



December 3, 2015 – Grand Rapids, MI

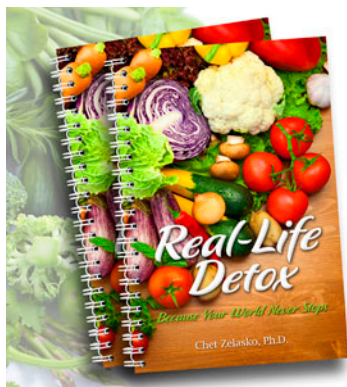
Clean Start

On Tuesday, I called December a month of opportunity. You can choose to grab hold of a healthier lifestyle right now or ignore things until the New Year and waste this opportunity. On my Facebook page, I took things one step further. I asked people to take some measurements: body weight as well as chest, waist, and hip circumferences. I'm asking you to do the same thing today. You could also include a measurement of a particular spot that you're troubled by such as your upper arm or above the knee.

Why? To measure it again on January 1. If you decided to improve your lifestyle now, whether by exercising or eating healthier or just plain eating less, you could see improvements. My reason for challenging you like this is for you to get to a better lifestyle all year long. As I said on Tuesday, the people who are where they want to be enjoy a few holiday treats but don't change their core habits. We have to get to healthier core habits first; that's why I'm making you aware now. Take the measurements and write them down. I did.

There's more. Rather than wait until the New Year, I'm using the middle of the month to do a group fast and detox. The purpose isn't to lose weight, although you probably will; the idea is to clear out all the toxins you've accumulated due to holiday stress and holiday foods and give you a clean start for the last half of December when it really gets crazy.

Next Friday through Sunday, December 11 to 13, I'm going to lead a group detox: A Gourmet Detox. No one ever said detox foods have to taste bad! I've put together five new recipes that I will post in the Recipes section of the Health Info page at drchet.com next Wednesday with links on the Real-Life Detox Facebook page. If you don't do Facebook, you can get to them by going to the Health Info page of drchet.com.



I've also got a Buddy Price for you. One *Real-Life Detox* book is \$14.95 with free shipping. If you have someone you want to do the detox with, you can get two books for just \$10.00 more including free Priority Mail shipping in the U.S. That's \$24.95 for both books! Just make sure you order no later than Monday night to be sure you'll get them in time for the weekend.

Time is what this is all about. You can squander December or you can use it for a clean start to get your healthy lifestyle started and **still** enjoy the holiday season.

What are you prepared to do today?

Dr. Chet

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