

Health

Top Health Care Providers Lisa Gall and DeAnn Adams enlighten you on common (and not-so common) health and chiropractic care issues - in plain and simple language!

- [Lisa Gall, FNP, BC](#)
- [Dr. DeAnn Adams, DC](#)
- [Guest Writers & Contributors](#)

Check out our recent articles! [Dumbbells for Dummies- A Smart Move Toward A Healthier Lifestyle](#) Apr 1, 2010 Working out with dumbbells [3 Critical Exercise Routine Success Factors](#) Feb 21, 2010 **What Are The 3 Critical Exercise Routine Success Factors?**

The 'Rule Of 3' Meets Pareto's '80/20' And You Get Fit Faster As A Result!

Everybody likes simple lists.

Everybody likes Rules Of Thumb.

And as far as I can tell, everyone wants tighter abs and more energy.

So, naturally, we all look for the "best" diets and the "best" training routines to bring us closer to that six-pack...ideally, in the least amount of time possible.

...Oh yeah--and we don't want to think too hard either!