

"Who you are speaks so loudly that I cannot hear what you are trying to say" *Ralph Waldo Emerson*

ISSUE # **06**  
August, 2010

## **It's About Time; write your name at the top of your To Do List.**

by Ira Weil, Nutritional Coach

We have written it in our agendas, underlined and in capital letters so that we do not forget, Month: August, take the car to be serviced after 5,000 miles. Check the oil, the brakes, and the alignment and balance of the tires and ask the technician to carefully examine every last part of the car.

Have you already scheduled your doctor appointment for a checkup in the near future? Have you written down any questions or concerns about how you have been feeling lately? When was your last mammogram or prostate checkup?

I do not know who answered yes or no to the previous questions. Yet, I have no doubt in my mind that a number of readers have responded: No, I have not scheduled any doctor appointment in the upcoming months. Why is that we care more about maintaining in perfect conditions our car than our body? At the end of the day, it's the only body we've got.

It's about time that we give importance to ourselves, writing our name at the top of our To Do list. In the same way that we choose the best quality gasoline to fuel our car, we will give more attention to the foods we fuel ourselves with so that we can have more energy and vitality in our daily activities. In the same way that we check our engine's oil levels, we will consciously step on the scale in order to manage our weight. Finally, in the same way that we check the air pressure in all our tires—even the spare—we will check our levels of cholesterol, sugar, and blood pressure, especially since, unlike tires, we don't have a spare body!

That's all, it's about time, so get your pencil, agenda and schedule an appointment with your physician!