

A PARENT'S GUIDE TO RAISING HEALTHY, PURPOSEFUL CHILDREN
The Owners Manual Your Child Didn't Come With at Birth

Dr. Kevin Pallis
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A Parent's Guide to Raising Healthy, Purposeful Children:

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"After listening to A Parent's Guide, it really hit home that we **do** have choices as parents. What a relief to know that we can make a huge difference in our children's life, and therefore the future of mankind! A Parent's Guide is an amazing tool **every** parent should have in their tool box. Thank you Dr. Pallis and Dr. Plentz!"

Heather A. Van Skyhock
Doctor of Chiropractic
Mother of Three

"Finally, this is the book that ALL PARENTS were supposed to get when they had their kids on how to raise healthy, happy and purposeful children! I do not know about you, but I never got my copy. No longer do we have to accept illness and disease as just the way things are. Thanks to Dr. Ed and Dr. Kevin, parents are now empowered with [the] knowledge they need to make healthy choices for their kids and themselves. The more parents that have this information, the healthier our kids, grandkids and our society will be."

Joanne M. Buettner
Doctor of Chiropractic
Fellowship International Chiropractic Pediatric Association

“Thank you Dr. Kevin and Dr. Ed for helping me see beyond the traditional box of healthcare that was instilled in my mind during my childhood. The *Parent’s Guide* is one of the best tools I have seen to help my kids live healthier lives. My children’s lives will be better on a physical, mental and social level thanks to this book.”

Heather Freelund
Doctor of Chiropractic
Mother of Two

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At the conclusion of every journey there is a window of time before the next adventure begins. During this moment of reflection, we are able to share our gratitude and honor those who have aided and supported us.

Although we are all interconnected, there have been some foundational people in our lives. So we begin...

My beloved wife Julie, my soul mate and a source of constant inspiration and strength for me.

My children Christy Lee, Kiley Glenn, Derrick Joseph and Randi Jo who have taught me so much about being a father, compassion and humility.

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Grateful husband, father, son & grandson
Dr. Kevin Pallis

My wife Angie whose unyielding love and friendship is the light that guides me on my journeys.

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Grateful husband & father
Dr. Ed Plentz

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A PARENT'S GUIDE TO RAISING HEALTHY, PURPOSEFUL CHILDREN

Finally, the owner's manual your child didn't come with at birth

An introduction to this guide

Through a child's eyes God sees perfection. As a society, our response to our children's needs and well being are a reflection of ourselves and our own collective philosophy of life. Do we show our children the best we have? Do we invest in their futures? Do we protect their sacredness? Do we really have their best interests foremost in our hearts and minds? In some areas of the world there is little sanctity of life. Children are looked upon as a burden. They have few rights, and because they are not considered sacred, little is invested in them and their futures are correspondingly bleak. Instead of focusing on disease, limitation, and lack, the time has come to focus on what we want: health.

As a parent do you really care where the paradigm shift or change in thought comes from to help your children? If your house was on fire does it matter to you if the man/woman who puts out the fire is from your community, your church, your union? Do you think a parent says, "If it comes from the Democratic Party, is it ok, and if it comes from the Republicans, oh well, that's not ok, or vice versa? Parents have had enough of information and concepts being held back from them that can benefit their children. In this book you will find no politics, no positionalities, and no rhetoric. Just a new way of practical thinking. In doing that you will liberate our children's health, once and for all.

For the first time in our society, parents will be offered a template of how to raise healthy, purposeful children. You will receive a compass of health that won't let you down and won't be fooled. The time has come to stop protecting the ineffective and outdated and usher in a new era. The era of children's health has arrived. Our children's highest good must be put in front of finances, any companies or institutions that profit and promote illness, and practices that accept illness as a way of life. The question of your life is, will you participate in the new paradigm for the betterment of your children or will you stubbornly cling to the familiar way of not getting things done?

The foundation of life is health. For many this is a foreign concept, redundant, or unnecessary. We don't think about our health, until we are sick. Most of society's outlook on health is you know, let a person get sick and then fix or cure them. We use this same mindset when a couple is ready to break apart and only then they think about counseling. You only go on a diet after you find yourself overweight. The intent of this book is to rethink our responsibility to our children, the next generation. Do we give our all only in grown up matters like finances, businesses, government, politics, or do we understand that healthy children become the compassionate wise leaders of tomorrow? We all have a responsibility to the next generation. We have a gift to share with our children. What may have seemed to work in your generation certainly is not adequate for this generation. This gift and wisdom of real health must be passed on to the next generation.

Think about how our society is organized. Much of our dreams and desires are directed at having material possessions. Great houses, nice cars, exotic vacations, exciting high paying jobs, but what about your health? Without having health, what good are the material possessions? The foundation of life is health. This must be shared with the next generation. This is the missing piece of wisdom that parents everywhere are searching for. It's so much easier being a great parent when you are healthy. Solutions to your children's problems (and your own) seem to magically appear, opportunities present themselves and you truly treasure being a parent. This is the first step toward an awareness of family health.

To the majority the concept of health is not considered. So many people in our

society are searching for truth and awareness only as a regard to material acquisition. You look at all the books, DVD's out there, and they all promise the secrets to wealth. We have no such promise to impart. That's wonderful for individual self-gain, however it won't help parents or children become healthier. If we celebrate wealth, without health, there is no need or use for wealth. We have found that healthy people tend to be wealthy people. The need exists today for a paradigm change in how parent's care for their children. As parents we have a gift to share... the gift of health.

This book is intended for everyone, whether you are currently a parent or not. Everyone must know the Heimlich maneuver. When a person is choking (when the need exists) it's too late to learn the concept. We wrote this book knowing that the majority will reject many of the concepts contained within these pages. We did not write this book to be accepted and have praise heaped on us for this revolutionary and simple way to truly be healthy. We wrote this book because its necessary and its time has come. The effects of a society that doesn't know about health are all so evident. Look around at children's health today and you will notice how little we know about true health. We know lots about being ill, syndromes, etc, however we know little about health. A society that knows little about health will fall prey to the "illusions" of health that are so prevalent out there as a substitute for health.

When you focus on something it tends to become your reality. If we focus on all the things about being unhealthy, society and especially children will take on that paradigm. It's not ok to hang a label on a child and have that child expect and accept less in life. Instead of diseases, limitations, and lack our focus must be health. It's almost like building bigger prisons with higher walls instead of focusing on creating individuals who choose not to commit crimes. It all starts in childhood. Healthy people don't need cures, any more than physically fit people need diets. There's always emergency or crisis care, however the name of the game is health for life.

I think most parents deep in their hearts question why their children in spite of much treatment, drugs, and energy expenditure are still not healthy. Look into their eyes; they seem to have lost their sheen, their glow. Are they really healthy or are their symptoms just being suppressed? Deep down in their hearts they know their children are not healthy, but they don't know they have a choice. This book represents a choice for the kind of parents who are searching for ways of bettering their children's lives. We are not looking for credit, applause, or that this method is better. It's time to think of what's best for children and drop the partisan democrat, republican, divided line of thinking. There are no boundaries or self-interest when we put the health and welfare (the highest good) of the child foremost in our hearts. It's time for all health care practitioners to open their minds and put the child's highest good instead of their own self-gain foremost in their hearts. Continuing to put partisan and proprietary interests including profits above what's best for our children is an injustice to humanity.

As a society we must discontinue our fascination with limitation, lack, and disease. We wrote this book for the millions of children who are not being taught about health. It's for them and the generations that follow that we collectively afix our hope. Only with health will they create a world of healthier people who will learn to get along with each other, to create, to be happy, and to live a healthy, prosperous purposeful life.

When you purchased this guide you distinguished yourself as a parent who takes parenting seriously and you are looking to improve your ability as a parent. Congratulations! Imagine what kind of world this would be if more parents like you were interested in improving their abilities as parents, instead of parenting like they experienced as a child. Every generation has the opportunity to keep what benefitted them in their upbringing and add to it. This guide is not only for parents, it's for everyone. All members of society must take part in the development of our children. Children are completely dependent on their parents and adults for decision-making and leadership.

