supposed to be hard, everyone can do more to improve their health with exercise at their own pace. But the important thing to do is JUST DO IT!!!

Now after a week or two of simple exercises like above, you will be able to do a little more. Maybe walk faster, farther at lunch, maybe take 3-4 trips up and down the stairs during your 15 minute break. Maybe you get out of your lounge chair and walk around the living room while watching your favorite TV program. The idea is to start small, get into a routine and then expand that a little each week or two. Now look at you, 1 month ago you didn't exercise, now you are doing it 4-5 days a week. GOOD FOR YOU!!

“Third Key”



***“If you don't know where
you are going,
you'll end up someplace else.”***
Yogi Berra

This chapter is about the third key to health and happiness, the first two chapters covered mostly health related issues, although, better health usually makes people happier. The third key is about setting Goals.

Harvard University did a 20 year study on goal setting and the results speak for themselves. The study found that only 5% of graduates had clearly written goals for their career and lives. 20 years later, that the 5% were worth more in financial terms and other areas than the other 95% put together. Read that again....the 5% that had written goals, made more money than the other 95% combined.

WOW

So this should be an easy lesson, write down your goals.

There, done. Right???

Ok, its not that easy or everyone would do it. The problem with just writing down your goals is that unless you revisit them on a regular basis, they will not be on your mind. This is a simple exercise, take a few minutes and write out a couple goals you have. Whether you want to lose 10lbs, meet your soul mate, make more money, see more clients, whatever, write it down.

Now what???. Well I will share with you what has helped me keep my eye on the prize so to speak. I, like everyone have long-term and short-term goals. I write them out, tweak them a bit over a weeks time, then I type them up, print them off, laminate them and stick them everywhere I spend time (ie. Computer, car, office desk)

The long-term goals are usually a 1 year thing, personal, professional and family goals are written out. The short term goals are usually 1-3 months and are personal, business and family also with the goal of reaching the 1 year goal. They look like this, small laminated and the car one's have little velcro tabs on the back so they stick to my dash. I get to read them everyday and focus on them for even a minute here and there.

Long Term Goals 12/31/07		
Personal	wt.200	marathon
Business	100PV	10K/month
Family	3 day weekends	
	2 wk family vacation	

Short Term Goals 10/31/07		
Personal	wt 210	7miles/day
Business	80PV	8K/month
Family	take fridays off	
	book dec trip	

There are all sorts of other ways to keep goals in the forefront of your mind, I have stones I give practice members

so they can write on them and have them in their pockets to remind them of their goals. They are super cheap and way to remind yourself of where you want to be.

Now goals can be as simple as you want them to be, the trick is to have long-term goals and short-term goals which work together for the best possible end result. There are times, often a lot, when goals aren't reached, that's ok, it's perfectly fine. Just reset your goals and make them reachable. Once reached, then set higher goals to follow them.

But the important message is you NEED to write them down, AND review them on a regular basis (ie, weekly, daily, monthly).

“Last Key”



*“The future belongs to those who believe
in the beauty of their dreams.”*
Eleanor Roosevelt

To be happy in life, I believe you need to be doing your dream. Those three words have a special meaning to me,

“Do your dreams.”

When I was a lot younger, my mother gave me a refrigerator magnet with that saying on it. It is made of wood, its in the shape of a rainbow and its not very big. But I still have that magnet on my fridge at home. I get to see it every night when I open the fridge door to get a water.

Do your dreams, thats a powerful statement. Everyone has dreams, and I believe they should follow them. My dream, far back as I can remember was to be a doctor and help people, it wasn't until college that I discovered the kind of doctor I wanted to be was a Chiropractor. So, now I am a doctor, doing my dream of helping people improve there lives. It feels great. I want everyone to have that feeling.

I understand that sometimes life forces us to follow paths that don't feel like our dream. My advice to that is, find something on your current path, something special that you can link to your dream, use that to fuel your passion and drive you to improve yourself and life. A job is not your identity, its simply what you do. You create your own identity within yourself through health and happiness. If you have a less desirable job, work to get a more desirable one. Set goals.. (remember to write them down and look at them on a regular basis) If you lost your dream, go looking for another one. Its your dream, create what you want and go after it.

The beauty of doing your dream is that its yours. True, the path to your dream might be a tough one, and you may never get to the end of your path, but you will enjoy every turn and twist because it is your dream. Remember the first Key to success and happiness, stress, well worrying or stressing about not reaching your dream, will only create more stress, so let it go. Enjoy the trying to do your dream and have fun. Life is an adventure, enjoy it always....

Commentary

This little 17 page booklet was developed for our practice members to hand out to friends and family. The purpose was to spread the word of some easy things people can do to make there life healthier and happier.

The booklet was designed so that people could write in it, hopefully get something out of it and use it in their lives for the better.

I thank all my practice members and hope to continue to offer my services in every way possible to make your lives as healthy and happy as possible.

(Added 10/31/07)

We have now converted this booklet to an Ebook for ease of distributing it to all our friends and family. It has not been edited or updated due to the fact that everything written still applies today.

Thanks again and feel free to pass this along to anyone you think could benefit from its contents.

Also owners of this book can email Dr. Pfeiffer at doc@drpfeiffer.com to receive a consultation to see if he can help you with a particular health problem.