

***“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”***

- **Henri Frederic Amiel**

It's been so interesting how many quotes lately remind me of my dad. They seem to be for good reason or to remind me of something important. This quote was a wonderful reminder of how my dad used to say that *“actions speak louder than words”* and he was so right. Words are meaningless if the actions aren't there to support them. In one of my newsletters several years ago, I made a comment that it's generally pretty easy to find someone who tells you he or she loves you. The harder part is finding someone who actually means it. Words can be cheap, but actions, well, those can be priceless. All this brings me to my topic this month of thankfulness. November is a perfect time to remember the importance of being thankful. When times are tough, it can be easy to forget that simple, yet complicated, emotion. Surprisingly, even when times are good, thankfulness can be the furthest thing from our minds. I think it's extraordinarily important to be mindful of being thankful and to let people who “run” in our inner circle, as well as those who don't, know that we're thankful. Those two little words, *“thank you”*, can go a very long way for someone. Thankfulness truly goes hand-in-hand with gratefulness. When you're grateful, your eyes can be opened to see the good things in life. When you get to that point, I truly believe blessings will be bestowed upon you. Thank you for taking the time to read my words this month....and every month.

Yours in health,

Susan Monaco, Certified Health Coach  
Health and Wellness by Design  
[www.healthnwellnessbydesign.com](http://www.healthnwellnessbydesign.com)  
[susan@healthnwellnessbydesign.com](mailto:susan@healthnwellnessbydesign.com)

## Be Thankful



Thanksgiving is the one time of the year set aside to remind us to be thankful. It's unfortunate that we need to be reminded and I'm hopeful after reading this newsletter, you'll decide to take the time to be thankful not just on Thanksgiving, but on every day. As the quote above indicates, being thankful goes hand-in-hand with being grateful. One (thankfulness) is just the words and the other (gratefulness) is the action. I hope, as I venture away from my *“food as medicine”* focus, my words this month will be a good reminder to make a daily list of all the things for which we are thankful and grateful. The reason is because the list can certainly change from day to day. It's my hope, by sharing my list with you, you'll start on your own list and that it will come in handy and serve as a beautiful reminder of the goodness in life, even when things may appear bleak.

- I'm thankful to have God in my life and to know that He is in control.
- I'm thankful that my son is flying and thriving on his own, doing well at work and is coming home to spend Thanksgiving and Christmas with me.
- I'm thankful I have someone in my life who loves me unconditionally.
- I'm thankful for those friends who have become my family.
- I'm thankful for the blue skies, the stars I see nightly from my deck, the trees, the mountains and the beaches.
- I'm thankful to have had the courage and the strength to get negative and toxic people out of my life.
- I'm thankful to have escaped the swamp of living in the DC area to find my own personal slice of heaven out in the country. Hiking used to be my happy place, but now so is home.
- I'm thankful that I never lost hope in some of my darkest moments and days. I think the reason was because there was a tiny little part of me that knew it (hope) was always out there, no matter how far away it seemed at the time.
- I'm very thankful for my health and that I have the ability and the knowledge to maintain it.
- I'm thankful to have a platform on which I can share health information.
- I'm thankful people are finally waking up to the fact that we are being poisoned by the food we eat. Did you know that Americans are the sickest people on the planet and that the agencies charged with protecting our health are compromised? Did you know that between 2006 and 2019, nine out of ten FDA commissioners left the FDA and went to work for the big Pharma companies they were once in charge of regulating?
- I'm thankful that people are finally beginning to understand what I've been saying for years: *“They want us sick because there's no money in people being healthy.”*

- I'm very thankful that Bobby Kennedy will be an important part of the new administration and is going to work very hard to Make America Healthy Again. This premise has been my passion since the medical establishment and its fake promised cures took the life of my father.

So far, Bobby is promising to do the following, which is hopefully just the beginning of a wonderful list to end the current war on public health that wants people to be sick:

- Ending the aggressive suppression of psychedelics, peptides, stem cells, raw milk, hyperbaric therapies, chelating compounds, ivermectin, HCQ, vitamins, clean foods, sunshine, exercise, nutraceuticals and anything else that advances human health and can't be patented by big Pharma.
- Ending chronic diseases in our children.
- Banning the use of seed oils and pesticides, which have been linked to chronic health issues.
- Banning the use of toxic chemicals from our food supply. For example, why are Fruit Loops in Europe colored with natural fruit, but in the United States, toxic chemical dyes are used? Additionally, why are there often 3 or more times the number of ingredients in our foods than there are for the same item in other countries?
- Ensuring our food supply is safe and nutritious.
- Removing toxic fluoride from public water sources (and hopefully toothpaste). Please go back and read my September 2018 newsletter on this topic.

Personally, I can't wait to see what he accomplishes and to see the end of the poisoning of our citizens. I'm so thankful he has the courage to take on this enormous challenge.

The bottom line this month for all of you is this: If you're thankful for what you have, you'll ultimately end up having more. While the holidays are definitely a difficult time for me, I do believe that Thanksgiving is a time of togetherness....whether it's with friends, family or even strangers. It's the one holiday out of the entire year that allows us to (or forces us to) reflect on all the wonderful people who have come into our lives over the years and to reflect on the opportunities we've been provided. It's also a time for gratitude. Remember, be thankful for what you have, because if you really stop and think about it, it's likely more than you could ever imagine. No one is promised tomorrow, so be thankful for each moment and enjoy today.

In closing, I'll leave you with this beautiful quote from Henry David Thoreau: *"I am grateful for what I am and have. My thanksgiving is perpetual."* Starting today, choose to be thankful every single moment of every single day and don't let the little annoyances of life (or even the big ones) get you down.

Happy Thanksgiving!