

YOUR HEALTH NEWS

Vol. 1, No. 6

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Your newsletter providing you with information and resources that will help you become "healthy, wealthy and wise."

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

How to Discover Your Health Status Part II

She was my friend, and she was not feeling well at all. Her doctor, a wonderful person, had one suggestion for her: "Watch your fats".

This is where we left the story last week. Bet you are wondering what she did?

First, she came and filled out an 80-question questionnaire. All multiple choice! (No essays, here, VERY easy!) Questions like, "Body Build?", "Fingernails", "Blood Pressure" "Indigestion", "Blood Pressure", etc.

Second, she brought the blood work lab report. Remember, this was the one that had one value just minimally elevated!

What happened next? We took both of these bits of information and plugged them into a computer program. This program has been developed by another friend of mine, Dr. Jack Taylor, DC. Dr. Taylor was a businessman who, for family needs, got interested in alternative medicine. He became a chiropractor, then earned a Master's Degree in Human Nutrition. As part of the former, he put together this program. He also tested available supplements, since he needed effective "tools" to improve health after determining nutritional needs. Unable to find any supplements on the market which could stand up to his high standards, he developed his own line.

There are several things about this program which I personally really like. First, it is based on well-researched, published data. Dr. Taylor has searched the medical literature and taken the best available information and condensed it to make the questionnaire the most powerful and complete possible. Second, he has based all of this on the concept of "Metabolic Type" which accounts for genetic individuality of nutritional needs. Third, he has put this program into the context of total, complete and improving health. (He is one of the few health practitioners I have met who think like I do!) The idea is not to be taking vitamins, but to discover the problems, detoxify then stop putting the toxins in, change the diet and eat foods that will bring health - based on individual need, take only the supplements needed to assist the acquisition of health and, several months later, reassess. At that point one would expect that the supplement need would be lessened, and the assessment much improved.

Does it work? That was my first question when I first was introduced to this program. The response was to point out a twenty year history of helping people with VERY serious dis-eases continue to survive and thrive.

Better yet, did it help my friend? We discovered from the assessment that she had at least 8 organ system problems. For example, she was dehydrated, her pancreas and liver were not working properly, her adrenal glands were in trouble. She was not getting enough cellular oxygenation, and her cardiovascular status was seriously in trouble. A bit different story than the original assessment from her MD!

It was suggested that she take the detoxification program, given a list of foods she needed to be eating and a list of supplements she should add to her daily routine. She began to improve, immediately! Perhaps better than anything else, she finally had something she really needed - HOPE and ENCOURAGEMENT for improved health and energy and the "spark" of life!

I have found this to be very effective in determining people's problems. One person who was having chest tightness, with totally normal cardiac/heart testing by his MD, was found to need more oxygen in his cells. Obvious when you know the answer, but it wasn't determined by conventional means. Another person suffering from anxiety, although eating "properly", was found to be malnourished in several nutrients. When supplemented, the anxiety clears up.

So you see, this is really powerful and really simple. You are able to discover the real status of your health in two steps. Fill out the questionnaire, get the blood drawn. We plug in the data and the program provides the answer. The "answer" is a 14 page report which reviews and explains all the abnormal lab tests, reviews the need for detoxification, discusses and lists for you the specific foods YOU need to be eating that are right for you, and provides a list of supplements matched to your needs and when to take them. Again, that list can be longer or shorter depending on your individual needs.

Bottom line, how much would a service like this cost? Probably LOTS! The blood work, in any standard lab runs close to \$300, typically. The amount of information and the underlying concepts predicated that information is priceless. Having people to talk to about your results, at going rates for professionals, adds up quickly. All this is covered for \$395. Supplements are extra. We recommend you purchase the supplements put together by Dr. Taylor since these are monitored constantly for efficacy - we can't guarantee any others.

For readers of this newsletter, as a Christmas/New Year gift to you, I would like to offer this assessment for \$200. Next year the price will be the regular amount. I have done a number of these, for various conditions, and am satisfied that this gives really good answers and points you in the appropriate direction to regain your health.

To take advantage of this offer, write me at the email address:

goodheartgroup@sbcglobal.net

or call me at 314-750-6916.

I will email or fax you the questionnaire and the blood request form. This form is taken to any Quest Lab in your area (not a private one in your town). If you

have had the appropriate tests done within the past three months we can use those numbers.

You are probably wondering if this marvel has a name? Actually, it does. Dr. Taylor calls it the

Metabolic Assessment Regimen or MAR

as in "we will run your MAR". Much easier to say!

You can find more information at his website,

<http://www.biotor.com>.

There is also information there concerning the supplements along with more about the theory of building proper health.

We look forward to using this tool to help you gain improved and improving health.

REMINDERS

1) Susan still has some Christmas/holiday scented soy candles available. Of course, you can get them anytime, but the ordering window for the actual Christmas season is running out. Review the soy candle concept at

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

Of course you can also begin to stock up for the romantic getaway weekend coming up around Valentine's Day! You are talking your spouse into doing that, right??

2) Don't forget the spiritual food available at

<http://www.threebrothersbooks.com>.

There is writing here that will challenge and stretch you. Works by Liliias Trotter are especially unique with a great message and reproductions of original artwork.

My original work, *Loving Father*, is posted and available for download. It is also posted on <http://www.ebay.com>. Search on "Real Live Medical Miracle" and it will come up. Payment links should be working there.

3) Good reports keep coming for Dr. Fierro's BioDefense for those acute infectious problems. Last week a friend stopped her cold dead in its track in two days!

SO LONG FOR NOW

That will do for now. Not very short this time but hopefully "sweet". LOTS more to talk and write about in future issues. Stay tuned.

Check out the sponsor links on the last page.

If you have a product or service to advertise to our readers, send me an email or call me for pricing.

Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, worshipful Holiday!

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RESOURCE PAGE

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>

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](#).

Save money on gas, save your vehicle's engine by cutting down on engine wear. 90% of engine wear occurs at start up because the oil is in the bottom of the engine, not around the cylinders. Now a tested and tried technology can solve that problem. The MPT RoadRunner system, a three-step, easy solution that will save you money and your car's engine. For more information go to

<http://www.goodheart.oceancitynetwork.com>.

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>

Another way to improve your immune system is to take LIMU Plus. This is a liquid vitamin product that has kelp, Russian adaptogens, Aloe Vera and Green Tea combined. Does lots of neat things for your body and your health! Actually tastes pretty good, too. For more info, go to <http://www.LimuPlus.com/192739>.

Appropriate time for a word from a sponsor!
Looking for a great all-round multivitamin that is easy to take, effective, and tastes good? Look no further. Body Balance may be your answer. Made from whole foods, in liquid form, so it is absorbed easily. Has nearly everything in it. Check it out at <http://www.lifeforce-intl.com/20448363>.

Interested in turning an interest in nutrition into a business as well? Take a look at this [company](#) and click on "Join Vitamark" link at the bottom of the page.

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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](#).