

The 7 Irrefutable Laws Of Longevity

Body Brilliant - adding years to your life and life to your years...

1) Move It Or Lose It!

Flexibility is power! Get your heart rate up – go anaerobic every day. Resistance training to ad muscle and decrease osteoporosis. Motion is lotion for your joints! If you are interested in Chiro Yoga, or our Running Group please email kate@mybodybrilliant.com to express your interest!

2) Avoid Processed Foods

Eat like an Okinawan – one of the longest lived cultures on the planet. Get back to nature, eradicate acid and go green! Want to know more practical steps to making this a part of your life? Book in for our Food For Life Program on the 18th September. \$60 for singles and \$100 for couples.

3) Share The Love

When you forgive and let go of your hurts and love people for who they are and where they are at you will reduce stress and create a more peaceful environment for your body. Don't sweat the small stuff!

4) Maintain and Love Your Body

Your body is well equipped to take you into your 100'and beyond. You just need to take care of it and maintain the level of health you have. Get adjusted, cleanse your body and it will last you well.

5) Live Drug Free

The average 65 year old Australian is on over 7 medications. Drugs to not build health in the body, they are a band aid solution to a lifestyle problem often with many dangerous side effects.

6) Look Well To The Spine For The Cause Of Disease

A healthy spine allows the body to function at its absolute best at any age! By having your spine regularly checked for subluxation and adjusted – you are adding years to your life!

7) Get Juiced & Have A Vision!

It is well known that those who live to 100 and beyond are passionate about life. Be it a sport, their work, their family – they love life and are excited to get up each day! What is your reason to get up each day? Have that in your mind along with the picture of who you will be and what you will

"I want to live my life like a candle. It burns just as brightly at the end as the moment it was lit....then with one final flicker it is gone."