We need children's health and welfare to matter to everyone. They are not only the parent's responsibility; they are a reflection of how society views the child. When we learn and apply the principles contained within this guide, we will allow our children's true potential to be liberated and expressed. What this means is healthy, purposeful, children who go on to become compassionate, successful adults, and then parents. If we want future great leaders, invest when it counts the most... in their childhood. A wise man once said to us that people are very expert at getting into problems. A wise person asks for help and a person who is yet to be wise does not see the need to ask for help.

Many of the concepts that you will be exposed to will be foreign, or even threatening to you. This is only because you have learned a certain way of doing things and this way is different. An analogy would be if you are right handed and someone asked you if you could eat left handed. You say you could of course and then when you go to do it, you realize you are not too good doing it, and you quickly get frustrated with the new behavior and say I don't have to eat left handed and you return to your more familiar, comfortable ways. But what if you were at a crisis point in your life where it was imperative that you change your way of thinking and behavior? Would you steadfastly and stubbornly cling to the familiar way that is not working, or would you change your mindset for the sake of your child? What's more important... your comfort with old outdated ideas about health, (something that does not serve the highest good of your children), or the betterment of your children?

Let's say you broke your right arm. Would you stop eating, or maybe you could have a feeding tube inserted in your stomach? Or would you start eating with your left hand? Our beliefs and attitudes about children's health are simply not

serving us as they should. This is a primary tenet of this book. There must be an evolution of your beliefs and ideas about health if you are to successfully navigate today's troubled health waters. As educators and coaches, we believe we have reached the crisis point in children's upbringing where all parents are going to have to make a decision. Either keep tolerating more of the same mediocrity and lower your expectations of your children... or change your belief and ways of parenting so that their true potential and spirit is expressed throughout life. We don't know of too many parents who lower their expectations of their children willingly, so lets dive into these new concepts.

Many say that once you learn how to ride a bike, you never forget. There is also a saying that says the reason we teach children to ride a bike early in their lives is that many would not undertake the challenge later in life, because of fear, risk, or change. We believe that the same principle applies to successful parenting. *If children have the experience of parents who lead by example, and are constantly improving themselves and teaching this to their children, they will carry this successful way of living for the rest of their lives.* They will treat all people as well as themselves with respect. They will get along with so many different types of people, and will not be threatened by different ways of living and beliefs. In today's global economy, now more than ever, this is so important. So much is attributed to children's upbringing when they find themselves at odds with society, or living a life without meaning. Would it not be prudent for all parents to at least examine the possibility of creating an environment of greatness for their children? It is for those parents who truly want the best for their children that's why we created this guide.

Dr. Kevin Pallis
Dr. Ed Plentz
2007

Introduction

In writing this guide, it is difficult to write about something that we all know is true, but can become lost in today's busy and exhausting lifestyles. What if you had to tell somebody the most important thing in their life, but you knew they would not believe you? Would you try to communicate this to people or would you keep it to yourself and let the past repeat in the present and through the future? Would you keep it to yourself even though this knowledge would improve and shape in a positive way the lives of millions of people? Would you take on the criticism and the skeptical comments of the majority? Do you have an agenda for self-gain or a gift to share? That's why we created a story that will illustrate our intent. If only a few hundred parents get the concepts outlined in this book and put them into practical usage, then we will have been successful and the world will benefit as such.

We created a story that will illustrate how insidious or hidden health is from the average parent. No wonder it's so often mistaken for illness. In the not too

distant past there were people who lived in a land where everything revolved around taking care of the next generation, the children; sharing the gifts of knowledge and wisdom with the future leaders. All the inhabitants of the village looked upon the children with a sense of pride and joy. People in this village shared in the upbringing of the children. Parents of course, relatives, teachers, and business people. Everyone had something to impart unto the children that would serve that child for the rest of their lives. Adults in this village were compassionate, successful, healthy, and purposeful as a result of their upbringing. They saw it as their duty, their responsibility to do for the next generation as had been done for them.

Then there came a group of people from a far away land. They were welcomed into the village. There were many more newcomers than there were villagers. They were very busy people who were pulled in many different directions. While they seemed to be so busy, they were not very effective at anything. They were always quick with their reasoning why they weren't effective. They always had a story that supported their ineffectiveness. They were chronically tired. Their self-gain was their highest priority. They looked older than their years. They brought many civilized diseases with them like lack of purpose and passion, and depression. And the most difficult disease of them all, is forgetting what's important.

They didn't take care of themselves, and they had lost their spark of life. Their children were also different from the other children in the village. They were ill behaved, and had many sicknesses and conditions that were foreign to the villagers. They were also aggressive, had little or no respect for their parents, and they were difficult to be around. The villagers had never seen such children.

After a while, there were many problems and conflicts in school with the two groups of children. Leaders of the village and the new group met to work out this dilemma. It went something like this: the village people wanted to help the newcomers with their children to become more like their children, and the newcomers wanted to make the village children more like their own. Neither of the two opposing parties could understand nor hear the other. They (the newcomers) went on to say that Attention Deficit Hyperactivity Disorder (ADHD) was normal. Disruptive children were normal. Aggressive children were normal. Depression, anxiety, and a lack of purpose were normal. They were also upset that the village children and adults were poor role models for their children because they didn't take drugs to help them get "healthier".

The village leaders couldn't fathom why parents of the newcomers would put up, and fight for the right to have unpurposeful, unhealthy children. Why would the newcomers fight for exactly what they didn't want, and thrust that unhealthy lifestyle on people who already had the kind of children that the newcomers wanted? When they questioned a newcomer parent as to why these conditions existed, they said abruptly, "that's the way it's always been," and "it's probably

the way it always will be." The newcomers in a daring show of force loudly proclaimed there would be a vote for which way of raising their children, which there would be a law passed on how to parent children. Remember, there were many more newcomers than villagers. And so it was, that all children were proclaimed by law to be unhealthy and unpurposeful. Society now accepted unhealthy and non-purposeful children as the norm. This is the living nightmare in which many parents unwittingly and unknowingly find themselves.

Some of you reading this will accept this and say "this is what is happening in our communities." Again, congratulations you are aware and receptive to the intent of this guide. Others will begin to reject and become irritated with the notion that was presented in the story. "This doesn't apply to my children." I don't get it. There is only one vote you can cast... for the betterment of your children, or the dogmatic clinging to what doesn't work today. Throughout this guide, you will be asked: will you accept ways of doing things because that's just the way it is, or that's the way my parents did it; or will you opt for change and growth?

Remember that just a few years ago mercury was routinely used for fillings in children's teeth. There are not too many parents who would put mercury today in their children's mouths. Too many parents think like the herd. The herd are the parents with the children that are not purposeful, healthy, or respectful of others. They will make fun of anything that does not agree with or contradicts their beliefs and behavior. Even though we say we all want the same thing, growth and development of our children, many put their own beliefs and stubbornness in front of what's best for children. Initially, this is why some of the concepts in this guide are challenging to the herd mentality.

When Roger Bannister ran a sub four-minute mile he was told by scientists of the day his lungs would fall out, and his brain would be deprived of it's oxygen. Now college students and even some high school kids run sub four-minute miles. Many of our readers not familiar with Chiropractic are initially confused with "how come there is so much about Chiropractic in this book, my child has a problem with a specific condition. I need information specifically about his/her condition." Here is the cornerstone of parenting... its health. The foundation of life is health. If you as a parent aren't healthy, your parenting will be adversely affected. If your child is not healthy, parenting will become difficult and you both will be deprived of the experience of a lifetime.

Here's a secret that 99% of parents don't know. The nerve system controls everything in your body. Anything you can think, do, say, or feel is controlled by your nerve system. Look at the covers of Newsweek magazine, autism, depression, anorexia, learning disabilities, etc... they are all nerve system related. Everyone in science will agree to this but when you mention the word Chiropractic, old beliefs and positionalities crop up. Nobody has an exclusive hold on health. It's here for all of us to enjoy and benefit from. Scientists, medical doctors and other doctors many times unknowingly and unwittingly put their

agenda and arrogance ahead of what's best for our children. There is no malevolence, just the ego rearing up of people when confronted with something new and unlike their ideas and concepts. Does it really matter to you as a parent who helps you with your child? We think not. In 35 years of clinical experience, we've met parent after parent who didn't care about supporting what didn't address the health needs of their children. They were brave and courageous to embrace new beliefs that benefited their children.

