

# 5 DAYS TO Better Health



Dr. Stéphane Provencher DC, PhD(c), PScD, FIM, FICS, BCAMP, BCHHP

# 5 DAYS TO BETTER HEALTH

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# 5 DAYS TO BETTER HEALTH

## Introduction

### Day 1

Living a healthy, balanced and happy life is not as difficult as it may seem. Everyone has the capacity to make small and simple lifestyle changes towards better health and overall wellbeing. Everyone deserves a life full of abundance, health, happiness and joy – so do you!

Over the next 5 days I will show you how easy it can be to change unhealthy habits into healthy habits and to incorporate simple and easy exercises with huge health benefits into your every day life.

Are you ready to transform your life and become a healthier version of yourself?

### Let's get started!

This is a layered program which means that each day there is a new task for you to try out. Make sure you still continue everything you've learned each day and continue the next day to form positive changes that will turn into healthy habits without even realizing it.

But before you get started always **remember to listen to your body and to only do what feels right and good for you**. We are all such incredible but different individual human beings and there is no “one fits all health program”. Use the following steps in a way that feels good for you, because then you are able to create positive lifestyle changes!

Take 15 minutes to complete your **FREE HEALTH ASSESSMENT** first. Let see your **health score** and then see how much my 5 days to Better Health really changed your life. [CLICK HERE](#)

# 5 DAYS TO BETTER HEALTH

## Deep Breathing

### Day 1

#### **DAY 1 is all about Deep Breathing**

You may wonder why the first step of this program is deep breathing. Breathing is something we do subconsciously yet it is the most essential thing in our life.

**Think about it:** you can go without food for days, even weeks if necessary and you can survive without water for more than a week. But how long can you survive without breathing? How long can your body work properly without getting oxygen? Not long. Holding your breath for more than 20 seconds can be difficult for some!

This simple fact proves how important breathing is. Unfortunately, we have forgotten what it means to breathe properly - to breathe on a deeper level and therefore nourish our whole body with fresh oxygen. Deep conscious breathing can help your body to get rid of toxins, releases tension on a deep level, can relieve emotional problems and even pain.

**This is why on the first day of this program it's all about breathing.**

So how can you actually work on your breathing technique? The following tips and exercises will help you to get the most out of every breathe and transform the way you are breathing forever.

Are you ready for this?



# 5 DAYS TO BETTER HEALTH

## Deep Breathing

### Day 1

#### **In the morning:**

When you wake up in the morning pause for a moment. Instead of grabbing your phone and checking your emails stay in bed for only 3 more minutes and observe your breath. Observe it without judgment. Tune into your body and notice if your breath is very short and superficial or slow and deep. When you focus on your breath you are immediately relaxing.

This is a great start into the day, unrushed, at ease and calm. See how this simply change influences your whole day in a positive way.

#### **Middle of the day:**

Sit comfortable in a chair or cross legged on the floor and put one hand on your chest and your other hand on your belly. Take a deep breath in through your nose and make sure the diaphragm (and not only the chest) inflates with air so you are stretching your lungs.

Try to count to 5 while inhaling, stop for 2 seconds holding your breath, slowly start exhaling while counting to 10. When you inhale your belly rises, when you exhale your belly falls.

Repeat 5-10 times.

#### **In the evening:**

Try to end the day exactly how you've started it. Switch off your mobile phone and all other electronic devices and focus on your breath without judgment like you did in the morning. Try to not think about anything else except for your breath. This will slow down your heart rate, relax your whole body and mind and prepare you for a good night rest.

# 5 DAYS TO BETTER HEALTH

## Deep Breathing

### Day 1

#### **How to incorporate it into your everyday life:**

Whenever you have 2 free minutes during the day, close your eyes and take a few deep breaths (like described above). Especially when you feel stressed or overwhelmed this simple exercise will calm you down and you'll notice soon how much more energy you have during the day and how much more stress resistant you become.

