

My Personal Health and Wellness Awareness

Golf, Life and health are three things that constantly change. They improve or get worse based primarily on our attitude, work ethic, self education- and compliance to a plan or regimen. As an experienced and well-educated golf instructor, I have learned much. My quest for knowledge and learning new skills is an on going process. In this quest I have learned that there is nothing more important than to share with others facts that can increase the life span and improve the wellness and quality of our lives. Health issues are unnecessarily robbing people of the quality of their lives and sometimes their life savings. In most cases, these issues keep people from performing activities they love to the best of their ability. Often, people have to give up participation in these activities much sooner than they should.

I am not a licensed medical practitioner. I have however, studied Pathology (study of disease) from both a traditional medicine and Homeopathic or Naturopathic medicine approach. This quest for me began when a friend shared nutritional supplements with me that profoundly improved my health. A PGA professional named Steve Schaff gave me a “super fruit” supplement that gave me quick indications that I could feel better and needed to do some research.

At age 48, my daily aches and pains and lack of energy were sure signs of rapid aging. For the first time an annual checkup revealed warning signs (high cholesterol) of potential health problems. The Doctor was quick to prescribe drugs. I asked if there was an alternative. He said diet and exercise and the drugs. I replied, no thanks to the drugs, I would try just diet and exercise first. At that point, I would have tried anything (including eating right and exercising) as long as I knew it was safe. I began a regimen that included “nutraceuticals”, functional foods, nutritional supplements or natural pharmaceuticals. There are tens of thousands of natural supplements of varying purity, potency, deliverability and efficacy. Finding the best would require exhaustive research and self-education.

To make a long story short, through the use of “nutritional supplements” and some simple lifestyle adjustments I have lost (and maintained) 35 pounds within a few months. My cholesterol readings are now within a safe and “normal” range. I no longer have the joint aches and pains that were a daily reminder of unnecessary aging for over 15 years. Additional benefits I have noticed include but certainly are not limited to: sustained energy, no colds/flu, no acid reflux, less gas and odors, I can now eat foods that I could not eat before, I sleep better, my respiratory health is improved (don't get winded as easily), I do not get up at night as often to urinate, my teeth and gums are healthier, I heal much quicker when I get cuts or scrapes, my mental clarity and focus is much better, I am less stressed out by “things” that used to stress me. I simply feel better and have more “natural energy” throughout the day than I can ever remember.

This was done with very little lifestyle change. My diet change is simply drinking a delicious nutrient packed whole fruit smoothie and using powerful nutrient packed and detoxifying natural supplements. My exercise change has been getting outside and walking or engaging in some kind of physical activity a few days a week. The biggest changes came when I began to take the best nutritional supplements daily to optimize my health and prevent disease.

What I have now LEARNED gives me peace of mind that I have an opportunity to live many more productive years than I previously would have. This has occurred for me in spite of many unhealthy habits typical of the American culture. I have done extensive research and would like to share with you facts that can improve virtually every aspect of your life. This is a new culture that will positively impact every American citizen. We will call it the "Sprint to Prevention" through "Smart Health Care"!

Thanks for taking the time to learn and please share this with others,

Kirk Jones