

“Start where you are. Use what you have. Do what you can.”

- **Arthur Ashe**

I love this quote and it's perfect for where I'm going this month. A new year is a good time for new beginnings. It's not that you can't make a new beginning at any time during the year, but the start of a new year certainly can give you a good excuse. This year, I really want to get you excited about who you are and what you can do. My goal is to inspire you to make some positive changes in your life that will get you on the path to emotional and physical wellness. Remember, the journey of a thousand miles starts with a single step. Isn't now a good time to get started and do what you can do?

New Year, New You



Happy New Year! I hope everyone had a wonderful holiday. It's that time of year when people are making resolutions, which end up getting broken in about a month. Think about how crowded the gym is in January, but then it's back to almost empty come February. That's why I'm not a fan of resolutions. I like to make goals. Goals can be either short-term or long-term, but they certainly help you stay focused on positive things. The new year is also a good reminder that it's time to turn the page on 2023 and look forward to what 2024 has to offer. That means letting go of negative things of the past and focusing on the positive for today and the future. It's so important that you live each day to its fullest because no one is promised tomorrow. But if you really think about it, tomorrow never comes. All any of us have is today, so here are a few suggestions on how to live life to its fullest.

Let Go of the Past. My dad used to say that *“yesterday is history.”* It can't be changed. It is what it is. Many things in the past can be painful and that's why it's even more important to let it go. Perhaps you lost someone you loved. Perhaps you experienced the end of a relationship. Perhaps you made a decision to let go of toxic friends. Whatever you left in the past, leave it there. Tomorrow is a mystery. Today is truly a gift and that's why it's called the *“present.”* Leave the negativity behind and move into the new year with a positive attitude. This will help you take control of your emotional health.

Be Grateful. I've written about this topic several times and have suggested making a gratitude list. I'm doubling down on that suggestion for 2024. I think we're in for a bumpy ride this year and I want you to focus on things and people for which you are grateful. I'm a firm believer that practicing gratitude really can change your life. Please read my *May 2020 Newsletter* that discussed this in detail. The words “thank you” go a really long way. Not only are they really nice to hear, but they're even more powerful when you say them to someone else. A simple thank you can make someone's day. Stop taking people for granted in 2024. Do me a favor. Stop reading and make a list of 10 people or things for which you are grateful. You'll probably be surprised by how good you feel when you're done. This will also help you take control of your emotional health.

Forgive. This can be a real tough one, especially when someone has really hurt you. But it's a big one and here's the reality: the only person your lack of forgiveness impacts in a negative way is YOU. The person who hurt you could have no idea you were hurt, but even if that person knows you were hurt, he or she likely doesn't care. Forgiving someone will have a positive effect on you. The best part about forgiving is that you don't even have to let the person know you've given forgiveness. But the benefit of forgiveness will be heaped upon you. I've struggled with this myself and finally let go and forgave two people, family members, who really hurt me. It definitely lifted a heavy weight off my heart. This suggestion will most definitely help you take control of your emotional health.

Choose Food Wisely. Eating healthy is expensive. I get it. The out-of-control inflation isn't helping. But you can make little changes that can go a long way because many foods and drinks are more toxic than you know. Most cows are fed growth hormones and antibiotics that end up in the food they produce. I would strongly suggest if you're a milk drinker, find a source for raw milk. If you can't find one, buy organic. Same goes for beef. Look for organic and grass-fed. Not only is it much better for you, it tastes so much better. Did you know most corn and soy products are genetically modified? Did you know strawberries contain more pesticides than any other fruit? Please buy organic. Try to cut processed foods out of your diet. They're high in salt and other ingredients that you probably can't pronounce. But they're quick and easy, which is why people choose them. Try to take the time to make yourself a home-cooked meal at least a couple of times a week. That way, you'll know everything that went into it. I've even started thinking twice about eating out because I have no idea from where the ingredients came or how (or in what) it was cooked. It really doesn't take much longer to cook a piece of fresh salmon than it does to heat a frozen meal up in the microwave (which has its own issues). This will help you take control of your physical health.

Focus on Your Health. I saved this one for last because it's probably the most important. If the pandemic taught us anything, hopefully it was that you really can't trust the science. There was no real science that masks worked. Dr. Fauci admitted that in internal emails and in private. But he wore three masks in public. There was also no real science that staying 6-feet apart stopped the spread. Dr. Fauci finally admitted that when he testified under oath before Congress last week. He stated that the 6-feet apart social distancing recommendation promoted by federal health officials was likely not based on any data. He characterized the development of the guidance by stating "it sort of just appeared." WHAT? This revelation did not surprise me one little bit. I stopped trusting doctors when they killed my father. That's when I started doing my own research and questioning everything. Remember, they want us sick because there's no money in us being healthy. That's why I call it a "sick-care system", not a "health-care system." My goodness, look at all the medicine being prescribed! Each causes its own side effects, which results in additional medication to address them. It's a vicious and toxic cycle.....treating the SYMPTOM and not the CAUSE. It's way past time to get off the crazy train and get aboard the natural healing train. The biggest complaint from people about this idea is that when you try to heal yourself naturally, it takes a bit longer than a quick-fix medication. But the results are worth it. I just went on a cruise and met a woman who takes 19 different medications. She didn't even know what they all were or what they were treating. She just knew her doctor prescribed them for her so she takes them. WHAT? This is exactly why I write a lot about using food as medicine. Perhaps one of these days, I'll write about how the pharmaceutical companies got started. But that's a story for another day. For now, I'll say this: don't blindly trust what your doctor tells you. Ask questions. Demand answers and if you don't get them, find another doctor. Sadly, I've learned that some doctors don't have your best interest at heart. The World Health Organization ("WHO") is now worried about the unknown "Disease X" claiming it could result in 20 times more fatalities than the coronavirus pandemic. I'm begging you to please do your research and think twice before rolling up your sleeve and taking another experimental shot that you don't know what it contains or what its long-term impact will be. What's even more troubling is that scientists are warning that the latest COVID variant could trigger a "heart failure pandemic." WHAT? Is this a way to cover up the cases of myocarditis and pericarditis caused in young men by the COVID jab? But get this: Pfizer recently acquired several companies, one of which was a \$6.7 BILLION cash acquisition of Arena Pharmaceuticals, a firm specializing in guess what: treatments for heart inflammation conditions like myocarditis and pericarditis!! So the company (Pfizer) that initially caused these heart issues is now looking to profit from them!! Are you waking up yet?? Again, you must ask questions and demand answers. Doing your own research and asking questions will help you take control of your physical health. Remember, they want us afraid because when we're fearful, we don't make good decisions.

The above is certainly not a complete list, but will hopefully give you a good starting point for the "***New Year, New You***" plan and taking control of both your emotional and your physical health. I'm not trying to overwhelm you, but rather, give you some ideas on how to get going on a new path. Some will certainly be easier than others, but I have no doubt you can accomplish anything to which you set your mind. If you need any help, please don't hesitate to reach out.

Have a wonderful month!