Chiropractic addresses the needs of your nerve system by removing interference. When your nerve system is allowed to do its job, health is the natural consequence. Now your body is ready to receive and digest great nutritious food. Now your body is ready to eliminate toxins from pollutants in the environment. Now your child is ready to learn, to socialize, to dream, to achieve their goals and visions. Health is not something to be addressed only when something breaks down, it's to be pursued throughout life. Being symptom free is not health. How many people do you know that were declared healthy only to find out that they had a serious disease. Health is developed for a lifetime. We have a saying in Chiropractic, "Chiropractic health for life."

Our secular society does not teach or believe in health. This is evident by the amount of sickness today. The idea is to pursue health. No matter what issue your child (or yourself) has, it can be improved by better health. By being in better health you will be able to adopt and embrace new ideas to help you, which you would either not be aware of or reject if you were less healthy. You become a true leader of your family and welcome yourself to the ranks of parents who truly want more for their children. More life, more enjoyment, more success, more happiness and the ability to teach the next generation. Welcome to the most exciting journey of your life.

Many people ask us, as Chiropractic life coaches, why we felt the need to write this guide, and more importantly how it is that we are qualified to offer such knowledge and information. The answer to the first part is simply that the need exists. Today, more than any time in history, the health of our children is endangered. Everyday more and more children are being put on psychotic drugs and other medications. They are diagnosed with acid reflux, allergies to the very foods that nourish them, anorexia, anxiety, learning disabilities, behavior dysfunction, excessive aggression, and simply lack an overall sense of purpose. Instead of solutions, however, society has yielded and unwittingly accepted the path of least resistance—more avoidance, more denial, more drugs, new syndromes, and new conditions. As a result, society has essentially accepted sickness as a normal way of life. Just like the story at the beginning of this guide. If children's disease is accepted, does it not stand to reason that adults will also experience poor health as a result of decades of poor health awareness? We never hear about true health or expressing health, only about syndromes of lost health. Society concentrates on and accepts problems instead of working on solutions, one of which is more health.

Getting back to our reasons for writing this guide. It is more difficult to explain our qualifications in this area in a way that can be understood by the majority. Many concepts presented in this guide will frustrate readers to the point of wanting to throw the workbook and the CD's straight out the window. You see, your brain wants to protect your old way of doing things and perceiving the world. To learn and to grow, it's necessary to feel uncomfortable with new concepts. Listen for your children's sake... and your own. Your children are counting on you to go the distance and to think outside the box. We want all children to contribute their gifts to society. Look at their gifts, their potential. It's our intention to liberate their gifts, this untapped potential. Children don't come with an instruction manual. Today, more than ever, it is nearly impossible to raise a child the way you were raised and have that child be a balanced, healthy, purposeful adult.

So here is why we feel we are qualified to produce this manual: we have seen thousands of children in health and in disease in our more than 35 combined years of clinical experience and want to share our gifts and expertise with you, the reader or listener, so that you can empower yourself to be a courageous, responsible, and wiser parent. You will read and listen to testimonial after testimonial of parents just like you. Feel the emotion they all have in common; they were skeptical and uncomfortable when they first accepted the new belief, however listen to the pride in their words when their children regained their health.

It's time we change the paradigm of parenting (and health) once and for all. We all win when we are healthy. We don't mean symptom free...we mean really healthy on a physical, social and mental or emotional plane. Only a precious few even grasp this concept. When people are healthy, they are happier, more productive and purposeful, and life takes on a new meaning. When you are healthy, you are not intimidated by new thoughts, new ideas, or lifestyles that are different than your own. You start to enjoy life and stop judging, comparing, and living in quiet desperation... you come alive like you were when you were a child. Healthier parents are better parents, period.

Your children were born to be healthy. Every child deserves to be healthy. Our society and most of our doctors are trained only to diagnose and treat disease. This is a very limited and unbalanced perspective of health. Medical doctors, because of their disease training, can't and don't recognize true health. Just like the well-known story about the emperor and his clothes, health is invisible to them. In the story of the emperor, did he or did he not have clothes on? In order to see the truth, you had to be a child or have an open mind.

When someone addresses their health today, they are usually in need, because in our society you call a doctor when you are already sick, not well. When someone is sick they feel wanted and important because in our society, when you are sick, you can tell everyone about it and get attention and sympathy.

Poor Pete, he's got a bad ticker, poor Mary she's got an incurable nerve system disease. Being trained in disease, allopathic or medical, doctors don't understand health. No matter how unfamiliar or uncomfortable this concept is to you, you must wake up to the urgent need for a new way of thinking. Society needs to embrace a new type of paradigm that works with the body instead of merely against disease.

Consider for a minute that we as a country spend more dollars on disease than any other country. What do we have to show for our efforts? Why aren't our children (or ourselves) healthy, happy, or purposeful? Let us reframe the concept. If you wanted to be thin and athletic, you would learn from a thin and athletic person—not a non-thin and non-athletic person—right? If you wanted to be wealthy, you wouldn't seek advice from an impoverished person, would you? We listen to experts in this country about disease, limitation, and lack... yet we rant and rave about how our health care is the best in the world. How can this be? Einstein stated that people who create a paradigm can't under any circumstances find solutions to that paradigm because it would result in the end of the social or political structure of that particular paradigm.

Think of the story at the beginning of this guide. All the research on disease will not create health. Spending more money in the disease paradigm will not produce health. It's time as parents to boldly reclaim our God-given inalienable right to raise healthy children. What would we do as a country, as a nation, if we had complete health? We have actual buildings and people dedicated to specific diseases and illnesses, rather than to health and wellness. 99% of all "health care" dollars go to disease, not health. We are headed in the completely wrong direction and the penalty for continuing not to grasp this concept is the loss of our children's health and future.

THE HEART OF THE MATTER #1
YOUR CHILDREN WERE BORN TO BE HEALTHY:
As parents what you do and what you don't do creates the circumstances
your children find themselves in

When we speak at parenting organizations, the crowd usually roars with laughter and approval when we introduce an unlikely master of communication: Cesar Millan, a.k.a. "The Dog Whisperer." He is a staple of the National Geographic Channel and a favorite of parents and children. Each of our coaching clients is encouraged to read and understand his doctrines. Often he finds himself under much scrutiny and criticism from dog owners, veterinary schools, and practitioners because his beliefs about dogs and training differ from those of the accepted norm. Even though he helps so many people with their animals, there are many people and veterinary schools that think he set animal behavior back thirty years. They say he has no degree in dog psychology. They say he has no research. *These are the same skeptical and cynical people who won't listen to*

new ideas that can create so much positive change in the world. They accept the world how it is, with no thought about how good it could be.

He states that it isn't the dog, it is the owners who are the problem. "I rehabilitate dogs and train people is his mantra." And with some reluctance, some owners will agree with this statement after becoming familiar with his unfamiliar ways. To the viewers of his popular show it's obvious where the root of the dog's problems begin... it's the owner. There is a recurring theme of lack of leadership, not enough rules, limitations and boundaries, and way too much denial and looking the other way at a dog's unacceptable behavior. With every case, there must be a rededication and a focus on what you expect and want from your animal. There has to be a behavior and mindset change in the owner (parent) which will correspond to a behavior change in the animal (child). If the owner is unable, unwilling, or cares not to make the commitment to the animal, the changes will not be forthcoming. Is it any different with our children?

Accepting total responsibility for our circumstances is the first step to welcoming in new beliefs and behaviors. The only problem is that we are very quick to point out other's shortcomings. However, it is very difficult to look at our own shortcomings, especially with our own children. We tend to get very emotional, even to the point of being aggressive. This is where we unknowingly fight for the conditions we don't want. Be it an ill-behaved dog or a under-functioning child. We begin to accept what we believe we can't change. This is where the problem of false beliefs start. You must give up your old ways of doing things that no longer serve you.