There are no excuses, you can incorporate this exercise into your day no matter how busy you are. A few examples are when you are in the car and have to wait at a red light, in the queue at the grocery store, when you are waiting for a friend at the coffee shop or when you are waiting for your lunch to arrive. The opportunities are endless. Be creative.

I will see you tomorrow for the next key step to Better Health in just 5 Days.



# 5 DAYS TO BETTER HEALTH

## Hydration

### Day 2

#### Day 2: Cheers to good health with hydration!

How is your deep breathing going? Are you feeling less stressed, more relaxed and clear headed? Continue to do the deep breathing each morning, day and night to really oxygenate your body on a cellular level to help clear out negative energy, emotions and toxins.

#### So what is today's Better Health tip?

How many times did you hear celebrities share their most effective secret for weight loss, glowing skin and stunning beauty? The number one thing they always say is: **WATER**.

For good reasons. If you want to live a healthier lifestyle it's not just about the food you are eating. It is just as important what and how much you are drinking as what you are eating.

Our bodies are made of 70% water and therefore we need water to function properly. Without enough water we have less energy, have more cravings and our bodies age faster. Nobody wants to age faster right?

Just in case you didn't know here are just some of the benefits of drinking the right amount of water for your body:

- Detoxification
- Increased energy
- Less fatigue
- Promotes weight loss
- Improves digestion
- Boosts immune system
- Natural headache remedy
- Anti-aging treatment
- Prevents cramps



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# 5 DAYS TO BETTER HEALTH

## Hydration

### Day 2

The list goes on and on. The benefits of drinking more water are endless. Water also puts you in good mood because your whole body is functioning better and due to your increased energy level you are way more productive and happy.

The amount of water your body needs is very individual. It depends on your age, on your body size, how active you are and what your diet looks like. There are some studies that say that it is best to drink between 2-3 liters of water per day but the best is if you are listening to your body.

The guidelines for water consumption is based on your body weight. Use this quick calculation to determine your ideal water intake each day!

Take your weight in pounds  $\div$  2 = water in oz to drink each day

Tip1: If you don't like the plain taste of water put a lemon or orange slice into it or drink herbal tea.

Tip2: Try to get the best water quality as possible. If you have access to filtered alkaline water that's great, if not look out for the best natural mineral water (make sure it's not sparking water).

Tip3: Don't drink anything for at least 30 minutes (better 60 min) after you had a big meal otherwise you can't digest it properly.

Be sure to calculate your water intake, do your deep breathing and I will see you tomorrow for the next tip for Better Health!

# 5 DAYS TO BETTER HEALTH

## Dark Leafy Greens

### Day 3

#### Day 3: It's all about the dark leafy greens

I hope you are drinking some more water today and deep breathing!

It's no secret that eating a lot of fruits and vegetables is a must when you want to live a healthy lifestyle. If you eat at least 3-5 servings of fresh fruits and vegetables a day you are on the safe side when it comes to nourishing your body with the basic requirement for minerals, vitamins, fiber and antioxidants.

But did you know that the one thing that most people forget about in their diet is dark leafy greens?

How many times a week are you eating spinach, turnip greens, kale, collards, rocket, dandelion greens, turnip greens or chard?

The best answer would be **EVERY SINGLE DAY**.

Why is it so important to increase your intake of greens?

Greens are a nutritional powerhouse. No other fruit or vegetable is so full of minerals, vitamins, antioxidants and protein. They are detoxifying, lower cholesterol, are alkalizing and strengthen your bones. These are only a few of the many amazing health benefits of dark leafy greens.



## Dark Leafy Greens

### Day 3

So how can you incorporate more greens into your daily lifestyle without having to eat only green salads for the rest of your life?

→ Easy.

Have a green smoothie or green juice:

If you are a smoothie/juice lover than put a handful of greens into it and have all the benefits without even tasting the greens.

Smuggle greens into your home cooked meals

You can add spinach to your pasta sauce, put some rocket on your pizza, add some chard to your risotto or snack on kale chips instead of potato chips.

