

# Live Right for Your Species Type

*The BioLOGICAL  
Wellness and Prevention  
Solution*

**Eat Well**

**Move Well**

**Think Well<sup>®</sup>**

**Introducing the Innate Lifestyle™ Plan:**

**The REvolutionary Guide to Expressing Your Enormous Genetic Potential**

**Using the science of lifestyle, genetic expression, and metabolic adaptation to uncover the truth about why we get sick and how to get and stay well.**

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**Dr. James L. Chestnut**

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## The 10 BioLogical Laws Determining Healthy Habitat and Lifestyle Choices

1. State of genetic expression determines state of health or illness (genetic expression is which specific genes are being expressed or which genetic recipes are being used to create states of structure and function and/or health and illness at any given time).
2. There is a direct causal relationship between habitat and lifestyle choice and state of genetic expression. Which genes you are expressing is determined by your habitat and lifestyle choices. States of health and illness are the genetic expression of habitat and lifestyle choices.
3. Healthy habitat and lifestyle choices for any species are defined as those that elicit the genetic expression of health within that species. This makes things so simple! What to eat, how to move and exercise, and how to think, feel, act, and interact in the ways required to express health are no longer confusing, they are defined by your species type. If you want to be healthy you must follow *biological* law, you must 'Live Right for Your Species Type'.
4. The habitat and lifestyle choices required to elicit the genetic expression of health within any species are determined by the essential ingredients lists found on the genetic recipes on the specific DNA or in the genome of that unique species. The unique collection of DNA found within the genes within any species is known as the genome of that species. Genome is what defines species. Each species has a unique collection of DNA or a unique genome which contains unique essential ingredients lists for the expression of health for that species. Humans have human DNA that makes up the human genome that contains the unique human essential ingredients lists for the expression of health in humans. Giraffes have giraffe DNA that makes up the giraffe genome which contains the unique giraffe essential ingredients lists. This *biological* law is true for all species.
5. Healthy habitat and lifestyle choices are species-specific and species-wide. What represents a healthy habitat or lifestyle choice for any member of any given species is defined by the genome of that species and is thus specific to that species and is the same for every member of that species (because every member of that species has the same genome). This *biological* law applies to all species, including of course, the human species.
6. The essential ingredients for the genetic expression of health must be sourced from habitat and lifestyle choices. The ingredients themselves are not found in the genome, only the recipes and lists of essential ingredients

are found in the genome.

7. Healthy habitat and lifestyle choices for any given species are defined as those that provide sufficient amounts of the essential ingredients necessary for the genetic expression of health and avoid toxic ingredients/materials that cause the genetic expression of adaption and illness within that species.
8. Failure to make habitat and lifestyle choices that supply sufficient amounts of the essential ingredients and/or to avoid making toxic habitat and lifestyle choices always results in the genetic expression of states of adaptive metabolism resulting in decreased health or increased illness. Such choices, and the chronic states of metabolic adaptation they elicit, are pandemic in Industrial Society and are directly responsible for the Chronic Illness Pandemic.
9. Making habitat and lifestyle choices that supply sufficient amounts of the essential ingredients and/or refraining from making toxic habitat and lifestyle choices, always results in the genetic expression of increased homeostatic (healthy) states of metabolism resulting in increased health or decreased illness.
10. To get and stay well, you must 'Live Right for Your Species Type', you must engage in habitat and lifestyle choices that increase the sufficient supply of the essential eating, moving, thinking, and social interaction ingredients and/or decrease the delivery of toxic ingredients.

## **Live Right for Your Species Type**

### **Eat Well – Move Well – Think Well® Innate Lifestyle™**

#### **“LIVING PROOF”**

Dr. Chestnut:

I had a difficult time writing this. In part because it brings up such painful memories, but also because I was not sure how to accurately portray my experience without sounding like an infomercial for the Innate Lifestyle. Keep this in mind, I am an average American mother, who believes that computer games, lack of exercise, and convenience foods are not the healthiest options for my children. My life partner is a chiropractor. He shares my ideology in word and in how we raise our kids. I am also an educated professional. Trained as a family therapist, I have enjoyed a reputation as an expert in my field. All this, and this is still my story.