At our own seminars, when we introduce the concept that children were born to be healthy and that we, as parents, create their circumstances... oh boy, do the sparks ever fly. Guess who are the most angry and upset? You guessed it, parents with sick and dysfunctional children.

Here is your first recommendation

Remember how it felt when you were on your vacation with your spouse or significant other? It was just the two of you. Your problems seemed so far away. Being twenty pounds overweight, in financial difficulty, etc., just didn't seem to matter. There were very few distractions to pull you away from being with the person you chose to be with. It was there that many resolutions for the betterment of your family (and yourselves) originated. You agreed to take your spouse out for "date night" in the middle of the week. You agreed to spend more time with the children. You agreed that the two of your were better off together and communicating, than apart and not communicating. This is the same feeling of being healthy, centered, and in the moment. You went to a remote area to minimize the distractions. So you could pay more attention to the things that really matter in your life. Do you get it? You must draw on these feelings daily.

You make your best decisions when you are rested and energized. Instead of going away to a tropical island, you can have the same feeling when you are healthy. You never knew how tired and frazzled you were until you took your vacation. You never will know what it feels like to be truly healthy until you experience it. When you are healthy, you make better choices. You are able to say no to events and conditions that don't support health and have less guilt about making the choice. The herd says we'll see how it goes, and lets society and the media tell them what's ok and what to accept. In essence, others create their reality. The real parent says they will get the tools and the mindset to create the best environment for their children. What kind of parent do you want to be?

THE HEART OF THE MATTER #2: THE MAJORITY OF PEOPLE MISTAKE DISEASE CARE FOR HEALTH CARE

When we present this concept at our seminars, it's very hard for many attendees to grasp it because of our society's fascination and addiction with disease and sickness. You've grown accustomed to limitation, lack, and disease all your life. Watch the news on TV... it's all about bad news and what's wrong with the world. No solutions, only problems. It's so easy to be a critic, but to become a leader you have to have solutions, not problems. Because of habit, however, you get sucked into watching something that is very bad for you, your image of yourself and the world. Watch the glee in the eye of the puppet newscaster as they announce a tragic crash that claimed the lives of three children. People who start to take responsibility for their lives watch very little violent or reality TV because of the negativity it generates and the effects it has on our children.

Take for example our *health care industry*. The sicker you are, the more attention you get, the more resources are paid out on your behalf because you have knowingly or unknowingly ignored your responsibilities to your health. Where is the incentive to stay healthy? Who pays for this lack of responsibility? Usually it's the people who take responsibility for their health. Healthy people are actually penalized for being healthy and must bear the burden of paying for people who are not willing to accept their responsibility. Our system actually rewards people for being sick and letting down the next generation.

How can we as a society fail to see the system that we are creating? We are not being compassionate by enabling people to be ill and not able to contribute to society. We are actually enabling them, much to their own detriment to not share their gifts with society. We commit so much time energy and resources toward sickness and continue to drain resources that could really benefit the forward progression of our society. Who pays for this? Again, it's the people who already accept responsibility. Everyone wins with health. It's for everybody's highest good. When people regain their health, they become wiser and more

compassionate and encourage others to become healthy, not to reward people who let themselves and their children down.

THE HEART OF THE MATTER #3: MOST PEOPLE REJECT NEW IDEAS THAT ARE DIFFERENT OR IN CONFLICT WITH THEIR CORE BELIEFS

The idea that you were born to be healthy is a very controversial idea. Just as there is only light, not darkness, this is a very difficult concept for our society to grasp. Our previous beliefs about health (disease) are charged with emotion. They are merely mirrors of what has been told to you by your parents, teachers, doctors, etc. Without the ability to embrace new concepts about health, you will continually and automatically respond to these false beliefs for the rest of your life. This is where it takes courage to change beliefs that are not working for you as a parent, and as a person.

Every listener and reader has an invisible belief in medical science and its ability to confer health to you as long as you pay your monthly insurance premiums. When one of your children, a relative, or yourself has an illness that can't be "cured" by medical science, science simply responds with a need for more research on that particular illness. All the research on obesity will not yield a healthy body. What is really needed is a paradigm shift toward health and away from sickness. Following the herd and believing what is being said about health by people who believe in disease is a faulty belief that is holding us back as individual families and as a society. As long as we invisibly cling to a system that actually encourages us to not be healthy, our world will not be a place that you want to hand down to your children. You must take self-responsibility for your family's health. Nobody will do it for you. This lack of awareness leads to an arrogance and intolerance of other's beliefs and opinions. With a global economy, it is becoming increasingly apparent that there are other ways of life and other systems of belief. Instead of acting from arrogance and habit, we should learn from and embrace these new ways of perceiving the world.

Let's talk about how many parents reject new beliefs about health. Whenever a new idea or concept, different from one's current belief system, is presented to a person, he or she will feel uncomfortable because it's unfamiliar. As a parent, what would you say if you heard that everything you learned about health was inaccurate? What if someone told you that what your current health IQ could not under any circumstances help you attain health? How you respond to these questions reflects the type of person you are. People who refuse to grow, reject all new concepts. They are conservative about most ideas and must be relegated to living in the past. They live in fear of failure and what other people will think. They are card carrying members of the herd. The result is ignorance and a replay of your parents and teacher's world. We now live in a rapidly changing world that requires health above education, material goods, or anything

else for that matter.

Just ten years ago Autism was all but unknown. Instances of children with ADHD, allergies, acid reflux, anxiety and lack of purpose were extremely rare. ***“The world has changed and evolved and just as we must update our computers and technology, we need to update our beliefs about health.”*** Today, society embraces disease and limitation as a way of life. Labeling of children as ADHD, slow learners, socially awkward, etc. has lifetime consequences. A sure-fire recipe for setting up our children for unfulfilling lives of doing what everyone expects them to do... which is what we have already done in the past. Parents accept and enforce labels with no thought of improvement. What if a child got healthier? The thought is not even entertained. We simply think of attempting to slow the world down to fit a child that is not healthy. When that child leaves the security of an artificial “womb” and enters the real world they are in for a rude awakening. The world will not slow down, we must adapt with healthier children. The answer is health, not labels.

Throughout this guide, we will offer stories of courage from people just like you who embraced truth when they had no proof... just faith. Reading or listening to this program will challenge many of your old beliefs. That’s ok, that’s how we grow. We have a saying in our coaching program: "we make the uncomfortable, comfortable." Allow the new beliefs to settle in and then make a decision to grow. And remember, deciding not to grow, means that you will be forced to cling to the past ideas that were given to you by your parents and teachers.

**THE HEART OF THE MATTER #4:
LACK OF LEADERSHIP IN HOUSEHOLDS IS A COMMON PROBLEM WITH
CHILDREN THAT HAVE NO PURPOSE AND DON’T RESPECT
THEMSELVES, OTHERS OR PARENTS**

One of the most controversial concepts in this CD set is that parents must regain leadership of their houses. This is a very important point that as a parent you might not like, but you will understand. The root of your child’s unwanted behavior is often times learned behavior from parents. Disrespectful, rude, dull children are products of disrespectful, rude, dull environments. With both parents working in many households, they return to their houses, pooped and plopped in front of the TV set with the clicker and zone out. This is not leadership. Where is the interaction with your children? Their unwanted behavior is signaling to you that their needs are not being met. Ignore this and deny this at your own peril. Add to this the stress of couples today. Do you have any idea of the effect on a child’s nerve system when a family breaks up? What if a child doesn’t get a sense of parent’s purpose in life. What if their parents constantly complain about their bosses, the government, the job, people, politics, and the world.

Look at the lack of purpose in many children today. Distracted, attention span of 3 seconds, impatient, and pulled in 100 different directions at once. Whatever, who cares, so what? Where does it come from? As parents we set the pace and set the example for our children. We as parents must be healthy and lead purposeful lives to lead our households. Do you approach everything in life including your job, your marriage, your hobbies, etc. from the intent of what can I get out of it? What can I get from it? Or do you approach it from sharing your gift. How can I make it better? Kids pick up on this vibe. Do you do things differently if nobody is watching you? When you go to a campsite, do you leave the campsite better than when you found it? Do you teach your children a code of honor as a way of living? Or do you leave your garbage all over the campsite and let others clean up your mess?

