



3D Lifestyle Overview

Diet, Digestion & Detoxification



[diet.digestion.detox.](http://diet.digestion.detox)

At Cincinnati Health Institute we believe that overall health and wellness cannot be achieved without addressing the health issues that arise when the body's systems are out of balance.

Cincinnati Health Institute is proud to introduce the 3D Lifestyle Program. Begin your journey with our 30 Day 3D Starter Package.

30 Day Starter Package contains:

- MEGASPOREBIOTIC™
- MEGAPREBIOTIC™
- MEGA IGG2000

What is the 3D Lifestyle?

The 3D Lifestyle works to correct poor diet, digestion, and detoxification believed to be at the root of most health issues.

DIET

The 3D Lifestyle Program incorporates an anti-inflammatory, low carb diet protocol with intermittent fasting.

The Intermittent fasting (IF) portion of the diet is an eating pattern that involves cycling between periods of fasting and eating.

The 3D plan uses a 16 hour intermittent fast for optimal results.



The diet focuses on lean, organic meats, veggies, fruits, fish, eggs, and healthy oils. You will receive a list of approved and unapproved foods and a sample meal plan to get started, along with access to 30 days of support through our 3D Lifestyle Bodysite APP.

DIGESTION

Digestion and gut health are at the core of the 3D Lifestyle. 3D works to balance the gut. When the gut is unbalanced, the normal, tight junctions of the intestinal mucosal cells deteriorate and become damaged.

When the lining of the gut is damaged it allows larger substances like toxic molecules, food particles, undigested proteins, toxins and other unwanted foreign bodies to cross into the blood and lymphatic systems. Your body reacts to these foreign bodies as intruders and releases antibodies to fight them. This results in systemic inflammation.

What happens when the gut microbiome is out of whack?

- Bloating, cramping and gas
- Constipation and/or diarrhea
- Mood changes, depression
- Systemic inflammation and chronic disease
- Sleep disturbances or fatigue
- Hormonal imbalances

As the gut becomes unbalanced, disorders like Leaky Gut, SIBO, Candidas, Irritable Bowel Syndrome, Dysbiosis, and Gluten sensitivity are likely.

The 3D Lifestyle focuses heavily on reinoculating the gut with good bacteria and restoring the lining of the gut.

DETOXIFICATION

The 3D Lifestyle involves intermittent fasting, causing your body to undergo a level of autophagy, an important form of natural detoxification.

Autophagy is the body's way of cleaning out damaged cells in order to regenerate newer, healthier cells. It's like the body's natural recycling system. Autophagy helps to keep your body clear and clean while healing.

Since proper detoxification requires that all 3 phases of detoxification need to be addressed to be successful, this program ensures that through diet and supplementation, the proper enzymes, nutrients and amino acids are present to ensure adequate detoxification for health and wellness.



Visit our site for more information!

DID YOU KNOW WE OFFER
DRY NEEDLING SERVICES?



Dry needling is an effective treatment that involves the insertion of a thin needle, similar to those used in acupuncture treatments, into tight muscles or trigger points of the body.

Dry needling is beneficial for people experiencing severe musculoskeletal pain, low back pain, neck pain, and muscle tightness.

The main benefit of dry needling is it helps in restoring muscle function and enhanced tissue healing.

A thin monofilament needle penetrates the skin and treats underlying muscular trigger points for the management of pain.

WHAT IS A TRIGGER POINT?

A trigger point is local contracture, or chronic loss of joint mobility, in a muscle fiber that can disrupt function, restrict range of motion, cause pain and/or local tenderness.

BENEFITS OF DRY NEEDLING:

- Reduces swelling & inflammation
- Relieve muscle tightness and pain
- Speeds up recovery
- Treats chronic pain
- Improves range of motion
- Improves blood circulation

Schedule your dry needling appointment now!



Imu-Max by Ortho Molecular Springboard combines echinacea and propolis extracts in a pleasant-tasting liquid formula for immune system support. Imu-Max is a kosher product.

In most cases, the immune system does a great job of keeping people healthy, but during certain times of the year or times of stress, the immune system may require additional support.

Abundant studies have shown the active ingredients in Imu-Max to be especially supportive to the immune system.

Imu-Max is a children's formula with two key botanicals that strengthen antioxidant reserves and support the immune system. First, echinacea, one of the best-known botanical supplements used to boost the immune system, and second, propolis, a product of bee resin.

- Pleasant-Tasting Liquid Immune Support Formula for Children
- Alcohol-free
- Boosts Immune Function
- Provides Immediate Support for Immune Challenges
- Supports Protective Antioxidant Reserves
- Promotes Healthy Inflammatory Balance

Question: Are you accepting new patients?

Answer: Yes, we are!

Q: Is homeopathy safe for children?

A: Yes. It is very safe. Dosage needs to be adjusted, but it is safe to use.

Send us your questions and we will feature a question in the next newsletter!
Email us at: admin@chi4health.com

3 Tips for Hydration

- Drink a cup of water with meals.
- Eat foods that contain water.
- Track your hydration.



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SPECIAL OFFER!

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Expires 12/31/20

Follow us on social media!

Be sure to follow us on Facebook, Instagram and Twitter! We will be providing healthy tips and tricks, as well as product spotlights, for all of your health and wellness needs! Tag us on your health journey so we can share and support your successes!



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