

# ADJUSTED REALITY

MEDIA KIT



FOUNDATION FOR  
**CHIROPRACTIC  
PROGRESS**



# OVERVIEW

## **Adjusted Reality: Supercharge Your Whole-Being for Optimal Living and Longevity**

**Author: Sherry McAllister, M.S. (ED). D.C.,  
CCSP**

In an era where health solutions often come in pill bottles and quick fixes, Adjusted Reality presents a revolutionary perspective on personal transformation and whole-being health.

**Release Date: October 14, 2025**

Publisher: Forbes Books

### **Contact Information:**

Name: Dr. Sherry McAllister

Email: [Contact Us](#)



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# ABOUT THE AUTHOR

## Dr. Sherry McAllister

Dr. Sherry McAllister - Global chiropractic leader, award-winning podcast host and President of the Foundation for Chiropractic Progress (F4CP) - champions a drug-free, whole-being approach to health for millions worldwide.

### Short Bio:

Dr. Sherry McAllister is a doctor of chiropractic, President of the Foundation for Chiropractic Progress and host of the award-winning Adjusted Reality podcast. With over 25 years of clinical experience, she is dedicated to promoting whole-being health. Her new Forbes book, *Adjusted Reality*, offers a revolutionary perspective on optimizing health for longevity.



**Long Bio:** Dr. Sherry McAllister stands at the forefront of the modern health and whole-being movement. As a practicing doctor of chiropractic for over two decades and the dynamic President of the Foundation for Chiropractic Progress, she has tirelessly advocated for drug-free, evidence-based approaches to health. Dr. McAllister is the engaging host of the Adjusted Reality podcast, a Gold Stevie award-winning series that brings listeners into conversations with top athletes, celebrities and health experts who share their personal health transformations and insights. Her expertise extends beyond the clinic and airwaves, culminating in her new Forbes book, *Adjusted Reality: Supercharge Your Whole-Being for Optimal Living and Longevity*. This groundbreaking work challenges conventional thinking about health, offering a comprehensive vision for integrating physical, mental, and emotion well-being to achieve optimal vitality and purpose-driven life. Dr. McAllister's passion is to empower individuals to ask "how can we open ourselves up to do better and be better?" and guide towards sustained health and fulfillment.



# ABOUT THE BOOK

**Adjusted Reality** is a transformative guide published by Forbes books, set to release on October 14, 2025. In an era of quick fixes and fragmented healthcare, Dr. Sherry McAllister presented a revolutionary perspective on personal transformation and whole-being health. Drawing from over twenty-five years of clinical, she challenges the status quo with the profound question: “How can we open ourselves up to do better?”

**Key Themes:** Whole-being health, longevity, integrative healthcare, mind-body-spirit connection, personal transformation, overcoming health misconceptions, proactive health.

**Synopsis:** This book transcends traditional self-help, addressing the root forces that shape our lives and health decisions. Dr. McAllister introduces a comprehensive navigational concept that integrates mind, body, and spirit, elevating readers from mere well-being to “whole-being” - a supercharged state of authentic health and purposeful living. Through relatable metaphors and actionable insights, Adjusted Reality provides innovative frameworks for breaking free from conventional healthcare paradigms, developing sustainable approaches to quality of life, and building resilient communities.

[Read Chapter 1](#)



# REVIEWS

## **Seattle Book Review**

- “One of the book’s strongest features is its clear organization around the “Foundational Seven”: Investment, Replenishment, Nourishment, Movement, Adjustment, Contentment, and Revitalization. These pillars serve as a roadmap for readers who want to move beyond quick fixes into sustainable, meaningful health practices.”
- “I see Adjusted Reality as both a guide and a gentle nudge. It’s not about perfection but about creating alignment between body, mind, and purpose.”
- “This book will resonate with a wide range of audiences, including: Busy professionals who feel burned out and disconnected from their well-being; Midlife women balancing family demands with their own health needs; Patients seeking alternatives to the over-medicalized, pill-first approach to healthcare; Anyone curious about chiropractic care and its role in whole-being health.”

## **Publishers Weekly**

- “Introducing what she has named the Foundational Seven pillars of Whole Being—Investment, Replenishment, Nourishment, Movement, Adjustment, Contentment, and Revitalization—McAllister provides a clear roadmap while declaring that chiropractors have the bandwidth, knowledge, training, and commission necessary for integrated care. Her systemic critiques are intriguing: modern healthcare doesn’t recognize the interconnectedness of mind, body, and spirit, she declares, pointing out that prescription drug advertising, “symptom-driven treatment,” and a reductionist approach are not patient-centered. The answer, McAllister maintains, is guiding the body to heal itself, without medications or surgeries, through support found in the neuromusculoskeletal structure.”



