

June '15 Wellness Letter

Dear Patients and Friends,

The year is half over. Have you been taking good care of yourself? If not, why not? What is holding you back?

Poor health is a result of a series of small “poor” choices with a cumulative effect. Good health is a result of small “good” choices with a cumulative effect. Which do you prefer?

Every day in my office I try to encourage people to take a proactive approach to their health. I hear all of the excuses you could imagine why they cannot take some simple steps moving forward on the spectrum of health. Many of these excuses are real and valid. Ultimately though, excuses hold you back.

Excuses or action – what will you choose? Both have their own outcomes. Be careful what you choose. There are no “do-overs”.

Choose action. Recalibrate and make the rest of the year your best ever! As always, we’re here to guide you.

Make it a great day!

Dr. Ed