



January 3, 2017 – Grand Rapids, MI

## Nutrition Can't Fix Everything: Baggage

Happy New Year! I hope you're ready to make your health a priority in 2017. Let's begin the New Year right with a statement I discussed in my monthly conference call. I received an email in which someone was convinced that there was a nutritional solution to a health issue that she was having. I thought about that for a couple of months—not her condition but the question in general.

Nutrition cannot fix everything, whether a change in diet or a supplement. I'm going to give you three reasons this week as to why.

Let's begin with baggage, by which I mean everything that you've ever done, good or bad, over your life. The cigarettes you've smoked, even though you quit years ago. The muscles you've torn and ankles you've sprained. The weight you've gained and lost. I could go on and on. The point is that you cannot undo everything you've done by eating a special diet or taking a supplement.



That doesn't mean that you can't improve some of the symptoms that are the bothering you as a result of that baggage you bring with you. You can feel a whole lot better than you do today. It's like the Detox Weekend I'm doing via Facebook Friday through Sunday. It can't completely undo the years of poor eating and health issues you have behind you, but you can feel better and have more energy if you participate. More on Thursday.

What are you prepared to do today?

**Dr. Chet**

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