



December 5, 2009 – Grand Rapids, MI

Holiday Special

Everybody else is having a sale—why not me? I've got some deals for you, and I'm also introducing a new product and an e-mail policy. First, the sale.

All CDs are \$10

That's it—short and sweet. CDs are \$10 each, including shipping. This offer will be in effect for the next two weeks (through December 19th). That should get them to you before Christmas.

Having trouble deciding what to give your favorite overweight uncle? Your brother who thinks Skittles are fruit? Your sister who takes care of everyone else's health and neglects her own? Your Mom and Dad, or your best friend? *Dr. Chet's Top Ten Tips* is perfect for them—this is a gift that says, "I want you to stick around for a long time, so try to be a little healthier, okay?"

Have a sister or brother or neighbor with kids involved in sports? Grandchildren or godchildren? Nieces and nephews? Then *Dr. Chet on Youth Sports* is a great gift.

All Downloads are \$9—Even in Spanish!

For those of you who prefer digital products, I'm also reducing the price of the audio downloads of *Dr. Chet's Top Ten Tips* and *Dr. Chet on Youth Sports* to \$9. That includes the just-added *Dr. Chet's Top Ten Tips* in Spanish. I know many readers are more comfortable listening in Spanish, so I contracted to have the audio recorded by Renzo Castillo, a friend from the Dominican Republic with a great voice. If you have Spanish-speaking friends, family, clients, or customers who may benefit from my thoughts on health, let them know about this new addition to my website. It's currently available only as a download but if there's enough demand, I'll have CDs produced—show me it's warranted, and I can have CDs available in a week.

E-mail Policy

I've been overwhelmed by e-mail. At the end of November, I had over 400 e-mails from readers, so I needed to institute an e-mail policy—I never had one and that's why I got so far behind. With my busiest travel season coming after the first of the year, I knew I'd only get further behind if I didn't do something. I wanted to come up with a system that gets you an answer as quickly as possible but also recognizes my schedule. I believe in customer service so if you're reading my messages and buying my products, I want to make sure you get the answers you need in a timely fashion. So here's my e-mail policy:

- If you e-mail me with a question that requires a personal answer between 6 a.m. Monday morning through 9 p.m. Thursday evening, I'll answer your e-mail within 24 hours.
- If you e-mail me after 9 p.m. Thursday through midnight Sunday, you'll get an answer by the following Monday.

Weekend e-mails may be answered sooner, but when I'm traveling and doing seminars, my days are really full and I don't always have a chance to answer e-mail until I get home. That's how I got behind. This new schedule should help get you answers you need at the high level of service I want to provide.

The Bottom Line

I love what I do and I love helping you get healthier. Take advantage of the Holiday Special and share the information I provide with your family and clients. This holiday season is about giving—what could be better than giving the opportunity for better health?

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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