

# ALLY SPINE CENTER/OCTOBER 2024

## Elevated Health



**Dr. Chris Condon**

### DID YOU KNOW?

Did you know vitamin D is really a hormone necessary for many functions in your body? Its real name is Calcitriol and it is made in the skin and is hydroxylated in the liver. Many of my patients have been told by their doctors to maintain a healthy level between 25 and 45 ng/ml. While this may suffice to maintain low-level health and subvert immediate disease, a better goal is to maintain a level of 80-100 ng/ml in your blood. See where you stand and work toward improving this and you'll realize how much stronger your immune system will be. Call me if you have any questions about the best way to boost your level.

### Welcome to our inaugural newsletter!

It is our mission to be true leaders in true healthcare. This means you'll have the opportunity to learn something that is based in fact and not opinion and be able to use it to apply to the advancement of your overall health and well-being.

I hope that you'll find the contents of these monthly letters useful and mostly, that you will apply what you learn to building yourself up each day to come closer to reaching your full health potential.

Most of the time that I spend outside of my practice is spent on doing the same for myself, my family and doing the research necessary to bring updated information to you.

Remember, knowledge isn't power... IMPLEMENTATION is power!  
Continue on your journey to see how close you can get to reaching your health potential by taking action on what you learn. You'll love the life you create when you do.

### YOUR 90 DAY PRE-HOLIDAY CHALLENGE:

1. Exercise 90 days
2. Limit carb intake to 50g/day
3. Drink ½ weight in oz. of H2O/day & no alcohol
4. Eliminate processed foods
5. Pray 15 min./day
6. Watch the sun rise & set
7. Avoid negative thoughts
8. Remove all distractions from your healthcare
9. Get 1% better every day
10. Show gratitude to at least one person a day

Keep a daily journal and celebrate the new year in great health!!!

*"The doctor of the future...will interest patients in the care of the human frame and the cause and prevention of disease."*

Hippocrates

### Upcoming Events

- 10/8/24 FH Library 10am talk on building health naturally.
- 10/9/24 10am talk on disc disease with Dr. Allyn, naturopath.
- 10/9/24 12pm Health Fair at Trilogy in Rio Verde.
- 10/11/24 10am talk on disc disease and stenosis at Acoya Assisted Living in Scottsdale.
- 10/12/24 9am-12pm FH Health Walk Event on the Avenue of the Fountains.
- 10/18/24 1pm talk at FH Comm. Ctr. Fitness after 50.
- 10/22/24 10am Abby Nickerson, Holistic Mind-Body Healer at Ally Spine Center.
- 10/25/24 1:30pm True Wood Assisted Living talk on disc disease and spinal stenosis.

