

ARE YOU LIVING
HEALTHY OR

ARE YOU
JUST
LIVING?



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Living a healthy life encompasses various aspects, including emotional, physical and financial well-being!



So what do we need to do to get where we want to get emotionally, physically and financially, to be Life Healthy?

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Each portion of LifeHealth can be a book by itself so to save time, let's scratch the surface on all three, just to give you an idea of how simple obtaining LifeHealth is. It will probably take a little time, some effort, and maybe a little money but YOUR life is where you want to be for as long as possible and we all want to enjoy the benefits of doing, seeing and being who and what we deserve to be!



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Let's start with your "physical" LifeHealth!

I was raised in "that" family where you can't leave the table until everything on your plate is eaten. The only time I left the table without finishing everything in front of me being sent to bed at midnight after staring down a bowl of green pea soup for 5 hours. I won! Lol (I still don't like green pea soup!). Sorry, I digressed. I thought that being healthy was being thin, or at least everyone that was smaller than me was healthy, people who wore low-riders, and bell-bottom jeans and not looking like part of the "Wild Kingdom" like I did!

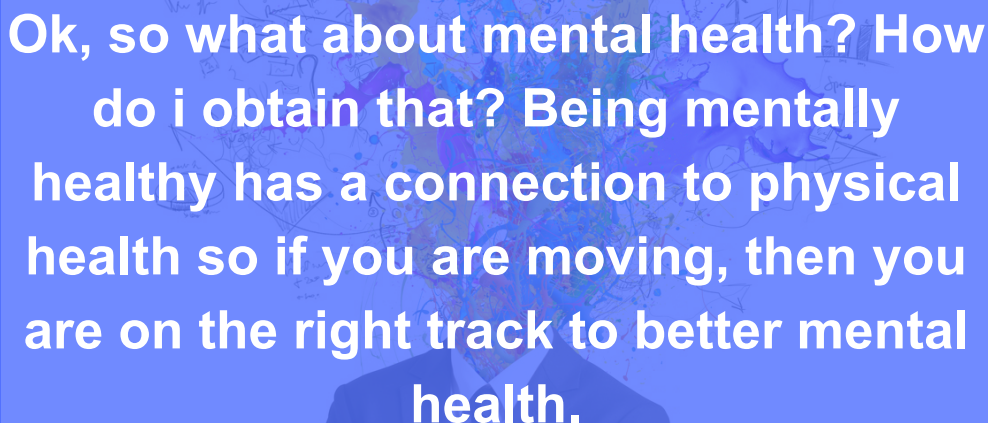
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I recently got my nutritional dna code testing and my genetic code also showed i was prone to being overweight and “thick” which was destined to be my middle name. I briefly thought, I had no chance to be healthy. But now with my education and knowledge, i know that i can redirect or change my dna “code“ and do things that I need to do so I won’t be overweight! But does that make me physically healthy? No. We should all know by now that what you look like on the outside doesn’t automatically represent what your health is on the inside. That is something you should take to the bank!

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One simple way to help us obtain better physical health, is to MOVE!

**Yes, just move! walk, deep breathe, exercise, work in the garden, fix things around the house, play a sport, ride a bike etc. We all know what to do but the secret is to do it consistently!
It can be that simple!**



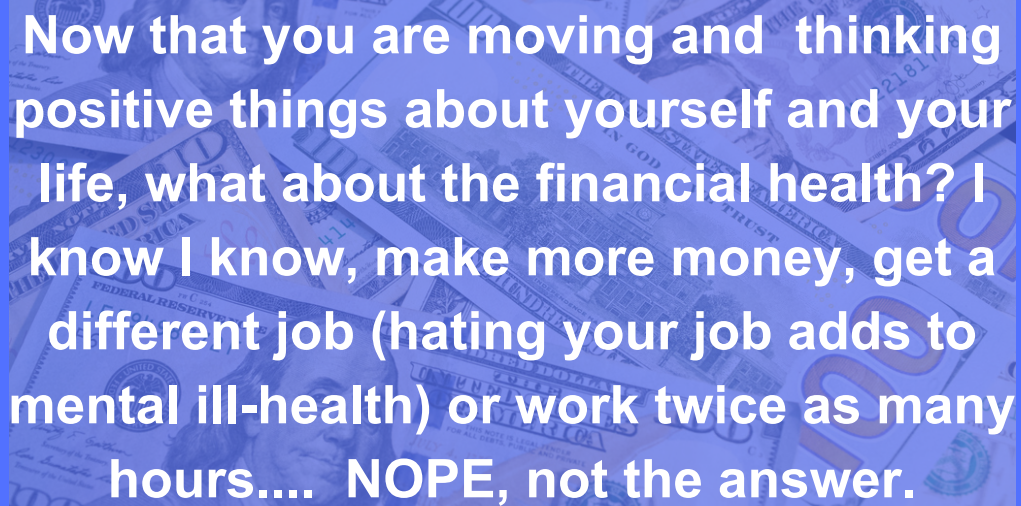
Ok, so what about mental health? How do i obtain that? Being mentally healthy has a connection to physical health so if you are moving, then you are on the right track to better mental health.

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The objective is to reduce, and if you can, eliminate negative stress. There is good stress to the body like exercise but we are talking about the negative stress like worry, anger, restlessness sleeplessness, over-thinking or even just having negative thoughts.

Some times medication is needed (preferably only to use to help you correct the issue) and supplementation can be properly utilized but there is also necessity of prayer/meditation, unplugging from “electronics“, positive self-talk & positive thoughts. No matter who you are, you got this! This can be conquered by ANYONE, especially by **YOU!**

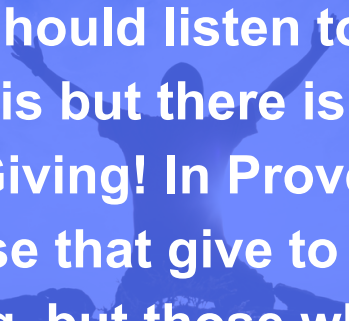
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A background image showing a collage of US dollar bills, including \$100 and \$50 bills, with a blue tint. The text is overlaid on this image.

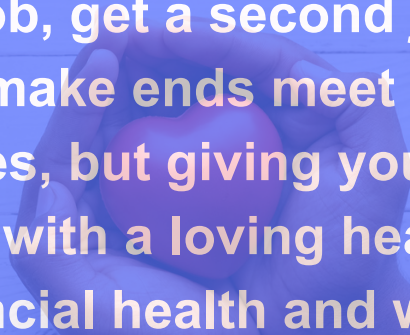
Now that you are moving and thinking positive things about yourself and your life, what about the financial health? I know I know, make more money, get a different job (hating your job adds to mental ill-health) or work twice as many hours.... NOPE, not the answer.

Financial health isn't only how much money you make! It's what you do with that money. Of course God, family, friends come first.

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Do what you love and love what you do and the money will come, is another saying we should listen to. We have all heard this but there is one thing missing. Giving! In Proverbs 26:27 it says “Those that give to the poor will lack nothing, but those who close their eyes to them receive many curses”. What you give you will receive. It’s the Universal Law! It is better to give!



Are there times that you have to work at a different job, get a second job, get a side-gig to make ends meet and/or get ahead? Yes, but giving your time and/or money with a loving heart, will also reap financial health and wealth!!

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**If you are looking for a “side gig”?
Looking for the right supplements?
Looking for mental exercises or just
additional ways of obtaining better
emotional, physical and financial
health?**

**Are you living healthy or are you just
living?**

Let me help!

**Schedule your FREE 30 min
consultation.**

calendly.com/lifehealth/lets_talkhealth

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