If we are tired and not mentally present when we come home, we are not giving our all to our children. If we are chronically tired and talk negative about our jobs, bosses, and all the problems that we experience daily, what do you think our children are picking up on? If we don't relate to our spouses with love and respect, how are our children to learn the lesson of respect? Do you get it? Our children are a reflection of how we experience and perceive the world. Look at the lack of respect some children have for their parents and teachers. Children are looking for boundaries of behavior. They are searching for parents and teachers who love them enough to show them boundaries. Children can't raise themselves. Without purpose and leadership they will grow up with an indifferent, ambivalent attitude toward everybody and everything.

What did you learn in school today you might ask your children? What if the child asks his parent the same thing? Oh, oh, double standard. Did you tell your child that you want them to take in lots of new topics and concepts while you have finished learning and inputting new ideas or concepts for the rest of your life? This is where leadership begins or is absent. Are you teaching your child to be an individual talent and look out for # 1, or are you teaching your child to have purpose, a vision that's greater than self-gain only? By looking at yourself honestly and admitting the need to change your invisible limiting beliefs, you liberate your children. Health awareness is fundamental to a quality life. It's more important than your job, where you live, etc. You must start to reclaim your right to a different orientation other than disease and what the herd thinks and does. Leadership is about the courage to do what is right, not what society expects you to do. You must relate to your children with energy and enthusiasm, not boredom and a lack of excitement.

(need testimonial of bratty kid to superstar... Kin carol lee)

So many parents unwittingly teach their children to be ultra-competitive with the world instead of being creative. We're not talking creative for the sake of creative. It's using your creative abilities to share your gift, your abilities, and your spirit with the world. Is the classroom, the group, the team, the future

workplace better and more enjoyable because your child is in it, or are they merely an individual with the need to get something out of it? It's like your child building a tree fort and pulling up the ladder after they finish building it. There they are in their great tree fort with a few friends closing out the rest of the world. Nah, nah, nah, nah nah, you can't come in my tree fort. Another child builds the same tree fort and builds multiple ladders and encourages others to share in the fun and adventure.

Why are some children so special to be around, there is almost a magical quality to them. It's purpose. A purposeless child grows into a purposeless adult. They are difficult to be around, they only think of themselves. Perhaps you have been involved with one in a relationship or at work. It's not very pleasant. They can't see where you're coming from, they always think you are getting after them. They seem to be at odds with many and they always are talking negatively about someone or something.

Health is antithetical to most parent's belief in disease. When you are healthy, it's easier to be a parent. You notice we said easier, not without challenges. When you are frazzled and chronically tired, on so many drugs that you forget what you are taking them for, you are in a compromised position to assume the leadership status in your household. Your decisions, your temper, your behavior are all impaired under the influence of poor health and chemicals in your system. Healthy parents establish boundaries and rules for the household. No boundaries or no limits almost guarantees a contempt not only for parents, but for teachers and schoolmates. How about the TV or computer? No limits on computer time or TV also serves to not have boundaries and limitations with children. You are in effect telling your children they are in charge. When you half-heartedly attempt to enforce rules your child turns aggressive, rude or they freeze you out of their lives with the silent treatment. When you tell your child of the consequences of action or non-action you must be ready to follow through. Many parents choose denial, rather than to confront their children about unwanted situations.

Regardless of how you might feel, your children need your guidance and leadership right now, not when you are rested and alert. (Whenever that will be). Not when you have the time. They don't care what kind of a day you've had, or how much money you made. Parents are the natural leaders of the family, period. Have you ever seen a child misbehaving in a public place such as a restaurant? There is a parent saying, Excuse me I'm going to have to give you a time out. Or, I'm really getting aggravated now. Why is the parent excusing themselves... its the child's behavior that's less than appropriate. How many times are they going to set boundaries for the child without following through? The child knows the difference between a leader and a follower.

Children can tell when parents don't have purpose in their lives. They know that their parents only work to make an income. The contempt you display toward your boss, owner, etc is the same contempt and lack of respect your children will show you. This is a dangerous message that will be indeed picked up by your children. Children need to be taught purpose. Purpose is almost like a magical force field that protects us from things that tend to drain our energy. Purpose keeps a child (or an adult) on track, especially during adversity.

They need to be taught about putting their best in everything they do. Do you leave a campsite better than when you found it, or is it someone else's responsibility to clean up your mess? Ask yourself this question; when you choose to leave a job, a relationship, a neighborhood, etc... is it better than when you joined it? If children don't learn purpose from their parents they will reciprocate by becoming difficult, ungrateful, spiteful and not a lot of fun to be around. These are the same children who when adults lack the foundation of self. When the going gets tough in real life, (relationships, finances, their children, etc) they quit and take the easy way out. Sound familiar?

We coach some of the most successful and purposeful Chiropractors on the planet. We also coach many successful Chiropractors that before being coached by us, lacked purpose. They already had wealth, however they wanted the purpose and passion back in their lives. Everyone needs purpose in their lives. Without purpose, many people become ungrateful for what they have, they lose the love for their children and spouses, and no matter how much they might have, it's never enough. We agree with this concept and to do our part and keep Chiropractors purposeful we created a world project called Love Has No Color. It is based on the idea of introducing health to people who are impoverished and unhealthy and observing the effects health has on a society that is lacking health. These effects reach all people and benefit the whole of society.

In our own country there is an absolute lack of awareness of the dreadful and appalling conditions on Native American reservations. Actual third world conditions in our country. Unemployment is at a rate of over 65%, while alcoholism, crystal methamphetamine use, crime, hopelessness, teenage pregnancy, obesity, and the high school dropout rate all climb to alarming levels. Welfare and handouts are a way of life. Oprah recently visited a reservation in Arizona and was appalled and disturbed by the wretched conditions these people are forced to endure. In our hearts and in our mind's eye, we can clearly envision ourselves as guests on the Oprah show telling the world about the invisible or unknown prejudice that exists against the Native Americans. One of the goals of our world project is to bring understanding and awareness of these third world conditions on our native soil.

Many Americans do not even know that the natives of their own country have been stripped of their culture, their beliefs, their land, and their very identity in our society.

Our world project Love Has No Color will bring awareness to this ugly stain in our national history. If people only knew of the plight of our Reservation sisters and brothers, they would join in and start the healing process. People want to help, they just aren't aware of how shameful we have treated Native Americans. Welcoming, recognizing them, and integrating them back into our society, while we celebrate their uniqueness and culture will go a long way to how the world perceives us. If we treat our original people with this much lack of respect, what about our world neighbors? This is a deep scar that has not healed. In our opinion we as a country and people will not grow as humanitarians and world leaders until this atrocity has been addressed, recognized, and a healing movement begins. Using force, violence, and genocide on people with different ideas, culture, and religion from us does not work. Sweeping it under the rug will not allow this scar to heal. These are the original indigenous people of this country. Instead of being revered and learning from their rich culture and spiritual philosophy, they are relegated to remote reservations that only serve to isolate us and deny our past.

The lack of health, the poverty, the crime, and the lack of identity and cultural genocide remain hidden from most of our nation. Even though it's hidden from view, it still is. Only two American presidents have ever set foot on a Reservation. With our world Project, we will bring an awareness to our brothers and sisters on the Reservations in not just American, but to all indigenous people who have been displaced from their lands and relegated to such a lowly position in our society.

In our profession there are many groups of Chiropractors who travel to foreign countries and adjust the spines of thousands of people and then leave. This was the old example of giving fish to people instead of showing them how to fish. We found this not to be a long-term solution to the problems facing the world. Without education and a paradigm shift towards health and away from poverty and despair, there will be no long-term impact. First a paradigm shift and then the commitment of the people to embrace the new concept brings about lasting change. Then my partner and I decided we will stay in this country. We first thought of the black ghetto's, perhaps the brown ghetto's and then in a moment of insight, we thought what about the RED Ghetto? The original people of this great country. Love Has No Color was born.

