

# THE 5 ESSENTIALS™

OUR HEALTH DELIVERY SYSTEM



## MAXIMIZED MIND

Understanding the true principles of health and healing, and creating a mindset of success



## MAXIMIZED NERVE SUPPLY

Restoring and maintaining proper function of the nervous system through spinal correction



## MAXIMIZED QUALITY NUTRITION

Nutritional science that sustains well-being, disease prevention and ideal weight



## MAXIMIZED OXYGEN & LEAN MUSCLE

Cutting-edge exercise programs that work to facilitate optimum fitness in minimal time



## MINIMIZED TOXINS

Supporting the body's natural ability to permanently remove toxins from the cells



# MaximizedLiving™

## About Maximized Living

Maximized Living is a healthy living initiative dedicated to preventing unnecessary suffering and helping people reach their potential. Our growing network is driven by more than 500 wellness doctors who serve in clinics across the United States, Canada, Puerto Rico, the United Kingdom, Australia and the Philippines.

### Mission

To avoid unnecessary human suffering by changing the practice of health care through the 5 Essentials.

### Vision

Through an unshakeable commitment to living and sharing the 5 Essentials, 34 million people will enjoy the health needed to experience their potential.

## YOUR NEXT STEPS



### Schedule Your 5 Essentials Exam

Did you know that interference to the central nervous system caused by misalignments in the spine can build disease? Luckily, Maximized Living doctors specialize in identifying and correcting interference. Schedule your exam today.



### Join us at an upcoming event

Our clinics host more than 30 life-changing health events every year. From workshops on various health topics to Recipe Nights and Community Dinners, we address pressing health issues through world-class education.



### Ask your doctor about Maximized Living resources

Maximized Living produces whole food supplements, spinal correction kits and educational materials that have been specifically designed to help patients achieve life-changing results. Ask how you can access these cutting-edge resources today.