



# ACTIVE LIFESTYLES CHIROPRACTIC & physical therapy

## Your Best Life? (Newsletter Jan 2009)

You can count on 3 things in life: death, taxes and New Year's resolutions that quickly fade. The good news is that none of these should be viewed as threatening because if we prepare for all of them, they just become mere inconveniences.

Most of us think we have to focus on each aspect of life individually to be successful but observation tells me that success comes from a strong foundation that builds upon itself. Oprah is a good example of someone who is definitely a success by anyone's standards. She has all the means but admits to having failed herself by neglecting her health and not "loving herself".

Real success begins with sound body, sound mind, and sound spirit. Others simply describe it as eating well, moving well and thinking well. Whatever your choice of mantra, repeat it to yourself as often as possible.

The most common roadblock to success is misconceptions of health or simply lack of health. One of the most common of these is that feeling good is a sign of health. To prove to the contrary, I ask how many of you would have reacted sooner had you known you had a cavity after the dentist tells you that you will need an expensive root canal. Were you not feeling OK till yesterday when the pain set in?

It is no secret that Americans are prematurely aging as evidenced with the upsurge of degenerative diseases. More shocking is that many newborns nowadays will not outlive their parents. The good news is that this is all preventable. The World Health Organization has noted that 70-80% of all diseases and 30-40% of all cancers are preventable through good nutrition.

A common misconception is that we are a slave to our genes. It is not genes, not bad germs, not bad luck but in most instances unhealthy choices. Becoming healthier is a choice and so is becoming successful. Many fad dieters take losing weight as a destination. Real weight loss and health is a journey taken throughout the course of life. We all have choices. We can wait till our body fails and use drugs as crutches to keep us going. Do something NOW or do a whole lot later, provided you get a chance then. Nature has provided us with everything to meet our nutritional needs. Processed foods, fast foods, trans-fats, high fructose corn syrup are devoid of these vital nutrients and our downfall. Many of us eat unconsciously and act as merely garbage cans with hairy lids. Because it tastes good or we can digest it does not mean it's good for us!

Fruits, vegetables, organic meats, seeds and nuts are our best chance for health. If these choices are not convenient, then whole food supplements are the best alternative to lose weight and gain health for a lifetime benefit. Nobody and nothing is perfect. You owe it to yourself and the ones who love you to live your best life.

For general questions regarding your health and nutrition, email me at [activelifestyles@bellsouth.net](mailto:activelifestyles@bellsouth.net). For a nutritional program specific for your child or your needs, please schedule an appointment at the number below.

Your Life Coach,  
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