

Your Health Account



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Everyone wants to grow their bank account. We know our financial health is usually estimated by the level of our resources. The more money in the bank, figuratively speaking, the more secure we feel. If our resources include stocks, bonds, and property, we are even more secure.

Whether we're paying attention or not, our physical resources fluctuate as regularly as do our financial resources. And as in financial accounting, health accounting involves income and expenses. If income exceeds expenses, you enjoy higher levels of relative health. The converse is also true - when expenses exceed income, health deteriorates.

So add to your health account by losing body fat, eating healthy foods, getting enough rest, adding exercise to your life and cultivate meaningful relationships.

There are so many positive things that can add to your health account. Conversely, we should also eat less high calorie, nutrient poor foods, drink less caffeine and alcohol, and end or repair strained relationships.

Ridding yourself of these negative things will also add to your health account.

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