



December 20, 2010 – Grand Rapids, MI

Stop the Damage

As we approach the end of 2010, we're thinking about what we want to accomplish in 2011. That includes goals for our health. We can all find things that we could do better, but before we can work on positive health changes, there are some things we have to do.

Above all, we must stop the damage we're doing to our bodies.

There are three things that immediately come to mind:

If you smoke cigarettes or cigars, or use any other tobacco products, quit. If you can't outright quit, start developing a strategy that will help you do it. There's no single worse health habit than using tobacco. You have to stop that damage.

Start eating and drinking less. I know this is the time of year when consuming mass quantities is considered normal. Eat and drink whatever you want, but do it in moderation; limit the alcohol and cookies and candy and gravy. If your health isn't where you want it to be, you no longer get to eat as much as you want—it's that simple. Beyond that, eating and drinking way too much now will increase the damage to your body and make it that much harder to achieve your health goals in 2011.

This one really takes time: you have to change your attitude. I have a tendency to think about only my shortfalls, what I didn't do. I'll bet that you do to the same at times. We get gloomy and create scenarios where we say, "What's the point of trying?" Stop the damage and work on changing your attitude. There's nothing we can't do—remember that.

What are you prepared to do today?™

Dr. Chet

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