

# Dawn of a Healthy Life

A Nutritional Health Newsletter published by:  
**Women's Nutritional Health Center**

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***The Word became flesh and made His dwelling among us. John 1:14***

**Merry Christmas Dear Friends,**

Wow, can you believe it's Christmas already? I can't. It seems like just yesterday that *Women's Nutritional Health Center* opened its Johnson City doors. That was in June 2008 when we moved the practice from Elizabethton to Johnson City. People have asked me why we went to the expense of purchasing a separate facility when the practice was growing so well in Elizabethton. I wanted to be more accessible to as many people as possible, and through His grace our wonderful little house was made available. It's been a blessing to be more easily available to people from the entire tri-state area.

You see, I have a vision that I would like to share with you. Some call me crazy because it's so big, but I believe in shooting for the stars. If I miss and hit the moon, things will still be better for the many sick and hurting people whose health improves.

I believe in my heart, that the natural state of these God designed bodies is one of full and vibrant health. I believe we should arise each morning full of "vim and vigor," ready to do what needs to get done with energy left for the family at days end. I believe the only awareness we have of our bodies should be from our sense of sight, hearing, touch, taste, and smell. We shouldn't be burdened by lack of energy, brain fog, pain, or any symptom of illness.

Whoa! Am I talking about heaven? I don't think so. I think heaven will be so much better than we can even imagine. I'm talking about right now, on this earth, in your life. If it can happen for one person, it can happen for another and that other can be you.

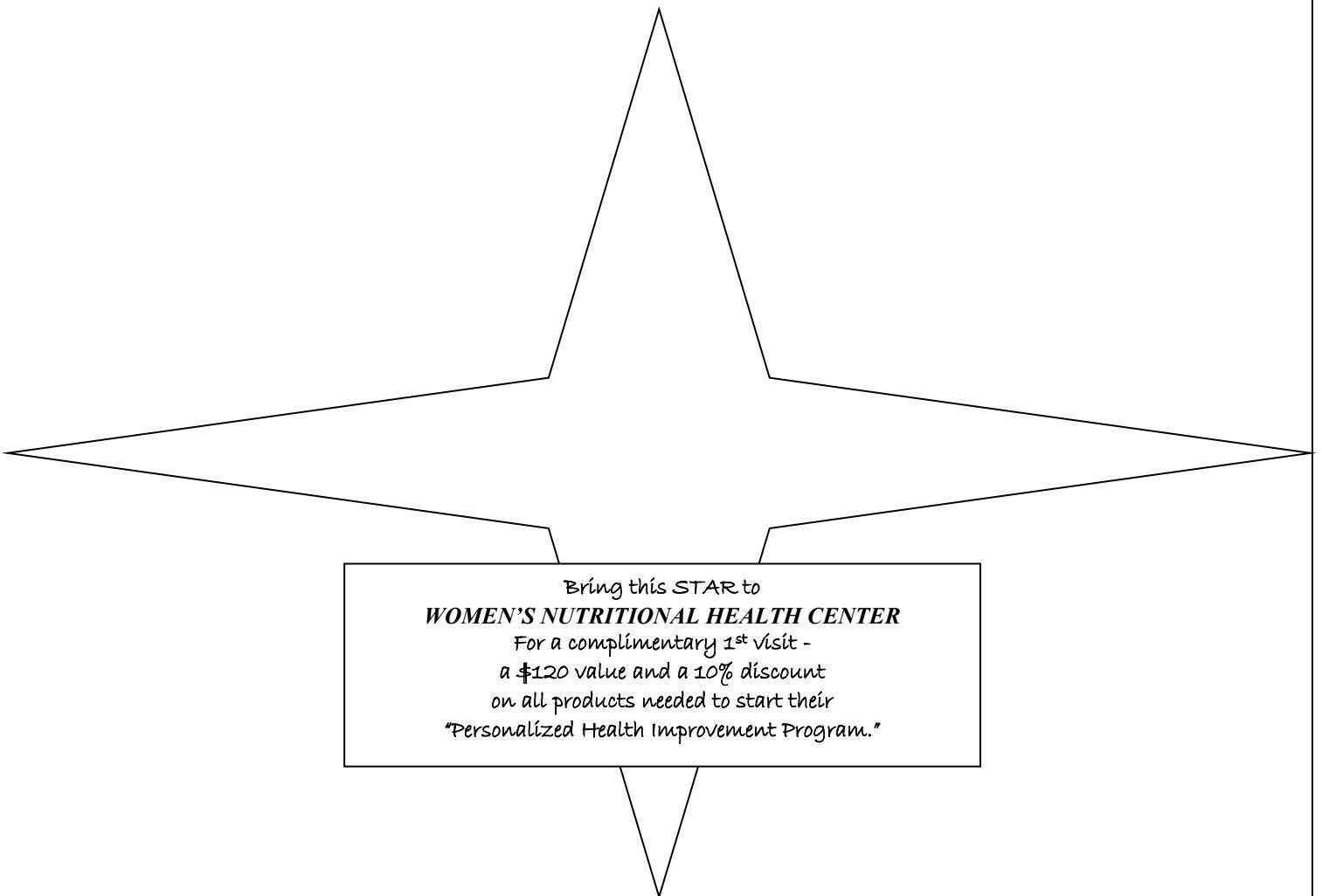
Yes, I believe it is possible to lead a healthy, pain-free life. But, I don't believe it is possible, unless we make some major changes in our attitudes about how we take care of our health. As a nation, we have been brainwashed into thinking health comes from a prescription bottle or a surgeon's knife. Holy smokes, have we ever gotten into trouble with that idea. You know what I'm writing about. You've experienced it.

