



ALIGN
INTEGRATED MEDICAL CLINIC

THE 5 FUNDAMENTALS OF HEALTH

OUR HIGHEST LEVELS OF HEALTH ARE ACHIEVED WHEN...

1. We Understand the Truth That Health Comes From the Inside
2. Our Approach Towards Health is One of Simplicity & Consistency
3. Our Body is Functioning Correctly Both Mechanically & Chemically
4. We Are Mentally, Emotionally & Spiritually In-Tune
5. We are Fueling Ourselves Properly

