

GRATITUDE...

By Tricia Talerico, D.C., M.S., Nutr.



It is hard to believe that it's almost 2022 and we are still dealing with the COVID-19 pandemic, social and political unrest, food, housing and financial insecurity for millions of people, climate catastrophes, loss of family/friends, and of course, our own emotional struggles. It is difficult to experience all of this and yet find something for which to be grateful. Then I stumbled upon this quote by Melody Beattie. I had to read it several times before I could apply it to my own life.

For me personally, I am grateful for my children, my family, my friends, my business and my health. According to Merriam-Webster.com, "grateful" can mean "appreciative of benefits received". My children have been my rock, my strength, my heart, my soul and my inspiration. The love and support I have received from them helps me to understand my past and look forward to my future with them. My family (as dysfunctional as we may all be) has been there for me with love and support at every possible turn. My friends have been there ready to help at a moment's notice. Lastly, my practice, all of you, that have supported me and my businesses for the past 32 years. I still cannot think of any other profession that I would rather be doing. Chiropractic and nutrition have

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
MELODY BEATTIE

brought so many amazing people into my life, as friends, patients and clients. Sadly, some have passed but they will always be a part of my foundation. I have learned so much more than I have been able to give. You have inspired me to be a better chiropractor, nutritionist and person and I thank you all. I look forward to the privilege of helping and serving as many people as possible in the future.

Lastly, let me offer some health and nutrition advice as we wrap up 2021 and begin 2022.

1. Take care of your body as it is the only one we are given and it can only stand a certain amount of abuse.
2. Find some time in your week for some kind of exercise. It can be walking,

running, yoga, stretching, lifting or dancing.

3. Stop beating yourself up for old behaviors or mistakes. You can begin each day with the intent of eating cleaner and healthier. Let's make "peace" with our issues and faults and look forward to tomorrow to begin again.

4. Lastly, use the amazing professionals you have at your disposal in Monmouth County to help you on your journey. Chiropractors, therapists, optometrists, personal trainers, physical therapists, acupuncturists, massage therapists, nutritionists and, of course, your trusted primary doctors. We are all here to help you live better, longer and happier.

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



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