You can start your morning with scrambled eggs and sautéed greens or top your avocado toast with fresh spinach. The possibilities are endless. Eat a salad made made out of dark leafy greens as a side dish as often as possible –or by all means if you fancy to as an energizing lunch!

Just by adding dark leafy greens each day you are increasing your health substantially, even if they need to be hidden! Tip: The darker your greens in color the healthier they are!

See you tomorrow for my next hot tip for Better Health in just 5 days!



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# 5 DAYS TO BETTER HEALTH

## Home Cooked Meals

### Day 4

#### Day 4: Homemade cooking

Nowadays it's not that easy finding the time to prepare your own meals because we are living in a society where time is money and where stress is driving us to grab something at the take away, warm up frozen fast food or grab a burger on the way home.

But cooking your own meals is the best thing you can do for your health and the wellbeing of your whole family. So why can preparing your own food transform not only your health but also your overall wellbeing?

#### You are in CONTROL

You decide what goes into your meal and what doesn't. If you start cooking your own dishes you can choose ingredients that are healthy and good quality. You can control the amount of salt and oils you are using and create meals with a balance of carbohydrates, fat and protein.

#### It SAVES you time

Imagine following scenario: driving to a restaurant, order something, wait for your order, return home and then serve the meal. It adds up, you could've easily made a delicious, nutritious and fresh home cooked meal yourself from scratch.

#### Saves money

You can buy bigger portions of produce, buying on sale, freezing leftovers or bringing leftovers to work so you don't have to buy an overpriced salad which is probably not as healthy as you think.

#### Weight control

When you go to a restaurant it is easy to overeat because you don't want to pay for something you didn't finish. You are also more likely to eat less sugar, fat and calories in total and choose healthier methods of food preparation.

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# 5 DAYS TO BETTER HEALTH

## Home Cooked Meals

### Day 4

#### Energy of your food

You may not believe it but if you cook your own meal you are not only eating more vitamins but you are also absorbing the love and positive energy you've put into the food while preparing it yourself. Isn't that great?

The more you enjoy the whole process and the more love you put into preparing your meal, the more nourishing it is for you and your whole family.

If you want to spend more time in the kitchen start simple and without pressure. Try to prepare breakfast the night before (bircher muesli, porridge, overnight chia pudding), buy fresh veggies and keep in the fridge so you have them handy for a quick stir fry or veggie soup. Stock up your freezer with frozen fruits, vegetables, leftovers and wholegrain bread. Make sure you always have whole grains like rice, spelt, quinoa, millet or buckwheat in your shelf and to switch white pasta with whole wheat pasta to make your 5-minute pesto spaghetti even more nutritious.

It's as easy as that. Try it out and feel the benefits immediately. Get creative, look for easy recipes online or ask friends what their favorite recipes are. And don't forget, if a meal doesn't turn out the way you wanted it to, take it easy, laugh about it and try it again.

See you tomorrow for my last tip for Better Health in just 5 Days!



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## Get Moving

### Day 5

#### Day 5: Get moving

While you can get rid of a bad diet it doesn't mean that movement and exercise isn't an important part of a healthy and balanced lifestyle. Because it is!

The good thing is you don't have to become a professional athlete or run a marathon - It's all about living an ACTIVE lifestyle.

A few examples of bringing more movement into your everyday life are:

- Take the stairs whenever possible
- Start your morning with a few simple stretches
- When you sit/work in front of the computer the whole day – go for a quick and fast walk after lunch
- Don't sit for longer than an hour without getting up
- Instead of meeting your friend for a coffee go for a walk in the park to move a bit and get some fresh air
- Take the bicycle instead of the car
- Get out of the bus/underground one station earlier and walk rest of the way

Find an exercise you LOVE doing and that is fun. Try out new things and never do something you are not enjoying because this creates negativity and stress in your body instead of making you feel better and more vibrant.

Again, you don't have to do 90 minutes of extreme exercise a day (but of course feel free to do so if you feel like an intense workout) to live an active lifestyle. It's all about balance and not extremes. Find a way of exercise that works for you and remember: As long as you are moving you are already doing something good for your health and wellbeing!

