

YOUR HEALTH MATTERS

Vol. 1, No. 7 January 9, 2006

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

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

Why is Dr Jon so Mad??

I was working the other night, vacuuming the massage school where my wife and I attended 4 years ago and where I now teach - a task I absolutely love, by the way. And while I was working, I was thinking (amazing what you can think about when not engaged in "deep, meaningful" tasks), "How come I and so many others I know get so stuck in our ruts? We aren't as healthy as we should be, we know what to do to get healthy, yet we aren't doing what it takes. The more I thought about it, the madder I got. All we really need to do is to get mad enough and TAKE ACTION! Do something, even a small something, to move toward improving our health. Cut out the extra cookie, get up a few minutes earlier and do the exercise. We don't even need to join a gym or spend a lot of money, we just need to GET STARTED.

So, this was what I was thinking about around the New Year. Would you call it a resolution? No, I don't. It is just getting mad at the inactivity and ruts that seem to keep us all prisoners and sick, or getting sick. Did I make any major resolutions? No, not really. Just decided it was time to change and take charge of my life and health. This won't be a resolution; it has already become a habit.

What prompted this avenue of thought? Several things, actually.

First, I am always looking at life and evaluating and assessing where I am going and how well I am doing. Some would call it "navel gazing" I guess, and the danger of it is that I do nothing. However, I stay pretty busy with way too many projects so it is not an excuse for doing nothing. Rather it kind of runs on autopilot in the background and keeps me aware of things that I need to change or could do better.

Second, I have been listening to some motivational speakers/personal development trainers lately. This provides me with some challenges and answers to all the questions that come up as a result of my autopilot evaluations. One in particular is a gentleman named John Di Lemme. This man has an amazing story of his own to tell, about how he did some things to get out of his ruts. He went on to become a successful marketer and now has a heart for helping others grow and develop personally.

Third, I was thinking about previous newsletters and my history as a wholistic Family Practitioner and now Massage Therapist. My goal has been to help people learn and do things that would help move them toward health. Yet, very few have taken me up on special offers, discounts on products and services. I began to wonder why "they" ("you!") don't spend the

time and money to get yourself better. Then I realized I haven't done a very good job of it either!

That's when I got hopping mad -- for you, for me, for all of us caught in our ruts.

I'm going to crawl out of my ruts. I invite you to do the same.

First thing to do:

Start eating right. I know, holidays are just over; this may be a good time to hit the guilt-trip button. I'm not going to do that. What is past is past. Just start today and cut back on the sweets, increase the veggies. Get good water, not what comes out of most of our faucets. Get plenty of sleep. Cut back on the TV and the negative news that comes out of that. Start surrounding yourself with inspirational and uplifting messages and information.

Second:

Spend time with your family. Take the extra hour at night and on weekends and go for a walk, play a game, take a drive. Sit and talk. Listen to your kids, your spouse. Take that romantic weekend away (my wife and I will be in LA this weekend for a conference/getaway. Come join us).

Third:

Do the Metabolic Assessment Regimen or MAR that we talked about here the last two issues. We have it on special through February. Will help you with the diet changes, draw you a roadmap of where your health is and will provide you with a way to keep track of how well you are doing by this time next year. Use it as a tool for health. If you need a reminder, go to the website:

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

Also, I have put together a package of answers to questions, a sample report, and supplements available. Find it here:

<http://www.goodheartgroupinc.com/MAR/MARManual.pdf>

Fourth:

When you have the helpful information you get from doing the MAR, invest in your health by doing the detoxification and by getting the supplements. You drive the best car you can, live in the best house you can. Treat your body the best you can.

Fifth:

Organize your time and tasks. This one thing alone has helped my life TREMENDOUSLY in the past couple of months! The method I am pointing you toward is simple, straightforward, full of great learning techniques to get you going and to keep you on track, and is FREE!!

Go to

<http://drjon.simpleology.com/>

Let's all start getting mad enough to do something to help ourselves get healthy!!

FINANCIAL HEALTH

One short note. Time to start thinking about taxes. Here is a resource that may be helpful:

<http://www.kickstartcart.com/app/aftrack.asp?afid=73443>

SO LONG FOR NOW

That will do for now. Not very short this time and maybe not so "sweet". But hopefully helpful. 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!

Dr Jon

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RESOURCE PAGE

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I would have some around just in case.

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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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START YOUR OWN BUSINESS

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](#).