

# YOUR HEALTH MATTERS

Vol. 2, No. 4

Nov 14, 2006

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

\*\*\*Again, a quick reminder to do the MAR (contact me with questions, instructions).  
Get a real handle on where your health really is, and discover what to do about it.  
Solutions specific for you.

<http://www.goodheartgroupinc.com/MAR/OptinPage.html>

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

## A DIFFERENT ANGLE

"Time has come for us to forgive our fathers."

John Eldredge, *Wild At Heart*, p. 131

This statement came booming out at me this morning from across the cosmos, jolting me out of my sleepy early morning meditation time.

This is a strange way to begin a newsletter related to health, you say. And I agree. However, as we have often alluded or stated, healthy is a composite of the total existence, not just of the body alone. As one sage has said (and I paraphrase),

we are not physical bodies having a spiritual experience  
but we are spiritual beings having a physical experience.

So, to be true to caring about your and my health, we must also address our spiritual state. As we enter the holiday season with Thanksgiving looming and Christmas (the Christ Mass) following quickly after, this is an appropriate time to turn our thoughts to spirit and soul and their role in our overall health.

But why this particular topic? Why forgiveness? And what does it all have to do with our fathers?

I am glad you asked.

First, you must put the statement in the context of the larger book, *Wild At Heart*, from which the quote is taken. The thesis of John's larger work and of this book in particular is that we are all wounded, deeply, profoundly, and AT THE POINT OF OUR GREATEST STRENGTH.

Second, the perpetrator of the wound is very often our father, ignorantly, with often the best of intentions, but just as often with immobilizing, defeating, devastating consequences in our life. These consequences can include besides emotional issues, physical and spiritual struggles as well.

The fact that the wound is often at our strength has profound implications. If we can get past the hurt of the wound(s) we can often find that chief purpose for which we are on the planet in the first place, that task, that being which resonates with our deepest self and brings us live, vigor, and joy.

John is not alone in this idea of forgiveness. "Keepers" of *The Success Codes* and *The Healing Codes*, Drs. Alex Loyd and Ben Johnson (<http://www.thehealingcodes.com>) list 12 qualities that we need to have manifest in our life to be successful and healthy. The first is - you guessed it - Forgiveness.

All of the "gurus" of wisdom for centuries have talked about forgiveness and the importance of letting go our issues with others to allow healing to flow to us.

Louise Hay, a current day healer, writer, has a book called *"You Can Heal Your Life"* and the main thesis of the first chapter is that all dis-ease is a manifestation of unforgiveness.

So for what do we forgive our fathers? You will have your own list. Please make that list, do the exercise and throw it away, symbolically also throwing away all the hurts and wounds and anger that is preventing you from growing and healing. For many of us what we call wounds are as much our reaction to our own life, from our own personality perspective as it is something our fathers may actually have done.

For me personally it wasn't so much what my father did as what he didn't do. My reaction and personality felt very much neglected and rejected. That made me feel sorry for myself and has severely limited my ability to cope with the rest of life. I can admit all that, let it go,

and let the healing balm of our Heavenly Father come and renew and bring the healing.

There's one other thing that Eldredge says that applies as well:

"Healing never happens outside of intimacy with Christ."

*Wild At Heart*, p. 128

Questions, Comments, please write or call; we are glad to talk with you!

---

## **ON THE HOME FRONT**

We are delighted to inform you that GoodHeart Wellness Institute is ramping up. Jon took the first of several classes on CranioSacral Therapy recently and has added it to his toolbox. This is a very subtle yet very powerful approach to letting the body do its healing work. It touches physical, emotional, and even spiritual levels. This work actually changed our medical paradigm 24 years ago and got us into "Alternative Medicine." We have finally come full circle back to where we are supposed to be.

Along with CranioSacral, we still do Myofascial and regular Swedish though we much prefer the emotional release work that helps you get further down your healing path. Another tool here includes EFT or Emotional Freedom Technique. Again, this is an energetic approach that helps release the toxins of energy stuck in tissues from traumas and negative experiences we all suffer.

While you are here, if you wish, we can do the MAR and get a handle on the state of your physical self. By the time you leave you should have a clearer handle on where you are and what you can do to change that if you so desire. Spend a couple of hours, all day or several days, we have the options available that will fit your needs.

---

## **LIFESTYLE CHOICES**

I have personally begun the nutrition and exercise program developed by my new friend, Joe Kasper. We introduced him last month. Twice a week I use his "toys" - rubber stretch bands of varying resistance and a large plastic ball - and so slow exercise. Amazing! Feel like a Mack truck knocked me over when I am done, but only doing slow, gentle movements. Along with the new, sensible Food Pyramid which he put together and in a couple of months I'll be zipping like never before! You can find him at

<http://www.fireyourdiet.com>

Tell him Dr Jon sent you. Fill out the survey of your health needs and status and he will schedule a free consultation with you. He has books, CD and coaching to help you get where you need to be.

---

## **THE HERB SHOP**

Here is a tip for those of you with some aches and pains:

A vinegar poultice, applied cold, is an effectual remedy for sprains and bruises, and will arrest the progress of scrofulous enlargements of bones. It may be made with vinegar and oatmeal, or with the addition of bread crumb."--\_Pharmacopoeia Chirurgica\_, 1794.

**---excerpted from** *Herbal Simples Approved for Modern Uses of Cure*, by William Thomas Fernie, 1897.

---

## REMINDER

Christmas is soon on the way, and with it the exchanging of gifts. This year, try giving something that will heal, make memories, last a while and touch the heart. We are talking about MiaBella Candles. Call Susan, 314-750-8633 for details and to order or email her at [greatschoolmom@juno.com](mailto:greatschoolmom@juno.com) or order directly from her website at <http://www.goodheart.scent-team.com>.

---

## **SO LONG FOR NOW**

That will do for now. 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  
[goodheartgroup@sbcglobal.net](mailto:goodheartgroup@sbcglobal.net)  
314-750-6916  
<http://www.goodheartgroupinc.com>

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

Past issues available here:  
<http://www.goodheartgroupinc.com/news/archive.html>



## 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.

---

### **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 or to order, 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.

---

\*\*\*\*\*

This newsletter is brought to you by GoodHeart Group, Inc. and its divisions. Valued at \$39 per month, but really priceless for the information you get, it is currently free of charge, supported by advertising. Its purpose is to inform, educate and assist you in creating the best possible health that you can. You are receiving this because you have expressed an interest in the products or services of GoodHeart Group, Inc. Opinions expressed are those of the author solely. Subscription correspondence (signups and cancellations) can be made by replying to this e-ddress: [goodheartgroup@sbcglobal.net](mailto:goodheartgroup@sbcglobal.net).

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](#). \_