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WHAT HAPPENED?

There is one topic that needs discussing because it literally stops people from achieving the health they so richly deserve. I've noticed that most people I chat with are very much ruled by FEAR and the "what ifs". I have always found that people tend to analyze way too much, eventually talking themselves out of whatever they're facing. Fear simply overtakes them. Fear is such a crippling disease, one that can stop you cold. And it often does, with inertia as the result.

THREE TYPES OF PEOPLE

I once heard that there are three types of people in the world. Those who make things happen, those who watch things happen and those who wonder what happened. Which one are you? Always ask yourself what is the worst thing that could happen? The reality of the worst thing is almost always zilch.

In the quiet of your mind and spirit, ask your own "wisdom within" for guidance. The answer you will receive will always be correct for you. You may not agree, but it will be always right for you. And you will have to admit that what is stopping you are all those excuses you have been piling up on your wagon – and they all spell fear.

LIFE IS NOT MEANT TO BE FEARED

Let me assure you that life is not meant to be feared. Life is meant to be lived. It is full of opportunities just waiting for you to take hold of them. But opportunities are much like butterflies – they light when you least expect them. And when you are faced with a choice, do you seize the moment or do you shoo it away like a bothersome fly?

So there is never a perfect time for that particular opportunity. Just grab it!

The universe sends us countless opportunities, many of them often cleverly disguised as problems that are opportunities for you to grow. So go out there and seize the day. FEARLESSLY.

Use this newsletter as a coupon for the initial consultation, x-rays (if needed), exam and report of findings for \$40.00. (New Patients only)

Expires May 11, 2012