



**Family First
Health Center**



**Optimizing Health
Maximizing Life:**

7 Keys

**to Look and Feel Your Best
From the Inside Out**

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Congratulations!

Since you are reading this, you are obviously someone who cares about your health and wellness – and that is the focus that can help you have and maintain a good quality of life for the rest of your life.

Some people believe that seeing a doctor should only happen when they are sick or injured. With that frame of mind, people miss the support of having preventive care, early diagnosis of potential conditions that can be easily handled and on-going recommendations for wellness practices that match their current condition.

The most significant fact that happens as a result is that people's bodies break down faster, they age in appearance more quickly and believe that it's case of 'just getting older'.

But I am here to tell you...

It does NOT have to be that way!

You can literally change the quality of your life going forward by taking new action now. What I am about to tell you is likely something you have already heard... but have you heard it from your physician lately?

Too often, it can be easy to rely on prescriptions and procedures to handle feeling bad. While I believe in the power of medicine for healing, I also know that my tools are not as effective as they could be if the patient is not committed to their own wellness every day.

With just a few simple things that you can start doing now, you can slow, stop or even turn back the clock on your physical body. Please read and then print the following page to remind yourself of what you can do now to feel better today – and tomorrow!



Optimizing Health Maximizing Life:

7 Keys to Look and Feel Your Best From the Inside Out



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***Focus on these seven actions to look and feel your best every day –
from the inside out!***

1

No comparisons!

Be yourself - authenticity is attractive. Judgement disconnects you from your personal power. You are what is missing when you are not completely there so be uniquely you.

2

Turn off and sleep your way to wellness.

Chose to unplug from all electronic devices and get connected to what grounds you – nature, art, prayer, etc. to create a luxurious. relaxing ritual for deep sleep (and commit to it!).

3

Fuel your day.

Treat your physical temple to delicious nutritious dishes that give you energy and satiate your senses. And hydrate liberally! The best indicator of hydration status is the color of your urine. If it's not clear... drink up! (Water that is!)

4

Move it!

Motion is lotion. Dance, run, stretch and play every day! You were made to move so turn on your favorite song and shake a tail feather. S - T - R - E - T - C - H = Growth. Keep growing through daily movement.

5

Mine your mind.

Extract, exchange, challenge and question limiting beliefs. "... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." Phil 4:8

6

Align with your greater purpose.

Fear and guilt are not great motivators. Instead of focusing on what you are getting away from, focus on what you are moving toward. Celebrate every step in the right direction and forgive yourself when you get off-beat.

7

Count your blessings (not the faults).

Cultivate an attitude of gratitude as the highest frequency for creating your life results. What you see is what you attract.



Some of these are deceptively simple in that they look easier than they are to do every day. And yet, I promise you – these seven simple actions can help you look and feel your best from the inside out every day.

For now, I will leave you with one last thought :

"The trouble is you think you have time." ~ Buddha

I see the results of people thinking they have more time to make life changes that can improve their lives. These are intelligent, wonderful, kind people who put others first, get caught up in the pace of life and think that tomorrow is a good time to start... but tomorrow never comes.

Please take this list to heart because it is coming to you from mine. I am honored and happy that you choose me as your physician for yourself and your family! It is what gives purpose to my life. And, at the same time, you and I both know that true wellness happens in the little moments of everyday living.

My intention is that you feel good in your body every day, happy with what you see in the mirror. My commitment is to provide competent and compassionate care for your overall vitality and capacity to perform at whatever you choose to do in life, including appearance and that you feel good about your life. My role is to support you in living a whole and happy life by making sure you have the tools you need to have proactive insights, medical attention for proper treatment and options for you to use in the true spirit of western medicine as it was originally intended – as a means for authentic healing so you can live your best life by feeling and looking good every day.

Love,

Dr. Delicia