### **Independent Book Review**

- “An innovative and informative approach to overall health and well-being.”
- “McAllister offers a balanced, eye-opening critique of the current state of healthcare....”
- “Among the insightful and sometimes startling facts and figures she presents, perhaps the most surprising pertain to the pervasive presence of the pharmaceutical industry in both healthcare and media settings.”

### **Kirkus Review**

- “On balance, McAllister’s argument for the benefits of her whole-being chiropractic approach, with its emphasis on sound diet, consistent physical training, and the importance of inner contentment, is both uplifting and sensible.”
- “A thought-provoking proposal to look at health care in a new, more whole-body way.”



# READER REVIEWS

"Adjusted Reality is the essential, practical book you need. It moves beyond quick-fixes to a complete paradigm shift focused on "whole-being" health, connecting mind, body, and spirit and is a quick and fun read."

– Andrew C., Amazon

"*Adjusted Reality* by Dr. Sherry McAllister is a transformative guide to optimizing health, mindset, and longevity. The longtime chiropractor blends science, wellness, and practical wisdom to show how aligning body, mind, and lifestyle can unlock lasting vitality. Through real-life stories and research-backed insights, she explains how small, intentional adjustments lead to big changes in energy, resilience, and clarity, in addition to exposing the failures in modern medicine-based practices. The book emphasizes proactive care over quick fixes, urging readers to take ownership of their well-being. It is pretty heady, but necessary stuff. And the included extras are appreciated."

– Thomas M., Amazon

The book addresses precisely how to find well-being in a much more complete and effective way than the current system offers us. It proposes a complete change of mindset that also leads to new paths, new tools, and therefore new results regarding your health in every way. As you delve into the book, you realize that your health is compromised by too many internal factors that you never thought had such a high impact, and you will learn to take care of them and see them from new perspectives.

– Fanny P., Amazon



# READER REVIEWS

"I'm looking for new ways to improve and apply new habits to have better lifestyle choices, and this book has changed my perspective about wellness, physical health, and mindsets. This book goes beyond traditional techniques; it gives actionable advice that motivated me and inspired me to achieve higher things.

What I like about this book is that it presents a holistic view, covering nutrition, movement, stress management, and mindsets, with each component aiming for whole-being optimization. Additionally, the author's guidance on improving health and energy through small and consistent adjustments has been particularly helpful in achieving balance and a better lifestyle. This is an amazing book. I recommend it to anyone who's seeking balance and personal development, and it has empowered me to take control of my own health."

– *Carlos R., Amazon*

"I never knew I needed more books like this. It's the kind of book that makes you pause, re-evaluate yourself, and start making small changes to achieve wellness and longevity. This book is full of depth and value. It emphasizes the quality of living and how to align yourself with it. What I especially loved about this book was how it stresses the importance of good posture, breathing, and rest. I never knew how those things could truly make a difference to your well-being. As someone who works 9-5, I often disregard these things. Now I am more motivated to improve myself in those aspects thanks to this book. It was a worth read."

– *Pearl A., Amazon*



# SUGGESTED INTERVIEW QUESTIONS

## **Suggested Interview Questions & Speaking Topics**

- Interview Questions (for hosts)
  - a. What does “Adjusted Reality” mean to you?
  - b. What is “whole-being health,” and why does it matter in today’s world?
  - c. What common misconceptions about health do you hope to correct?
  - d. How can someone start “supercharging their whole-being” today?
  - e. In your role (or background), how do you see these concepts affecting healthcare?
  - f. What’s one key takeaway from your book you hope every reader absorbs?
- **Speaking Topics / Keynote Titles**
  - Adjust Your Reality: New Health Paradigms
  - The Whole-Being Blueprint
  - Beyond Symptom Management: Prevention at the Core
  - Integrating Mind, Body & Spirit for Resilience



# MEDIA ASSETS



**Social Media Infographics**



**Book Review Video**



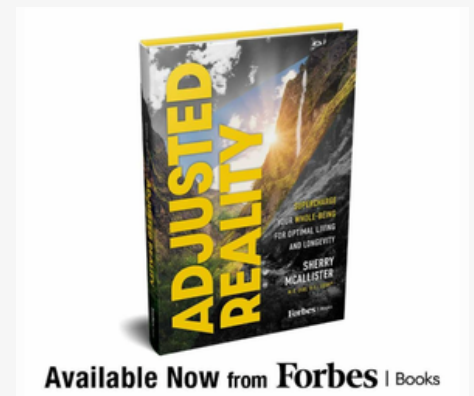
**Speaker Reel**



**F4CP Brand Sheet**



**F4CP Logos**



**Forbes Press Release**