



September 14, 2011 – Grand Rapids, MI

## The Final Element

Last week I wrote about how a missing ingredient—sunlight—affected my tomatoes and how one missing ingredient can affect our health; Monday I talked about how the decision to hire a tree service has given our trees and shrubs the edge to be the healthiest they can be. But there may be one more factor to consider.

When Paula and I had our bare lot landscaped 10 years ago, one of the trees we chose was an old-fashioned green willow for the side yard. Willows are fast-growing trees, but ours has been exceptional. Our tree service has kept an eye out for problems and feeds it regularly; no question it gets plenty of sunshine. The area where the willow's planted is very moist, a low spot for our lot and several others. It can take a few days to dry out after heavy rain. Willows love water, so that was a perfect spot—the final element our willow needed to be extraordinary.

These two photos are proof. In June 2002, the top of the leader barely reached the top of the deck railing—the light-green tree in the lower right corner is the willow. Ten years later, the willow towers over our house, and the deck is barely visible.

Maybe you're doing all the right things to take care of your health—you see your doctor regularly, exercise a little, eat a healthy diet, and take the right supplements. But you're still not where you want to be. You may be missing the final element: the perfect diet for your unique body. That's why I recommend you take the Inherent Health Weight Management Genetic Test, because when you start eating right for your genes, great things can happen.

What are you prepared to do today?

**Dr. Chet**



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