



November 23, 2015 – Grand Rapids, MI

A Holiday Preview

Paula and I would like to wish you and your family and happy and blessed Thanksgiving. We are thankful for each and every one of you who read the message and support our business by buying our products.

I know you are busy traveling to celebrate the holiday with family and friends or hosting family yourself, so this will be the only message this week. I want to provide you with an update on what's coming the rest of this year and in 2016.

New and Updated Releases

I'm recording three new CDs and updating two more. Based on the results of the survey, I'm going to provide health information via CDs instead of DVDs from now on. There are two reasons. First, it will reduce the cost significantly while still allowing you to hear every word. Second, it will make it easier for you to lend to friends and potential clients as well. In place of the video presentation, I'll provide you with an outline so you can take notes.

The new titles will be:

Type 2 Diabetes: Working Toward Your Cure
High Blood Pressure: Getting it Down
Nutrition During Cancer Treatment.

The updated titles will be *Healthy Babies*—don't worry, we're going to keep the same adorable picture of those babies as the CD cover—and *Optimal Performance*. The last two will be updated with new research since I recorded them last. They should all be available by the first of the year.

What about video? I'm not abandoning video but I'm going to use it in a different way in the future. For now, I want to get you the information in a format you can use for your health, and for those of you in the nutrition field, to help you in business as well.



Peak Performance

I'm introducing a new concept and program in 2016. How would you like to have the energy and mental clarity you need exactly when you want it to perform your best in business? In life? I've created a new approach to help people do just that.

Remember the last time you had a day when you were "on"? You were as sharp as a tack, your mind was clear and focused, and you had all the energy you needed to do what you needed to do. I've had those days and I want more of them. The problem is creating that energy and focus exactly when I want them, not just when it randomly happens. I've done my research and put together a program to do that.

I've developed a keynote speech and a workshop that can teach people how to achieve peak performance. The keynote is titled "The Non-Negotiables of Peak Performance"; it's appropriate for all business meetings and professional-development seminars. The workshop is titled *Peak Performance in Business and Life* and comes in

half-day and full-day versions. If you think that's something that can benefit your business or the company you work for, please contact me for more details.

There's a whole lot more coming in 2016, and I'll let you know more as time goes on. For now, thank you again for supporting my business. My goal as always is to help you be the best and healthiest version of you possible.

What are you prepared to do today?

Dr. Chet

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

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

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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