

# **BE THE CHANGE**

When looking for some inspiration for this article, I thought of the usual health topics I love to write about - cardiovascular disease, diabetes, obesity, sleep, etc. Then I started to think about the state of our world, our country, and yes, our own health. You had to know that I would find a way to get something about health and, of course, nutrition, in this article.

I thought about the people who have been killed, needlessly and brutally and the impact on their families and others who loved them. I thought about the women and men who have been sexually exploited by those in positions of power and how their lives have been forever changed. I thought about the people whose lives and belongings have been washed away by terrible hurricanes and other natural disasters. I began to feel so helpless, what could I / we do to make a difference for all of those people or even for friends/neighbors right next door? Yes, we can volunteer, donate, encourage others to speak up and stand up against cruelties done to themselves or those they love. I began to think of any special gifts that each one of us might possess to help someone else. Although I'm not such a fan of pop music, I happened to hear a song from a young singer, Britt Nicole, "Be The Change". The lyrics made me think of all that I might be able to do with my special gifts. I thought of how I might help people be kinder to themselves, more self-loving, more aware of how they treat their own bodies, their own health.

Is it possible that with my knowledge of nutrition, I could help someone improve their quality of life, take less medications, be more active and live longer? I began to think of all the ways I could get this message out to more people. Besides individual counseling, I could host group detox/cleanses or informative workshops. Since we know that the human brain learns by repetition, I thought that if you hear it often enough from me, we might all learn to eat less sugar, eat more veggies, drink more water, even take a walk around the block. Then others will learn from us and be more motivated to live longer, take less medications, eat less sugar, eat more veggies. Then maybe we can all help each other to be healthier in the New Year. If that's not your thing, maybe you have some other special gifts you could share with your family, friends and neighbors. It's almost 2018 and we all need to help others a little more, be a little bit kinder, a little more encouraging and a lot more loving.



**IMPROVE YOUR HEALTH...  
IMPROVE YOUR LIFE!**

- ↓ Body Fat
- ↓ Diabetes
- ↓ Cholesterol
- ↓ Hormonal Imbalances
- ↓ Metabolic Syndrome
- ↓ Gluten Allergies
- ↓ Chronic Fatigue
- ↓ Gut Imbalances

Longevity is not a gift, it has to be earned.  
Discover a medication-free approach to better health,  
better energy and longevity. **ARE YOU READY?**

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