We went to the Fort Peck Reservation in Wolf Point, Montana and spoke to Kenny Smoker Jr., the director of wellness for the Assioniboux/Souix tribe on the Reservation, and said we wanted to bring health and hope to our tribal brothers and sisters. There was much doubt, however they had faith in us. He said he had prayed and prayed for this day to come for his people. He said, "you Chiropractors are not only Chiropractors, you are humanitarians." He too was in tune with: more government aid, more assistance, more fish so to speak was not the answer. The answer was for his people to rediscover their spirit and then the

solutions would appear. He spoke of his Reservation and proudly stated “We have much to offer this country and the world if we are given the opportunity”. This is the theme of our world project...to give back and allow others to give back. Health automatically brings a sense of gratitude to all involved.

We must take this opportunity to thank all of our members of our coaching program the Mentor IV Program. It's not just a coaching program it's a group of Chiropractors, parents, business people, athletes and others dedicated to being successful and making a difference in people's lives. Without their support, effort, dedication and financial support, none of this would be possible. When we originally told our group of our plans there was initially some resistance. The distance, the concept, the money needed, etc were obstacles for some of our members. Gradually every member not only got involved they are continually raising the bar of the impact of the world project. Their families, their practice members are all now involved in the betterment of our Reservation sisters and brothers. For this we personally thank every person we have coached or will coach.

We first selected a Native American to send to Life University in Atlanta, GA to earn her Doctor of Chiropractic degree. Her name is Brandi Charrette. She is a courageous mother who embodies the qualities and the spirit of our world project. She was offered a full scholarship by Dr. Guy Riekeman the visionary president of Life University in Marietta, GA. She will later practice back on the reservation in her own for profit clinic, which will be constructed by our World Project. Her office will also contain a cultural center, a linguistic center, a gymnasium, music, theater and other activities for community members.

We next ventured to the Reservation with 33 Chiropractors from our coaching program for a Boot Camp. In addition to the professional training we presented a health awareness seminar to members of the Reservation. They embraced the vision immediately. Health was the common denominator. Without health, solutions don't appear and hopelessness ensues. We next began to refurbish a dilapidated old building and turn it into a movie theater. In four hours we completed what would have taken months or even years to complete. Next we had the privilege of participating in a authentic sweat lodge. Our members will never forget the experience. Then there were tribal dancers and singers who prayed for us and our safe travel home. We were moved beyond words. I can't describe the feelings of being acknowledged as liberators of a people's spirit.

With this project Dr. Kevin and I presented it to our members. We were always wondering about it, because we go by the feel of things and how it feels to us. We were wondering what are members were going to think. We said, “you know if we think like that, we will be thinking like the herd ourselves.” We knew this was the right thing to do.

We both have 3 children apiece so between our traveling and teaching seminars we both try to balance our professional and personal life. So we were talking with each other and talking about when this feeling hit us, how will we really know when this World Project is what we should embrace and to take this culture to a new level with the foundation of health? So we were talking about our children. It was amazing, anytime we travel or when we were in our practices. Anytime we would adjust other children or a child that was a patient in our office, we would see kids at other seminars or when we were teaching seminars we would picture and feel our own children as we were adjusting them. Dr. Kevin was telling me a story about his oldest daughter whose name is Kiley; and he was talking about the situation when Kiley was born. She had kind of a rough delivery. She was premature, her lungs didn't develop and it was one of those things that was an unfortunate incident at this point in his life. Dr. Kevin at that point was a chiropractor who had a different mindset back then. Chiropractic was for people with bad backs, Chiropractic was for people who had neck and back pain problems or sports injuries. He taped ankles wore a white jacket with a stethoscope he did was he was taught to do in his schooling different mindset than he does now.

When Kiley was born she was put in intensive care in an incubator. And there was another child in a similar situation that was born at the same time. Dr. Kevin's wife Dr. Julie, she's also a chiropractor, they were kind of devastated by the situation. The people of the parents of the child next to them came in and expressed to the head doctor there, the director of the pediatric floor, they said, "we can't handle this. Please call us if the child dies and please call us if the child lives. We will pick her up either way. "

Dr. Julie and Dr. Kevin couldn't let that little child just sit there by herself. So they bought teddy bears for each of them, they read stories to each them and they touched them and talked to them. 24 days later Kiley died, she didn't make it through the trauma and the premature birth. The other child lived and the parents came and picked her up and I remember Dr. Kevin as he was telling me this. The one thing that I regret is that I never adjusted her, I didn't put my hands on her and see what the power that she has in her body could have done. From that point on his mindset change and his mindset change toward more children in chiropractic offices. Probably more so upon Kiley's death than probably would have happened had she lived. And he was talking about how every time he touches a child or we create a new program or have a new seminar he can always hear her "C'mon dad! Keep doing what your doing! You're saving the world!" And it's always kind of a little joke my kids will say "there go Dr. Ed and Dr. Kevin changing the world."

When people ask where we are at in our travels, we are at this Indian reservation, we were kind of wondering was this the right thing to do? We're seeing all the Native American children running around, and we are seeing our children kind of in their eyes. We were just taking in the moment. We were

working on this movie theatre building, renovating it and there were several children that were helping. We gave them Love Has No Color World Project t-shirt so we identified who was helping. There was one little girl who didn't get a t-shirt as she was helping throughout the day. The children came back and said, "Hey can my friend have a shirt?" Dr. Kevin and I being the jokesters that we are, we like to pick on individuals, so Dr. Kevin started into her. He goes, "I don't know. I don't think I've seen very much work come out of you." And the little girl responds, "not that much work?! Heck I was up the ladder, down the ladder, in the building, on the roof. I did more work than most of those muscle heads over there." And he goes, "Wow your something little girl!" and she goes, "you bet I'm something. I'll be something one day." Then Dr. Kevin asks, "what's your name?" And she says Kiley and we both looked at each other, and our jaws are dropped, and we had a big smile on our faces. We just knew this was the place to start our world vision and for many world visions to come.

The following November Ed and I came up with a way of continuing our world project's visibility with another activity called Christmas on the Reservation. This was a project to show our belief in the dreams of the people (especially the children) of the Reservation. All of the Chiropractors we coach had their practice members donate new coats, boots, sneakers, toys, etc. Most of them had new patients pay part of their exam fee in the item such as a new coat, new boots, sneakers etc. The response was overwhelming. We raised 8,000 new gifts! Every child on the Reservation received a gift. Many seniors and adults received gifts as well. When Ed and I entered the warehouse, we were blown away by the number of gifts. We thought we were in a Toys R Us warehouse. They had been sorting the gifts for 3 days now, 12 hours a day with as many as 100 volunteers. Each teacher had the child's shoe size, their jacket size, and the most pressing need of that child. We then went to each school in all school districts on the Reservation. You can view a video clip of this by going to our web page thenewrenaissance.org and look for Love Has No Color. It will put a smile on your face and bring tears to your eyes.

The tribal council that governs the Reservation now got involved. They proclaimed Chiropractic appreciation week during our week there. They had a feast and gave all participants colorful ceremonial blankets to thank us for our efforts. We felt like we had gold medals or the American Flag draped on us receiving the "honor" blankets. A once in a lifetime magical moment. How many of our readers and listeners are looking for this type of purpose for themselves and their children? We suspect many!

This is the power of purpose. Ed and I used to ask for blessings for the various projects we were involved in. We have many special people in our lives from our nuns, priests, and rabbis in our practices to our personal teachers of spiritual awareness. We would say "father, sister, etc. could you give us a blessing for such and such. Our seminars, new CD series, our new books, etc. Our mentor Dr. Joe Flesia once told us let your life be your prayer to the universe. It doesn't

need to be blessed because it's already blessed...it's God's work. Imagine the possibilities of having you and your children involved in reclaiming an entire nation's dignity and welcoming our Reservation brothers and sisters back into our society. What a great way to introduce purpose to your family. We invite and welcome any and all help. You can call 1.800.525.3879 or go to our website HYPERLINK <http://www.thenewrenaissance.org> www.thenewrenaissance.org and click on Love Has No Color to find out how you and your family can help.

