



December 28, 2016 – Grand Rapids, MI

## Rule 2: Eat Better

The New Year is the time for beginning new habits. Some people, maybe most people, like to clean sweep old habits, flush things out, and start over. Look at the Internet ads about detoxing and cleansing: you can cleanse your system with programs that cost hundreds of dollars, using herbs no one has ever heard of, and end up spending hours in the bathroom.

Or you can simply eat better. That's the objective of [Real-Life Detox](#). There are foods that can help the detoxification system of your body, but we don't eat those foods often enough to help. The detox program has you eat the right foods for a day or a few to help get the process started. The goal is to help you start over by teaching you what foods can help you detox. If you make them part of your regular diet, you're detoxing every day! There are also the right supplements that won't break your bank to help you with the process. I'll tell you what those are.



Get your copy of *Real-Life Detox* today. Start the New Year with a fresh start to eat better during your detox and beyond. Get your copy with free shipping. Better yet, have your friends join you with the [five-book special](#). The way to optimal health begins with eating better, and that begins with Detox Weekend January 6–8 on the [Real-Life Detox Facebook page](#).

What are you prepared to do today?

**Dr. Chet**

---

### **WGUV** 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 WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://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.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**