



December 26, 2016 – Grand Rapids, MI

Rule 1: Eat Less

The holiday season is full of tradition, and I hope you celebrated according to your beliefs and spent the time with family and friends. But as the end of the year approaches, it's time to get ready for 2017. This week, I'm breaking with tradition and doing a message a day to help you get ready. In addition, I'm doing a Detox Weekend via Facebook January 6–8.

One of the things that we should all do is eat less. I'm not talking about losing weight. That's important if you need to, but I mean eating less by fasting one or two days occasionally to help your body reset. The science is building for controlled fasting. One of the benefits is that it can help the body revitalize the immune system, something that can benefit all of us.

[Real-Life Detox](#) gives you three options for doing a fast; if you're into details, I summarize the research on the benefits of fasting. There's still free shipping when you buy one copy of the book, or you can purchase the eBook version if that works better for you. Or you can pull together a few friends and take advantage of the special pricing on five *Real-Life Detox* books; that has an additional [perk](#).



If you want to know how to eat less and do it responsibly, get *Real-Life Detox* today.

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.

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