Health recommendation #2

Children have absolutely no voice when it comes to health. Your wisdom or lack of it is poured into your child. They are dependent on you for your leadership, especially when it comes to matters of health. You have to love your children enough to discipline them and set boundaries. Would it not make sense to show the same leadership in being a parent as in choosing health professionals for your child? If their parent abdicates their responsibility to a doctor who is proficient in disease only, they are living in the past and cannot teach their children about health, only disease and lack of well-being. This is your opportunity to reclaim your dignity and joy of being a parent.

Immediately stop telling stories about why your child is not healthy. Begin being a leader and having a purpose toward health. No matter how real the story sounds to you or regardless of how many times you have repeated it... stop it immediately. Be a leader and stop supporting the circumstances you find yourself or your child in. You are repeating a story that was told to you as an explanation to why your child must remain sick. You are actually fighting for the right to be sick and non-healthy. No matter what your reality is presently, your child was born to be healthy. Start focusing on the solution, rather than the problem. As a leader of you family, you are passing on your leadership skills for the next generation.

THE HEART OF THE MATTER #5: YOUR CHILDREN DON'T HAVE A VOICE WHEN IT COMES TO HEALTH, THEY NEED TO BE TAUGHT HOW TO BE AND STAY HEALTHY

You were a child once. It's comforting to know that everything will be taken care of you by your parents. But what if the beliefs of you parents didn't include health? Like a boat without a compass or a GPS navigation system, it's hard to express health when you don't know, because you parents didn't teach you about health. That's not a knock on your parents; they didn't have it to give. The responsibility of the next generation starts here. It's easy to imagine a rude, opinionated child having rude opinionated parents. It's not so easy understanding your children pick up your strengths and your weaknesses. You

know that children don't have a voice when it comes to health matters. They look to parents for wisdom and guidance and count on them to make the best decisions to give them a healthy life. Our question to parents then is, why do you unwittingly and actively participate in a paradigm that creates the exact circumstances that you say you don't want?

If you choose to change your fitness level, you can, however you have to keep at it. If you desire to change your income level, you can find a new job or even create your own business. Why can't you increase your health potential? There's nothing stopping you except the clinging to an old way of only caring for the body when it's broken. Running to the doctor when you're sick is an outdated, knee-jerk reaction because of a lack of understanding and information. Many parents abdicate their responsibility and say, "My pediatrician has that covered" without even understanding what it is their pediatrician is doing or "covering." That's denial, ignorance, and avoiding your responsibility as a parent. That's exactly why Ed and I developed this program. To empower parents who choose and want to be empowered. An expert in disease cannot help your child attain health. You, as a parent, are the guardian of your children's health. You can learn from life coaches like Ed and I and others, but ultimately the responsibility rests completely on you.

My grandfather always told me there are only two types of parents: The first type includes the parents that are totally committed to their kids. They play full out and accept full responsibilities for their actions. They embrace truth at the expense of what they may have previously believed, even if it is embarrassing or causes some temporary discomfort. They focus on action and solutions instead of words and problems. The benefit of their children comes first. They also create opportunities for others and allow them to decide for themselves if the opportunity is right for them. They do whatever it takes to insure the best physical, social, and emotional well being for their children. These are Ed's and my parents. This is the type of parent who gets the job done, no matter what. No excuses, stories, should-haves, could-haves, or would-haves.

The second type consists of the parents who are not totally committed. What's interesting about these parents is that they will be the first ones to argue that they are committed. In reality, however, they don't put their all into anything they do. They will actually defend non-truth and things that don't work because it's familiar to them. They will actually argue for something that doesn't work... like what they have been doing for their children's health. They always have a story to tell as to why their child is not doing so well. Others maintain that their child is healthy except for, well, the low self-esteem, anxiety, depression, and ADHD. But other than that they're ok! If you ask many parents, "How is your children's health?" they will reply, "Fine, fine, fine" when that isn't actually the case. They accept low states of health and disease as the norm. They don't know any better, or that they even have a choice. And thus they relegate their child to lower expectations throughout their life.

Many people in our society actually try to outdo others with stories of disease, limitation, and lack. We hear, “My story is juicier than yours” and “My illness is worse than yours.” This is a true victim’s mentality. Completely unaware that there are solutions, these individuals don’t believe in solutions, as if they can’t even see them. They are blocked from the solution because of their faulty belief in disease, rather than health. They are more comfortable sticking to their tale of woe, instead of adopting a new belief. Guess who pays the price for their stubborn ways? That’s right—the child, their future, and society. It takes courage to embrace a new paradigm. It also takes faith in health rather than the belief in disease, limitation, and lack that most of our society participates in.

The problem with these people is that their behavior and their beliefs are invisible to them. They don’t take new ideas in or act on them. Skepticism, criticism, being a “Doubting Thomas” all are products of the same issue: not having enough belief in yourself and enough courage to go against the grain of traditional thought. Many of these people always seem to be in conflict with someone or something. They don’t take responsibility for their actions and they have a profound state of entitlement as if the world owes them. They spend their time telling stories that support their problems, instead of looking for a solution.

Over the years we have found certain habits and behaviors that identify people stuck in their old beliefs. One of these behaviors is when a new solution is presented to them they immediately ask if their insurance covers the care before they even ask if we their child can be helped. Another is declining educational material and literature or even adopting a “who cares” attitude towards anything I don’t previously know. As parents we are responsible for our children’s health, period. If we as parents chose not to invest in our children’s health, what are we willing to invest in? Just because an insurance company will not help your child, you are going to follow their lead? Isn’t your child your most precious gift? It just doesn’t make any sense. Many of our committed practice members paid us cash for care. They demonstrated their commitment to their children, they didn’t tell stories, and they didn’t act like a victim. They demonstrated to their family their honor and commitment to the family. That spells love in any language.

You will find these two archetypes of people, no matter where you live; the doers and the talkers. One will do what it takes and is not intimidated by change and the other runs from change and may even get aggressive or rude when presented with beliefs that differ from their own. If you are honest with yourself, you will see that these are only patterns of beliefs that were handed down to you from parents, teachers, and authority figures when you were growing up. The key to belief systems is that you don’t have to live your life under beliefs that no longer serve you. Change is sometimes uncomfortable, but always worth the price. Most people don’t understand that they are being run by their old beliefs and, even if they might have an idea that they are, they don’t have the tools to create new beliefs. By purchasing this guide, however, you have separated

yourself from the herd and you now have the necessary tools.

Some people will ask you to “borrow” your copy of this CD series. Don’t do it. If they “borrow” it, this is another subtle way of not committing and investing in new ideas. They will listen to some of it, and give it back to you and say it was “interesting.” There will be no behavior change, no paradigm change, and their children will be subject to the same restrictions of poor health and understandings of health as their parents. As parents we must take ownership and invest in ideas and concepts that truly shape our children’s future in a positive way.

Here is your 3rd health recommendation

Let your friends and relatives invest in their new belief system and buy their own copy of this book or CD. Their own health and the health of their children are worth it. Sometimes we unwittingly enable friends and loved ones not to assume responsibility for their family’s health.

Looking back in our practices we were confronted on a daily basis by parents (mostly mothers) bringing in children with horrific illnesses. In most cases, they had been everywhere before coming to us and they were still clinging to their old belief systems of disease. “Just fix my sick kid and all my problems will be solved” is a common expression we heard in practice. “Why does my whole family have to come in and be healthy, can’t you just fix the sick one?” This is a reflection of the old mentality of “if it isn’t broke don’t fix it.” As parents we have the sacred responsibility of teaching our children how to stay healthy, not how to meander hit or miss through life, accepting illness as inevitable. It’s not good enough in modern times to aim toward symptoms free, we must build our health.

We would constantly hear our practice members say, “I’ll run this by doctor and see what they say” or “I’m not a believer in Chiropractic.” As family Chiropractors we were astonished that many parents would defend what and who hadn’t worked in the past. In fact many times people would continue to allow treatments to go on to the point of death... rather than changing belief. You must change and update your belief system, or experience the consequence of children who don’t know how to be healthy. The children lose, we as parents lose and society loses.

