

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-----

Pay Attention!!

We got news yesterday that a dear friend was to have coronary bypass surgery today. When I talked to the family, there seemed to be no symptoms except for some chin and jaw pain while exercising. Fortunately her husband knew the symptoms and had her get evaluated. Stress testing discovered severe abnormalities and after due course she underwent surgery. Good news, she is doing fine post op. Bad news, in retrospect you might say she paid a price for not paying attention.

"Paying attention, to what?" You might ask, and it would be a good question. I remembered that she had done the MAR (Metabolic Assessment Regimen - see previous issues). To satisfy my curiosity I wondered if it would have given us some indication what was going on. Guess what! Cholesterol and Triglycerides were both elevated, with the notation that she was at severe risk for cardiovascular disease. If that weren't enough, there were indications of inflammation. We now know that inflammation of the blood vessels leads to the clot forming process in the first place which in turn leads to blockages and subsequent clinical problems. Besides that, there was malabsorption/maldigestion of protein showing up. This would indicate that she wasn't getting enough of her nutrients.

Putting it all together, we could have predicted that without aggressive nutritional therapy she would be having the problems she is experiencing now.

Would do I learn from this?

First, the MAR is better than I thought it was.

Second, I need to learn to utilize and read it better than I have in the past. It is easy to use hindsight to confirm outcomes; it is more astute to use foresight and prevent untoward outcomes.

Third, I need to encourage those of you who decide to use the MAR as a diagnostic tool to also use it as a therapeutic aid. Get the recommended supplements, make the recommended diet changes and do the follow up testing at regular intervals. If a problem shows up, a 6 month retest should be done. Get yours now while it is on special. \$200 until March 1 when it goes back up to the usual \$395.

Fourth, you all need to decide to use the MAR and get the benefit it can offer you in terms of preventing and assisting you with your dis-eases. Then let's pay attention to the results.

Lastly, thank God he is Gracious and Merciful and helps us through Life's journey!

FOLLOW UP FROM LAST TIME

Since we talked about making changes last time, and this month's theme follows along with that, let me tell you what has happened with me, and the changes I am making.

First, Susan and I attended a "Millionaire Maker Boot Camp" for two days. Awesome experience! Got to meet some real Champions, people who have made decisions to move forward in life. Got some training in how to do Network Marketing - something sadly lacking in the industry, even though it is the largest industry in America today.

Most importantly, however, we began to pay attention to some basic laws of life and relationship and finances. What kind of laws, you say? Things like

Give in order to get. Or, perhaps better, when you give as God requests, you will get in return just as He set it up.

What a man sows he reaps. Sow blessing and gifts and reap them. Sow negativism, defeatism, "can't" attitude and reap the same. Guess what we are deciding to sow.

Where there is no vision the people perish. What your subconscious mind thinks about and visualizes is what you see and attract into your life. We have built a "Dream Wall" where we put the things, people, symbols of relationships we want in our lives. Specific, dated goals.

We wrote our "WHY"s, the motivating desire/s that direct our thoughts and activities. Put into them lots of emotion and intensity. (See <http://www.FindYourWhy.com>.) AS I reviewed my day recently, I realized the format and general activity of that day (and many since) is already beginning to fulfill my Desire, my WHY. Awesome stuff!!

We are choosing to live life, and to live life to the fullest, full of the people we want to be with, open to helping whomever wants what we have to offer. Most importantly, finally believing deeply and with conviction that God REALLY loves us more than we can imagine and that we are valuable, with Good Hearts, having accepted the ransom Jesus made for our sinfulness and choosing now to live in deep relationship with him. And we are seeing the healing flow; for us, for our clients. Physically, emotionally, financially, spiritually. Life is Incredible!!

FINANCIAL HEALTH

Becoming my favorite topic, since it has been my worst and deepest problem.

There is MUCH we could say but don't have time or space in this newsletter to do so. Trying to keep it short and sweet. Here's an opportunity we have found that is treating us well; it can for you, too. Call it vitamins for your car - works chemically exactly like a vitamin works in your body!

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

Review the site. When it grabs you as the "no-brainer" that it is, call me. Number is on the site. We'll get your finances moving in a healthy direction as well.

Before I quit, let me make you aware of a book about financial health. I just received it and have started into it. Looks like it will help lots of us. She has lots of bonuses with it as well.

<http://themillionairemakerbook.com>

Loral has detailed all of the strategies she and her team of coaches have used to make hundreds of people into millionaires - she calls it a financial makeover.

You too can become a millionaire and earn financial freedom, no matter what walk of life you come from.

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 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, day!

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

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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](#).