In 1992, I gave birth to a beautiful baby girl. I nursed this baby for two years. When she started on solids, she had only organic ingredients. She got regular chiropractic adjustments and was physically active. I dedicated my life to providing a nurturing and healthy environment for my children. This child was extremely bright and active. But by 2002, at nine years old, she was diagnosed with “bipolar disorder” and “ADHD.” I took her to several renowned psychiatrists, following an incident during which she threatened her older sister with a kitchen knife and then turned it on herself. These psychiatrists all concluded the same diagnoses and the same course of treatment - medication and psychotherapy. I was devastated. As a seasoned family therapist, I knew that with these diagnoses came the stigma of mental illness, a social predisposition to being outcast and a medical mandate for lifetime medication. As a mother, I was scared and I felt impotent.

She had no friends. Our family was disrupted on a daily basis by her explosive outbursts. She was miserable. I was desperate. We needed relief, so I consented to start her on medication. She was prescribed an antidepressant, an anticonvulsant (for mood stabilization), a benzodiazepine (an addictive, anti-anxiety drug) and a psychostimulant (an amphetamine.) Two months later, an additional four medications were prescribed for asthma and allergies. Counseling was a disaster. A therapist myself, I couldn't get my own daughter out of the car for her appointments. In January of 2005, I was summoned to her school. Her teachers informed me that she was in danger of failing several classes. They threatened to report her for truancy because she had

missed 35 days of school. As I looked around the room, I realized that my daughter didn't have any friends at school either. I accepted the fact that my daughter's burden was mine alone to bear.

In April 2005, my partner invited me to attend Module 2 (Innate Diet) of your Evidence Based Chiropractic and Lifestyle Certification program. I needed the vacation, so I went. To my surprise, what you presented resonated as relevant not only to my patients, but to my family as well. Immediately, we started our family on your Innate Choice fish oil and probiotics. Over two months, we graduated from manufactured foods to whole and organic food. By six months we reduced the grain intake of the entire family. The changes have been unbelievable. By the end of May, less than two months later, my daughter was off all medications, had raised her grades to a "B" average and had perfect attendance in school. That June, she won a community essay contest with a piece she wrote on lifestyle choices and responsibility. There was a palpable change in the environment of our home. Everyone was calmer and happier, even the three Labradors (who were converted to organic raw food with fish oil and probiotics.)

It has been a year since I first attended your seminar. I have now completed all four modules. My partner and I have changed the way we practice, educating our patients to take control of their out-of-control lives. Several children in my practice have been able to be taken off of their psychotropic medications. Oh, and my daughter? She was selected to be in a "gifted" writing program, and just received a straight "A" report card, including an "A" in high school algebra (she's in seventh grade.) She was cast in a community play and was selected to play on a traveling sports team. She is very involved with friends and in our family - a joy to be around. So much for a future as a psychiatric patient. I'm thinking we might get a chiropractic student out of this instead!!

V.J.

*Years later I got this update.*

Hi James!

I hope this finds you doing well! I have such fond memories of taking your seminars and getting to know you. Hoping things continue to go smoothly for you. I'm very excited to see the third Innate Lifestyle Camp coming up next week!

I feel so honored to have been able to be a part of those first wellness trainings,

especially as an ‘outsider’ (non-chiropractor.) For me, the information was, and continues to be, life changing. At some point, I would love to hear your thoughts on epigenetics [I will send her a copy of this book!]. I’m becoming a geek on the subject with regard to the impact of cultural trauma in ancestry and mood dysregulation (specifically, PTSD as causal to shifts in methylation and subsequent depressive disorders in offspring.)

A quick update - this year I expanded my family therapy practice by hiring 4 therapists, added a second office location and I now insist that all employees have a wellness paradigm in addition to thinking contextually and systemically with every single patient and family they see. I teamed my first triathlon with 2 younger associates last month as a ‘lead by example’ launch to a curriculum for moms and teen daughters that includes eating, moving, and thinking components. I am having the time of my life rocking the mental health community in Chicago speaking on the paradigm shift that you influenced. I really am appreciative to you for that influence.

I am really missing the connection to your chiropractic post-graduate programs - a world that provided me information and support that my psych world has not caught on to yet, that and the free chiropractic adjustments!

Participating in your program and meeting you was significant enough to me that I guess I just wanted to write to you.

I wish you continued success as you lead and influence lives more deeply and profoundly than you ever imagined you could. Perhaps our paths will cross again some day. Thanks so much for all that you do, James.

V.J., U.S.A.

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