

YOUR HEALTH MATTERS

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JuL 29, 2006

It does! To me, and especially to you.
These notes will help you with your health matters.

First, a quick reminder to do the MAR (contact me with questions). I did mine (practicing what I am preaching) and discovered some things I need to be working on.
What are you missing that your health needs to know about????

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

CLEAN UP YOUR ACT FOR IMPROVED HEALTH!

Have you ever had an opportunity you wished you had not missed or passed up? Or that you wished you could have back again? If it were a financial opportunity it may not be so bad to miss it. Things like that may come around again.

But when it comes to health.....missing it may be a long time recovering, if ever.

I had such an opportunity this week and now so do you! I did not let it slip, however (pat me on the back!). And I am excited, anticipating, hopeful for what it will mean to my health and well-being.

I am talking about a simple yet effective answer to a serious problem, one we talk about often but don't (until now) have very effective solutions:

Toxicity. Heavy Metals. Mercury, Lead, Cadmium, Arsenic and others.

So what, you say? Why worry about these metals?

Mercury has been implicated in

Autism

Lupus

Neurologic disorders

Parkinson's

Kidney problems and

Hypertension to name a few

Lead has brain, neurological effects (hence no-lead paint and gas)

Cadmium can cause lung cancer

Arsenic has been removed from lumber treatments because of its effects
Etc., etc., etc. The list is pretty long.

But I don't have these problems, or heavy metal toxicity, you say. Think again. Over 90% of us have dental amalgams. They alone are causing us to have neurological deficits. Our exposure to all of the heavy metals and other pollutants is far more than we care to imagine or believe.

Some 70,000 chemicals are being dumped into our environment, 65,000 of which are potentially hazardous to our health. We live in a virtual sea of pollutants, and carry many of these toxins within us. They can be found even in unborn children. A 2004 study by the Environmental Working Group identified 287 industrial chemicals in babies' umbilical-cord blood, including 180 known to cause cancer and 217 that are toxic to the brain and nervous system.

--Gabriel Cousens, MD

Folks, that is us we are talking about, gobbling this stuff up without knowing it!

Now, taking a simple liquid, unique, naturally formed mineral can remove these metals and pollutants from our bodies. Open up our brains, improve our memories, chelate our blood vessels, balance our acid-base status, enhance our nutritional state. Wish I had had this sooner, both for myself and for my patients.

Susan and I were scheduled to have our dental Mercury removed 16 years ago, but she was pregnant at the time. Can't do the dental work while pregnant. Baby was born, life went on, we moved, dental work never got done. Meanwhile the mercury has been hanging around doing who knows what damage. That is going to change. With this product (and no dentist!!) the mercury is coming out.

This can be your story too. Find out more at
<http://mywaiora.com/245082>
Click on "Natural Cellular Defense"

Put your order in without delay to get started cleaning up the toxins. Call me for the best deal. Or email to
[mailto:goodheartgroup@sbcglobal.net?subject=Natural Cellular Defense - Jul NL](mailto:goodheartgroup@sbcglobal.net?subject=Natural%20Cellular%20Defense%20-%20Jul%20NL)

Don't miss this opportunity; don't put up with another day of worsening, subtle dis-ease. Start cleaning up from the inside out and discover what a difference it can make.

ON THE HOME FRONT

There is a whole new look to the GoodHeart Group opening website. Check it out. Will continue the face lift of the remainder of the site as time allows, so stay tuned. We are moving the HealthyBackVac site to another host, hoping to solve the ordering problem. The shopping cart on the previous host has never worked right. When we get this rearranged your orders should go through without a breeze. Then you can start cleaning your home with ease and in health.

INTERNET FUN

I know this is a health-related newsletter and it is supposed to be serious and all that. However, sometimes just having fun, doing something you like to do, will add the most to your health, more than supplements and such.

For those of you who like to spend time on the computer, making web pages, or if you have ever dreamed of doing so, you need to know about this.

An internet marketer, Mark Hendricks, has made available an HTML editor that works as if you were in Microsoft Word. It is really that easy. I looked for years to find one like this. Many were supposed to, but they were either insufficient or way too hard to use. This one is unbelievable. Made the <http://www.goodheartgroupinc.com> page with it. Doing all my web pages with it now. You can get it by going here:

<http://www.market-soft.com/ia/idevaffiliate.php?id=1089&page=22>

or for a video demo of the program in action, go here:

<http://www.market-soft.com/ia/idevaffiliate.php?id=1089&page=25>

If you would like to explore the world of online income generation, Mark has a great program, here:

<http://www.market-soft.com/ia/idevaffiliate.php?id=1089&page=17>

Regardless of your level of participation, enjoy!!

ENVIRONMENT

Talking to a friend yesterday who recently purchased a new vehicle. Her one criteria was that it be environmentally friendly. That is a concern for many of us. Now, however, you can do something about both the environment and the cost to you of gasoline without having to buy a new car! It is a fuel additive called NanoEnergizer. Information can be found at

<http://www.ecoenergizer.com/drjon>

We got our first bottle this week and put the first in our tank yesterday. Anticipating great results! Liquid, so is easy to administer. Cost runs about \$0.20 cents per gallon so break-even point is gas at #0.80 per gallon. At \$3 like it is now, I'm saving \$0.75 to over \$1 per gallon!

SO LONG FOR NOW

That will do for now. Trust it has been encouraging; some exciting stuff. So many good things my head is spinning! LOTS more to talk and write about in future issues. Stay tuned.

Check out the sponsor links on the Resource page.

Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, day!

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

RESOURCE PAGE

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>

SAVE MONEY AT THE GAS PUMP

Easy to use liquid, added to your gas, brings real savings:

<http://www.ecoenergizer.com/drjon>

(and can help you as you help your friends and neighbors, too)

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.

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](#).

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>

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>.

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](#). _