



September 12, 2011 – Grand Rapids, MI

The Right Stuff

Last week I wrote about how a missing ingredient—sunlight—affected my tomatoes and how one missing ingredient can affect our health. Here's an example of doing it right and what results you can get.

When Paula and I moved into our home 10 years ago, we had a house surrounded by mud, and nothing else. That fall, we hired a beginning landscaper who knew his business but worked cheap, so we were able to make an incredible difference in our surroundings.

We also made what turned out to be a critical decision: we hired a tree service to look after our investment in shrubs and trees. For the entire 10 years, the guys from West Michigan Tree Service have watched for all kinds of problems and fed the shrubs and trees regularly—we wish all our investments grew like our trees have!

Here's an example. Our neighbors' house was landscaped in spring 2001, and included three fat, healthy fir trees in the front yard. For continuity, we planted a balsam fir in our front yard as well, and at that time, it was about a foot or two shorter. The original neighbors moved on a few years later and were replaced by people who do nothing but mow—no pruning, no feeding. Those trees are on their own, and one didn't make it. This photo shows the difference: their firs are on the left and ours is on the right (the background was lightened to make them stand out from all the other greenery).



So that's what 10 years of great care and the right nutrients will do for a fir tree. What about your health? If you saw your doctor regularly, exercised a little, ate a healthy diet, and took the right supplements, think what a difference it could make.

What are you prepared to do today?

Dr. Chet

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