

*"The art of medicine consists in amusing the patient while nature cures the disease."*

## Of Special Interest

- Progress???
- Follow Up
- Healthy Decisions



*"Make your own recovery the first priority in your life."  
Robin Norwood*



## What have we really conquered...

**Feedback, suggestions, and contributions must be in the second week of the preceding month.**

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**Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.**

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**Over 3000 copies circulating in 46 states and 15 countries abroad.**

### Are we winning?

As a society we have evolved from hunter-gatherers to couch jockeys, desk jockeys, or some other form of slug. We no longer get the movement necessary to keep our bodies healthy and functional. Weakened immune systems leave us prey for various diseases and allergies brought about by our conquering our environment.

### Whose responsibility?

Fear not, because doctors and pharmaceutical companies fill the need between design functional and diseased dysfunctional and we surrender our responsibility to their mercy

and of course high costs. But who is really responsible for our health? Is it someone having no clue how we feel and respond to our environment and what we put into our bodies? No, the ultimate responsibility for our bodies and our health is us, yes you and me.

*"Responsibility is denied when we blame the aching shoulder on tennis or old age." Pete Egoscue, HTM*

### Simple Acts...

*For people from champion athletes to desk-bound white collar professionals, many simple acts of life – a relaxing evening stroll through the neighborhood,*

*an exhilarating run along a sandy beach, just bending down to tie a loose shoelace – are often acts of torture." Pete Egoscue, HTM*

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### Our birthright...

The human body, designed eons ago, must have been a great design or it would not have lasted this long. The design is foolproof – it is what we have done to our bodies in the battle to conquer our environment that leaves us with chronic pain and other health issues. It is possible that we regain our birthright and live healthy pain free lives.

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## Share the Health

Drink tap water full of chemicals? Yuk!

Be kind to yourself and family -

**Filter your tap water.**

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Saves \$\$\$\$\$

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**Live Life – Live Well – Live Long**

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**Make life simple – eat whole natural foods.**

**If you can't pronounce it – don't eat it.**

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**Thank You for your continued support.**

**PASS THIS NEWSLETTER ON TO A FRIEND.**

## Follow Up & Follow Through

### Step up and take responsibility

*Until you recognize the need, the absolute requirement for taking responsibility, you will not succeed. Once you do accept the responsibility, however, The Egoscue Method never fails. Never. No drugs, no surgery, no machines, no miracles. Just you. A normal person, doing normal things. Pete Egoscue, HTM*

**You have the power. It is your choice how you live.**



### 3 Position Toe Raises...

The 1st set the toes are pointed straight ahead, the 2nd set the toes are pointed outward and the 3rd set the toes are pointed in. It is very, very important to keep your body aligned straight up and down so that your hip remains directly over your heels. Rise up onto the balls of your feet and over all five toes and then lower your heels back to the floor. Repeat for the desired number of repetitions. This exercise works the muscles of the lower leg to reposition the four load joints vertically.

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For help with the e-cises and a customized menu based on your posture conditions; call or e-mail Health & Motion today, we are here for you.



America's health care system is neither healthy, caring, nor a system.

People might not get all they work for in this world, but they must certainly work for all they get.

Healthy responsibility is defined as taking 100 percent responsibility for yourself while inspiring others to take 100 percent responsibility.

Love the body you're in...it is by design

Are you sick and tired of being sick and tired?



Then...give Health & Motion a call...start your journey to a great new life free of pain.



You are the sure winner with Health & Motion!

## Healthy Decisions...

### You want me to eat what...

(NaturalNews) The big food companies have dreamed up yet another clever con to sell processed junk foods to parents and children: A "Smart Choices" label that implies the food product is a smart choice for health and nutrition. The problem is that the standards for qualifying for this designation were set by the food companies themselves, and processed junk foods like Froot Loops (a sugary breakfast cereal) qualify.

In case you're curious, here's the list of the companies participating in this "Smart Choices" label program:

<b>Kellogg's</b>	<b>General Mills</b>
<b>Kraft Foods</b>	<b>PepsiCo</b>
<b>ConAgra Foods</b>	<b>Tyson Foods</b>
<b>Unilever</b>	

...it reads like a who's who of processed food and junk food giants. In terms of making truly smart choices at the grocery store, by the way, the smartest choice would be to avoid any product made by any of these companies, in my view.

One final truth comes out in all this: The USA's national nutrition policies precisely mirror its national food supply -- they're both processed, bleached, adulterated and wholly devoid of any useful substance.



## Health & Motion is Here for You



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