

Go Day and Welcome to July

Thank you for your wonderful referrals and welcome back to those Old new patients. We have learned to expect miracles around here Because we do see them There is a trend however that needs to be addressed.

If you do not eat properly or cheat just a little bit-like 5 days out of 7--you are not going to see health. Coffee and other caffeinated drinks destroy the body's ability to function. In fact the body has to detox from any junk consumed. If the body is busy detoxing it has no time to recreate health cells. Sooner or

The finger in the dike method is going to bust thru to major ill health. Look At it this way what you do now in terms of feeding your self will pay off in the quality of death. I am begging you to feed yourself like you were God or the most special guest you can think of. And thank you for making my job easier.

Many people I see want a pill to heal them. It ain't gonna happen. Research is blasting holes into the pill use. Medication complications are the 3rd cause of death in the U.S. We are 57th in the world in quality of health. We are the most over weight nation in the world. It is not like I haven't written About this before. There isn't a pill that takes the place of fresh lean meat, fresh veggies and fruit or about a quart of water for each 50 pounds of weight. There isn't a pill for exercise.

The best exercise is walking for at least 30-45 minutes without carrying anything in your hands. Walking uses more muscle function than any other exercise. It is cheap, you don't have to wear special clothes, It can be done at any time night or day, it is easy on the body. Park the car a block away, climb the stairs. Move that body of yours. Your heart, colon, circulation, Pancreas, lungs, brain and liver will love you more. People who walk have fewer "Down-there" problems. No treadmills do not constitute walking.

The U.S has one of the most sleep deprived nations in the world. Of course we also have the highest consumption of caffeine in adults AND CHILDREN.

Eight to ten hours at the least. Please eliminate watching the news before bed time. There is nothing on there you need to know and research has shown that it interferes with a sound sleep.