# 5 DAYS TO BETTER HEALTH

## **Congratulations!**

You did it!

Congratulations! You did it. You are now healthier in just 5 days by implementing these 5 simple steps to your daily life.

Amazing, you can be so proud of yourself for being open to try out new things and doing something good for your health.

How do you feel? Did you feel any difference now after finishing the program? Was it hard for you to incorporate the tips into your life? Take a few minutes to think about how you are feeling, how it felt to take care of yourself and nourish your body mind and soul with healthy habits.

When incorporating new things in your life, it's always a good idea to write down how you feel along your journey so that you can look back and see how far you have come or how your body or life has changed. While it may not seem like much, these 5 tips are the basic foundations to living a healthier life and they aren't complicated are they?

Just because the 5-day program is over now doesn't mean that you have to stop now. It would be amazing to stick with it and maybe even find a daily routine with some of the tips that you incorporate into your daily routine. I'd like to extend this special invitation to join our **Functional Medicine Essential program** for only \$2997 – Here is the link: [Essential Program](#).

**Don't forget to retake the FREE Health Assessment you did prior to start! Let's measure the changes. [CLICK HERE](#)**

I would love to hear from you to see how you went this week! Send me an email to [drs@ghhcenter.com](mailto:drs@ghhcenter.com).

Talk to you soon!

**Dr. Stéphane aka Dr. Awesome**  
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## About the Author

### Dr. Stéphane Provencher

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Stéphane Provencher's earliest memories resounded with cries of pain and discomfort. Massively obese and bullied throughout childhood, he knew one thing for certain; he was not normal. "By the time my parents divorced, it was clear that any personal roadmap I might have developed was shattered, my destiny was a vague memory wrapped in the solitude of despair. It was years later, after leaving school and traveling to Europe, after reading *The Alchemist* that I discovered my limiting beliefs were no more than illusion. I began to ask Who am I? Why am I here?"

Stéphane was now free to recall how his gift for intuiting where in their bodies' people held pain, enabled him to feel what they were feeling and help heal their emotional wounds. This awareness guided his dedicated studies and career in chiropractic as he began to understand how the intertwined relationship of the body, mind, and spirit worked together. For Stéphane, learning how emotions—not purely physical ailments—cause 90% of all pain and dis-ease, was not as much revelatory as confirmatory.

The staggering realization that emitting or sending frequencies of love can restore proper balance forever changed Stéphane Provencher's life and the lives of those he serves. "I am 100% clear that I am a vehicle. My commitment and passion is to guide as many as possible to wellness through self-love and knowledge. I invite you to initiate your own extraordinary journey of the soul."

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# SPECIAL PROGRAM

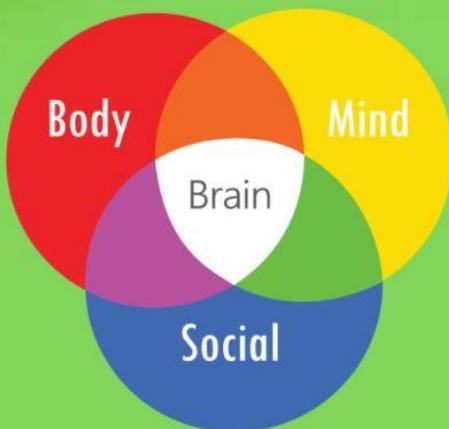
## [Lifestyle Prescription Foundation courses – 40 modules](#)

We also strongly recommend this [40 modules class](#) which will teaches you the root-cause of all illness for a special pricing through the Lifestyle Prescription where Dr. Stéphane Provencher is an instructor:

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- Supervision & Practice Live Classes
- Invaluable Lifestyle Prescriptions University support
- Private LP Provider Facebook Community
- 20 Continuous Education Units (CPD)
- Reference Charts & Posters can be ordered later (optional)

