



June 16, 2016 – Grand Rapids, MI

Observations: One Thing

Our pretend daughters helped me cut down a dead pine tree a couple of weeks ago (we don't have any actual daughters, so we just chose two young women we especially liked and pretend they're ours). I can remember when that pine was planted. It grew from about seven feet tall to well over 25 feet in 15 years. Every tree that was planted in our yard has grown like crazy and thrived. Why did this one die? It had plenty of water. We had a tree service feed and protect the trees against pests and diseases.

The one thing it didn't get enough of was sunshine. The trees surrounding it eventually grew slightly taller thereby blocking the sun. Everything else was the same except for the amount of sunshine.



When I relate what happened to that tree to our health, I think most people do many things right, yet they don't seem to be getting the results in weight loss or fitness that they want. To me, it may be that one thing that they avoid or just don't focus on, whether it's exercise, water, reducing refined carbohydrates, managing stress, whatever. It will be something different for everyone. The results that they want may all come down to finding that one thing.

Take some time and examine your habits to see if you're missing that one thing. It could be the difference between where you are and where you want to be.

What are you prepared to do today?

Dr. Chet

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