

# YOUR HEALTH MATTERS

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It does! To me, and especially to you.

These notes will help you with your health matters.

-----Feature Article-----

## Death and Taxes

I am sure you have often said, like myself and the rest of us, that the only sure things in life are Death and Taxes. Neither one, at first blush, sound very pleasant. Well this month was tax month. (One reason why this newsletter is pushed back to the end of the month - again.) However, in a newsletter talking about Health, seems like neither of these subjects should be mentioned. Or perhaps we should be talking about ways to avoid or at least postpone these so negative aspects of life. Or perhaps, better, we should change our thinking about both of them and see that both are actually not negative at all, and in fact could/should be quite pleasant things for us to look forward to. I can hear your response already: "Dr Jon, we knew you were crazy and thought differently about most things but you have really gone over the edge on this one!" Maybe so, but keep reading and then decide. Better yet, take some action!

### DEATH

The Grim Reaper. The Enemy of the Medical profession. The result of sin.

Whether you approach it from folklore, medicine or theology it sounds all bad. But is it? Certainly it is not what we get up each morning intending to accomplish each day. As my students said in class this week, waking up dead makes for a bad day. However, we must remember that this life is a preparation for a much grander and more glorious future where there is no more sorrow, no more sickness, no more pain. The exact goal of medicine! Remember, too, that death has been conquered once and for all by Jesus, our Lover and Savior. So, at the right time, at the end of our journey here, death is really something to rejoice in as the next step to Higher and Better.

### TAXES

Now don't tell me you are going to spin taxes into some really nice thought as well.

Yup! You guessed it.

Taxes are our (perhaps illegal if you want to go that route, politically) responsibility and privilege in playing our part in helping this most wonderful country in the world stay afloat. Sure it has problems and conflicts and lots of things about it we don't like. It also is the land of opportunity and freedom unlike any other. That is worth something!

Taxes are a reflection of how much we earned in a year. From that standpoint my goal is to

pay literally thousands of dollars in taxes next year. Because that means I will have earned even MANY MORE thousands of dollars that will have provided for me and my family and will have given me tools to do more for more folk in more ways that I can do and have done now.

Taxes also have rules. And in this country there are some rules that allow you to earn a lot and still not have to pay a lot. It is up to us to learn those rules, play by them honestly and fairly, and still help ourselves and help this country. It is in following the rules that you can gain your health, financially. It is just as important that you become financially healthy as it is physically and mentally healthy. In fact, many would suggest that finances play a huge role in the other two.

So let's go through some of the rules.

First, and foremost, everyone of us in this country should run our own business. Actually you already are, it is called "YOU". Most of us just have not set ourselves up as a business. We need to change that. This affords us privileges that allow us to legally, morally and ethically pay less in taxes. It allows us to include and teach our families how to run business and how to handle money as well. We should be talking about money, unlike in our past when money was a nasty and forbidden subject for many of us.

There are many ways to run a business from home. This is, after all, where many of us will start since we can't just jump off the wagon, quit our jobs and take off running to support ourselves. Internet Marketing, Real Estate Investing, Authoring Books, Writing and Performing Music, Public Speaking. The list goes on. The easiest and least expensive for most of us is called Network Marketing or Multi Level Marketing (MLM). And before some of you have the urge to vomit as was mine for many years when I heard the term, let me remind you that this industry is the largest in America today and growing. We need to do two things: first, change our perception about the industry, and second, like any other profession, get some training (see below). Most of us who have been exposed to the industry in the past have not seen it done by people who have been trained.

So, in summary (I need to keep this short), financial health is also important and can be yours. Let me encourage you to do something as a business to help lower your tax burden or to make so much money that even with lower taxes you are still paying a bundle for the privilege to live in this great country. Find products or a niche that you care about; nearly everything can be or is sold via the Network Marketing (MLM) model. I would love it if you picked a company in which I am involved. That will help me and with me as your upline I will help you. But regardless, whatever type of business you start, start!

What follows are some resources. Please call or write with questions.

Info regarding Business from Home, taxes, etc.  
<http://www.kickstartcart.com/app/aftrack.asp?afid=73443>

Business I am involved in - to help save money at the gas pump: <http://www.drjon.mybpbiz.com>

Business Susan is involved in - improve your home, romance(?) <http://www.goodheart.scent-team.com>

If you prefer a nutritional product: <http://www.nutrazon.com/100236>

Training Resources for MLM

Dani Johnson, <http://www.danijohnson.com>

John DiLemme, <http://findyourwhy.directtrack.com/z/21/CD469/>

## **SO LONG FOR NOW**

That will do for now. Trust it has been encouraging. LOTS more to talk and write about in future issues. Stay tuned.

Check out the sponsor links on the Resource page.

We are accepting advertising for your new (or established) business; send me an email or call.

Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, day!

Dr Jon

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## **RESOURCE PAGE**

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### **MIA-BELLA CANDLES**

The amazing candle that burns cleanly, smells better than anything else and is healthy and non-toxic as well. One of our customers said:

"Jon, these candles are PHENOMENAL! Smelled great just in the box when they arrived in the mail!"

Everyone is talking about how wonderful they smell - the best ever discovered so far. I use them in my office. One votive lasts a couple of days, and makes my work space smell and feel like home, not like the office!

Work for any time of the year, but are especially wonderful gifts this time of the year.

To find out more, or to order, call Susan at 314-750-8633 or go to

<http://www.goodheart.scent-team.com/usa2.php>

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**BIODEFENSE**, the remedy that works against viruses, fungi and bacteria.

To obtain this remedy call Dr Fierro's office at:

**877-434-2495** (toll free)

Use the code: **JM0001** for a discount below the  
standard price of \$24.95 + S&H

The usual dose is two capsules twice daily.

At half the usual dose, or 1 capsule twice daily, you can cover chronic infections.

I would have some around just in case.

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**JUICE PLUS+** IS A WAY TO GET ALL THE RAW FRUITS AND VEGETABLES YOU AND YOUR FAMILY NEED EVERY DAY! What is Juice Plus? It's a convenient and inexpensive way to get all the nutrition from fresh, raw fruits and vegetables everyday. Juice Plus is more than extra vitamins and minerals. It is actually a whole food supplement. The fruit capsules are made from apples, oranges, pineapples, cranberries, peaches, cherries, papayas, dates and prunes. The vegetable capsules are made from carrots, barley, parsley, beets, kale, broccoli, cabbage, oats, spinach, tomatoes. (Taken from <http://www.askdrsears.com>).

For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

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### **VACUUM YOUR HOUSE WITH AN ATTITUDE!**

Clean up your personal space by removing dirt and filtering the air while improving your physical health at the same time. Use a SuperCoach Backpack Vacuum Cleaner from ProTeam. For more information, go to <http://www.healthybackvac.com>

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### **NUTRAZON**

Help your body adapt and conquer the challenges of stress, physical & mental over-exertion, lack of energy, waning libido and the broad category of aging - to name only a few. Nutrazon, a Double-Adaptogen. <http://www.nutrazon.com/100236>.

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## **START YOUR OWN BUSINESS**

Interested in finding a way to accomplish your dreams and "WHY"?

Take a look at this [opportunity](#) and click on "Join Now" link.

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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested.

Don't forget to click on the links of our sponsors!

Previous issues can be found [here](#). \_