Our health care system is the most costly in the world yet Americans are not the healthiest people in the world...far from it. By the last studies I've seen, we rank 29<sup>th</sup> in infant mortality and fiftieth in overall mortality (life span) of the developed nations in the world yet we spend more money, by 250%, on what's supposedly called "health care" than the average for developed nations. I think I know why our health care system is such an utter failure.

You see our system never addresses health, but only sickness. It would be better termed a "sickness care system." Oh, I believe those individuals who have poured their lives into their medical careers have the highest of motives. They want to help you just as much as I want to help you. And they are doing a tremendous amount of good keeping sick, dying bodies alive. But they are abysmal failures at helping sick people get well, because they rarely address the causes of why they're sick in the first place. (go to page 3)

*Please give this **STAR** to someone you would like to help live a healthier 2018. It's a special gift for your family and friends. To help those starting their journey to better health in 2018, we will give a 10% discount on all products needed to start their "Personalized Health Improvement Program."*

## MERRY CHRISTMAS



It's depressing to think about it, but we must face the facts and find a solution. The facts are that modern medicine is failing us, and we must take responsibility for our health in our own hands. Why should that be? Modern medicine has the brightest minds in the world. Surely they will come up with a pill that will save us from ourselves. I wish! Don't stake your health or the health of your family on it.

So how do we take responsibility for our own health? I know it sounds way too simple, but we need to learn how to give our bodies genuine replacement parts. Now wait a minute! I'm not talking about transplants. I'm talking about the basic replacement parts that our bodies use to rebuild on a daily basis. That would be food. **WHAT?! FOOD!**

Yep, that's right. You're nothing more than a head of lettuce, some carrot, broccoli, tomato, cow, pig, chicken, etc...OR Twinkie, soft drink, cookie, slice of cake, candy bar, etc. You get the idea. Every cell of your body is made from the food you eat...garbage in...sickness, pain and disease, out. Of course, I am oversimplifying things, but we don't have to get complicated.

Most of what has caused the average person to be anything less than healthy is what they have done to themselves. And if you have done it to yourself, you can undo it. That's right. If you start feeding your body the foods which supply it with good building blocks, it will begin the process of rebuilding and improved health which is the natural, wonderful outcome.

Sounds too good to be true doesn't it? Most everyone reading this newsletter has already experienced health improvement to some degree. You know it can be done and we're here to help you continue on that path.

Oh sure, there are those of you who have fed your body so poorly for so many years, that you may never be "well" but the improvements you have had and will continue to get are "**real health improvements**," not just a suppression of your symptoms by drugs. You can continue to build health on those real health improvements, but drugs require more drugs to suppress symptoms leading to more symptoms from the drugs themselves. Not a pretty picture, as you may have already found out.

How then do we finally change the "sickness care system?" We don't. We change ourselves so that our need for that kind of symptom suppression is greatly reduced or eliminated. We get healthier and don't need the system and then the system must change itself from one of "sickness care" to one of "health care." I think economists call it "supply and demand." When there's no demand for drugs and surgery, then the supply has to change.

"Crazy, crazy, crazy," you might be saying. Maybe I am. When a system that devours nearly one of every five dollars spent in this country is challenged, it won't give up easily. People like me will be called quacks, frauds, charlatans, or worse. I don't care what I'm called because I know what I'm saying is correct and that it works to help sick people get well. That is the ultimate test and it will stand the test of time.

I want to assure you that I will always be diligent in pursuing ways to help sick people get well and well people stay well. Number one component of that quest is...**REAL FOOD!**

**Merry Christmas  
and a  
Happy, Healthy New Year**  
**from the staff and clinicians at**

*Women's Nutritional Health Center*

This **“Quick Check”** Coupon is a Special Christmas Gift from All of Us at WNHC.  
Use this coupon when you have health issues come up for which you might need an extra visit such as colds, flu, digestive trouble, etc.

**MERRY CHRISTMAS**

**Women's Nutritional Health Center**

**This coupon entitles the bearer and each family member  
who is presently a client to One FREE**

**“QUICK CHECK”**

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This coupon can be used by anyone who already has an appointment but needs an extra visit to handle such health challenges as flu, colds, fever, sinus issues or whatever issue may need attention.

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*For God So Loved the World that He Gave...*