



September 22, 2015 – Grand Rapids, MI

“That Saved My Life!”

This is going to be an opinionated week of messages, starting with a recent conversation. Actually, I've had the conversation with many people over the years who feel that at a time when their health was spinning out of control, they heard or read something that made sense, and they feel it saved their lives—a product, a diet, or even a person.

I don't see it that way. When people get to the point of realizing that the path they're on is going to kill them, whatever trigger gets them on a better path gets the credit. The emotion associated with that moment is the wind that keeps a person sailing to better health. But here's the thing: Every person I've ever talked to who felt that way had changed their entire lifestyle. It wasn't really a single diet, one product, or a particular guru; it was more of an “a-ha” moment, a change in thinking that was maintained. The key was consistency of effort that helped them save their own lives.



Here's my challenge. Leave the emotion out of it because when the emotion runs out, so will the effort. Approach lowering your cholesterol or losing weight or getting fit in a step-wise manner by permanently changing your lifestyle one step at a time. It may not be emotional and it may not be exciting, but you know what is exciting? Results—and they're what you're after.

There's still room in the [High Blood Pressure: Getting It Down](#) webinar on Thursday. If this silent killer is something you need to address, find out how to do it naturally. Learn more about saving your own life one step at a time.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

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The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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