



May 10, 2016 – Grand Rapids, MI

I'm Alive V2.47

If you're a long-time reader, this message may be familiar. Whenever I have a message scheduled for May 10th, I always use an updated version of the same message: 47 years ago today, my dad died at the age of 41. From the time I turned 41, every day I wake up on May 10th, I believe I have at least another year to live. It makes absolutely no sense, but it's what I feel.

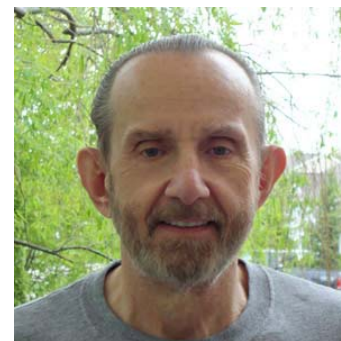
I didn't know my dad well; my parents were divorced when I was very young. He could have seen me any time, but he just never got around to it. I don't hold that against him. In fact, I think I understand it—he lived in his moment.

Why did he die so young? Lousy genes in addition to being a functional alcoholic, overweight, sedentary, two-pack-a-day smoker, and most likely a type 2 diabetic. He died in his sleep from a cardiac arrest.

I have the worst set of IL1 genes possible and who knows what others. But I know this: you can keep bad genes from getting turned on by living the healthiest lifestyle you can. That's what I try to do. And because it seems to be working, you get another year reading and listening to me as I try to get you to do the same thing. You may as well get about doing the things I tell you to do because I will never quit and never relent.

What are you prepared to do today?

Dr. Chet



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