



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Have Faith In 2021

“Every day of this New Year, step up to be the best version of yourself, even if it’s just one step.”

The beginning of a New Year is a time to be optimistic, right? Well, if you are feeling a little shaky, you're not alone. The COVID lockdowns have shown us how easily it is for all of us to get discouraged, irritated, and quite frankly act a little weird. There's been a rise in depression, anxiety, suicides, and for some people, just a profound sense of loneliness. So much change in such a short amount of time. Who would ever have thought Americans would be wearing masks? Who would have predicted the current political climate? Who would have thought that even our constitutional freedoms in certain instances are being ignored? Freedoms that I am sad to say many of us have taken for granted, I know I have. One that is glaring to me is freedom of speech. If an “F”

word needs to be censored, Americans don't want it to be FREEDOM.

We've witnessed legitimate news clips of medical doctors that have successfully treated COVID, but for some reason, licensed professionals are being censored by media formats. I recently shared with wellness professionals about Dr. Richard Bartlett who, following the lead of other countries, uses a low dose steroid via nebulizer to treat COVID and has not lost a single patient. An inexpensive treatment that saves lives... but doesn't get media airtime? Doesn't that seem strange to you? Not only have inexpensive COVID treatments been selectively ignored, but many social media platforms have banned discussions on vitamin D, zinc, vitamin C, and other

immune support products, if they begin to gain attention.

For example, Alex Vasquez, who holds 3 medical degrees in osteopathy, chiropractic, and naturopathy, wrote a comprehensive book on anti-viral strategies called Antiviral Nutrition. His book was sold on Amazon for years, but all of a sudden, it was banned. Why all of a sudden was it banned, when it was sold for years without a problem?

I certainly recognize that people are getting sick and some people are hit hard, real hard. People are hurting. But why censor effective treatments? For example, why hide the research that people who die with COVID are severely deficient in vitamin D? Why doesn't the news media talk about the PCR testing, and

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that it has limitations and gives false positives, and maybe that could be a major contributing factor in COVID numbers increasing? But the most troublesome is why are scientists and physicians, who have experience in successfully treating COVID patients, silenced?

These are powerful questions. Beyond freedom there's another "F" word that is so prevalent in the world today: FEAR. Fear is a powerful emotion, especially if you are not aware that it can drive your thoughts and behavior. Fear is at work in many people we come in contact with.

Have you had experiences lately where people are totally unreasonable for no apparent reason? Having concerns is reasonable, but we don't have to live in fear... fear of sickness, fear about events, or fear about what other people say or do.

The only person that you can control is YOU, and YOU committing to invest the time and energy to become "the best version of you possible." And that looks totally different for everyone. For some people, it means spending more time in meditation or prayer. For some people it means becoming informed about their own health. That

means getting lab evaluations, facing health risks, and developing a strategy they can have confidence in. In reality, most of what people fear will never happen.

Think of FEAR as, False Evidence Appearing Real. Start the New Year with faith over fear. And going forward, if we experience conflict, which we will, there's another "F" word: Forgiveness.

Consciously and intentionally forgiving ourselves when we say and do stupid things and forgiving others when they do the same. Forgiveness is the most powerful medicine available. I'm sure you've heard the saying "unforgiveness" is like drinking poison and expecting the other person to die. Unforgiveness drains your life energy. On the other hand, forgiveness brings life and sets you free.

Let me encourage you with this: Every day of this New Year, step up to be the best version of yourself, even if it's just one step. Think of these 3 "F" words as you take a step up. Keep your eyes and ears open to protect your freedoms, choose faith over fear, and always be the one to forgive. Let's live our best NEW YEAR.