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# FUNCTIONAL MEDICINE

- [Functional Medicine](#) (FM) is an integrative model being embraced and used by all types of types of health care practitioners (DCs, MDs, DOs, etc.). It is not only a "white-hot" health care product, but also the future of health care in this country.
- FM is a clinical & integrative model that truly looks at the entire person in an attempt to understand the underlying mechanism(s) associated with a set of symptoms or disease. FM employs diagnostic testing (much of which most doctors, including many MDs, don't even know exists), looks at the optimal values (not the sick ranges that all lab gave the Medical Doctors) and leans on cutting edge research in order to understand the root causes of sickness and disease. Once a comprehensive diagnosis is reached an FM doctor will customize a care plan that deals with the root underlying mechanism.
- A great example is Type II Diabetes. Many doctors, whether they are prescribing physicians or "natural" doctors, will put their focus on lowering and controlling the patient's blood sugar, finding the organ stressors and optimize the entire body. They do this with drugs and/or nutritional products and/or herbal medicine and/or diets & food combining and/or exercise & mindful movement and/or homeopathy, etc.

# ESSENTIAL PROGRAM

- The GHHC Essentials program is a personalized, root cause approach to your health. During this 6-8 month program, we will work together to explore the underlying mechanisms of your health challenges.
- We start with the understanding that your body is designed to be perfect and is governed by the principles of nature. By approaching your health from this “new” perspective, we ask a new set of questions that uncover new opportunities to address your concerns. We believe that nothing can fix your body better than it can fix itself. Our goal is to educate, nurture, and remove interference so that you can heal deeply and completely.
- This program is ideal for those who want to get to the root cause of:
  - Autoimmune disease (MS, RA, Celiac, Type 1 Diabetes, Hashimoto’s, Psoriasis, etc)
  - Digestive disorders (IBS, SIBO, Crohn’s, Colitis, heartburn)
  - Hormone and endocrine imbalances (Thyroid disease, PMS, hot flashes, PCOS)
  - Infertility
  - Joint pain
  - Diabetes
  - Thyroid Disease
  - Chronic fatigue
  - Fibromyalgia
  - Adrenal issues
  - Cognitive decline (brain fog, poor memory, Alzheimer’s, Parkinson’s)
- The GHHC Essentials program will enable you to finally find the answers you’ve been looking for. We will suggest the right lab testing, explore and address the emotional aspects of your issues, and teach you how to take the best care of yourself (and family) as possible.

# ESSENTIAL PROGRAM

- **9 - 11 Comprehensive Consultations**
- Your consultations may be done in person or via phone/video. The type of consultation will be determined based on your personal needs. Our practitioners include functional medicine practitioners, integrative medicine practitioner, naturopath, nutritional therapy practitioners, health coaches, holistic nutritionists, and other healthcare providers. Your program length will vary from 6 – 8 months, continuing care options are available after you have completed your Essentials Program.
- **Appointments included:**
  - Pre-Blood Analysis consultation – 40 - 60 minutes
  - Lifestyle and nutrition consultation – 60 minutes
  - Lab results review – 60 minutes
  - Lifestyle and nutrition follow up – 60 minutes
  - Clinical follow up – 60 minutes
  - Flex appointment – 1 x 60 minutes or 2 x 30 minutes (anytime)
  - Flex appointment – 1 x 60 minutes or 2 x 30 minutes (anytime)
  - Clinical Case Review – 30 - 60 minutes
  - Alexander Technique breathing-gut technique – 60 Minutes

[Click here for more information](#)

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# FREE HEALTH ASSESSMENT

- The first step begins with our [free online health assessment](#), followed by a **free 15 to 20 min Results call** with our experts to discuss the findings of the health assessment. We recommend to do it **PRIOR** the 5 Days to Better Health and **Afterward**.
- This simple survey assess your symptoms and categorise them in Health importance and attribute a Health Score.
- It goes through symptoms of the HEAD, EYES, EARS, NOSE, MOUTH/THROAT, SKIN, HEART/CARDIOVASCULAR, LUNG/BREATHING, DIGESTIVE TRACT, JOINTS/MUSCLES, WEIGHT, ENERGY/ACTIVITIES, MIND, EMOTIONS etc...

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