



June 28, 2010 – Grand Rapids, MI

## Not Tomorrow

Many of you contact me with some serious health challenges. I give you my thoughts about what you should talk to your doctor about, and if there are specific foods, exercise, or nutrients that will help, I'll let you know that as well. But I recently got an e-mail from a woman who was in shock. She has a family history of a very serious condition that left many of her relatives dead in their 40s and 50s. She's in her mid-60s and feels good with some minor issues but none related to what affected her relatives. But when she went to see a specialist to discuss a specific test result, he said, "I'm sorry. It won't be tomorrow..." She couldn't really remember much else, but what he told her was that she was going to die sooner rather than later. He hugged her and left the room. No treatment options. That was it.

I'm not a physician in part because I don't think I could tell someone they have a terminal illness. But I think I could find a better way than telling someone, "It won't be tomorrow." After my rage abated, I thought about that statement a lot. When I talked to her later that day, I told her to repeat it every day when she wakes up in the morning: it won't be tomorrow. That means she has today to take care of her body, pursuing the best lifestyle and the best treatment for her condition, and to live life as fully as she can. When she wakes up the next morning, she should tell herself again, "It won't be tomorrow." Keep doing that for the next 20 or 30 years. Tomorrow will come eventually, but doing everything she can every day may push that date out weeks, months, even years.

If you're facing a health challenge, no matter how serious, tell yourself the same thing: it won't be tomorrow. Then do whatever you have to do to take care of your health so you get to wake up tomorrow and say the same thing. If you make the most of today, you may be surprised how many tomorrows you'll see.

What are you prepared to do today?

**Dr. Chet**

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