THE HEART OF THE MATTER #6: THERE IS NO SUCH THING AS DISEASE... ONLY A LACK OF HEALTH

For the first time in history, we are placing a new concept, a living compass, in the hands of parents that will enable them to cultivate and create the environment to witness the potential, love and ability of a truly healthy child. That’s the great thing about truth... it just feels right. The tools and education for health belong in the hands of parents. It does not have to be hidden, hoarded or

guarded. It needs to be shared with everyone in our society. There are no barriers to health besides ignorance. Politics, opinions and what's been done in the past have no place in health. It's available to everyone. It belongs in all parent's hands. To begin to illustrate this point, let me offer a story of my own. *Back in the fifties and sixties, I remember going to our family medical practitioner and realize now that it was like a bar room. The doctor smoked incessantly. Both my parents smoked earlier in my life and some of my brothers and sisters smoked. To me it didn't make any sense, it didn't feel right. I felt out of place and different because I didn't smoke. On one occasion I remember going in with a relative who had lung disease. The MD sat next to my relative, both of them smoking cigarettes, hacking and coughing. "We don't understand this lung cancer thing. We think it's a virus or bad genes or it may even be a new fad called nourishment. There are some people that think disease is caused by what you eat. I think it's foolishness and we need more research into diseases like you have. Next thing they are going to say it's smoking cigarettes, ha, ha, ha." The both of them laughing and coughing, and spitting out tobacco because back then there were no filters. My relative then asked why her husband didn't have the same illness because he ate the same food she did. Gotcha.*

This lack of understanding can be dismissed as back then. There are so many youth that got "hooked" on smoking from you guessed it... their parents. This same scenario is unfolding its deadly ignorance with everything from breast cancer to autism. The fact of the matter is that almost all parents lack a model of health for their children. This is where the problem lies. There is no conspiracy, no people gleeing with delight to see your child or yourself not reaching your full potential in your life. What is contained in this guide is not taught in any school. It's not taught or believed in the universities, in the media, or the government.

When we are interviewed on TV and in the media we get asked questions about everything except health. When we speak before parenting groups initially we are not well received. We take the heat from the majority of society to allow the empowered parents the opportunity to experience for themselves true health. This is why this CD or book is so important to you and your child. This concept of health is so radical and contrarian to what you grew up believing. You grew up believing in diseases as a way of life and consequently being unhealthy, and sentenced to a life of fear, worry, and hopelessness. By purchasing this CD series, you are on the cutting edge of new thought.

In our society we have been trained to fight against things we don't want. Like war, disease, poverty, crime etc. You always hear of a war on cancer. Or a war on crime. You can't be against anything and come from power. When you are against anything you are not coming from power, you are coming from weakness and relying on force. Force might take the form of public opinion, money, laws, politics, and of course old beliefs that don't serve you any longer. As a consequence, you must use force and enforce this reality in our population with laws, regulations and dogma. This is why we have been conditioned to think

about disease and not health. You can't fight disease any more than you can fight poverty. Why not be for health, period. We see so many people crusading for various diseases. When you look carefully they are always coming from wanting something or need. Maybe they suffer from that particular disease. Maybe they lost a child to that particular disease. What about the 4,000 other diseases? Most of the crusaders will say "I'm not interested in those, only my disease". The real answer is health. Every person sick or well can improve their health. Anytime you are at war against something you don't want, you are coming from fear, a lack of understanding and arrogance toward other paradigms.

Most parents take their children's health for granted until it comes grinding to a halt and then they go into panic and crisis mode. Drugs, surgery, and illness are familiar concepts with all members of the western world. We can all laugh at a MD not knowing about lung cancer in the sixties, and say, "Well, that was back then," but is it any different than current practitioners not understanding autism, learning disabilities, or children's health in general for that matter? To truly understand health, you are going to feel different and uncomfortable because you have been programmed to believe that science has all the answers... it doesn't. It does very well with acute conditions of illness and trauma, but that isn't and never will be health. Nevertheless, you will in many cases go to your death believing in concepts that will not help you get and stay healthy.

There's a well-known story that originated in Worcester, MA in November 1995. There were premature twins who were separated and put in separate incubators according to hospital protocol. One of the twins was not doing very well. The hospital protocol mandated that the twins (which had been healthy together inside the womb) continue to be separated. The weaker of the two was declining and her vital signs were dropping to the point that death seemed imminent. It was at this time a nurse took the responsibility to go against the rules and, in doing so, risked her job, her license and the baby's life. She placed the sisters side by side in the same incubator and an amazing thing happened. The stronger sister placed her arm across the weaker sister and the weaker sister immediately responded.

Truth has it's own aura. There is no need to prove truth, it stands on it's own. The truth between two people who are in love. The promise of two people to be committed to one another. The promise to raise children with more opportunities than you had growing up. The doctors were very slow to accept this new concept because they had faith only in their old beliefs and experiences. They were willing to let that baby expire instead of examining their own beliefs. This is the paradox of beliefs. They are the why you do what you do and why you are who you are. When you have a strong belief about anything, however, it shuts down the possibility of any other solutions. Where will growth and evolution of thought come from if your mind remains closed?

That's why parents who have the ability and the confidence to embrace and accept new ideas have a natural advantage over parents who live in the past and reject new concepts. In our story about the twins, the MD's did not do what they did out of cruelty or lack of caring, they did it out of a silent arrogance that defends our familiar medical beliefs to the end. Historically, let's look at the 1800's and the case of purpural fever during childbirth. Along comes a midwife who says that the rate of purpural fever is almost non-existent when you wash your hands before childbirth. Well, the MD's were in an uproar and violently opposed this new idea, especially coming from a socially low female and midwife who was not an MD. That's the idea of silent arrogance. It's a type of superiority, ignorance, bigotry, and prejudice to anything outside of the scientific realm. It actually stems from fear and lack, just like it does with a bully, and it intimidates any and all newcomers or different philosophies. We see it today especially with the Chiropractic profession. We are not a subspecialty of anything, much less medicine. We stand on our own with a different philosophy of health that is on a different dimension and follows a different path than disease and sickness.

There is a Cree/Sioux prophecy that says that there will come a time when the earth is sick and the people, the animals, and plants begin to disappear and die. It is then that there will come a day of awakening when a special group made up of warriors from different creeds, color, and cultures will form a New World of justice, health, peace, freedom, and the recognition of the Great Spirit. These warriors of the rainbow will teach the world how to live the Way of the Great Spirit and restore the former beauty and luster of the earth and it's inhabitants. That's the path of health.

**THE HEART OF THE MATTER #7:
YOU MUST WORK TO ELIMINATE YOUR CONNECTION WITH DISEASE,
LIMITATION, LACK AND STORIES THAT SUPPORT DISEASE**

Wherever our travels take us all across the United States and Canada, we meet parents that have a story to tell us about why their child is unhealthy. Almost like a parrot, they then repeat and verse the explanation that a doctor told them for the disease—without any word of an option for health! It's not even truth, it's an observation and an educated guess by a person who is trained in the detection and treatment of diseases. Why would you accept a life of limitation if you didn't have to? That's the invisible power of limiting, lack, and disease belief systems. We tell the parents they must be willing to give the story up and begin to focus on the solution, not the problem. It takes courage and a lot of it. The problem is not xyz condition, the problem is the absence of health. If you continue to fear disease, you will continue to think of yourself in connection with disease and conditions for the rest of your life. The real penalty and consequence of faulty

beliefs is that they will keep your child from being healthy and you will infect your children with the exact fearful mindset that you were infected with by your parents.

Do you think your parents knew something about health? Look at them now. You are following the same people who let your parents down... history now repeats itself. Wouldn't you listen to a doctor who believes in health rather than sickness? It blows us away how rigid and angry parents get when they are informed that the longer they tell the story of disease, the less chance their child has to recover their health. They fight for the right to tell the story that supports exactly what they don't want in life.

Not only do we have to stop our fascination with symptoms and disease, we also have to claim responsibility to teach our children how to become advocates for a healthy lifestyle. Childhood obesity is out of control. Allergies, learning problems, acid reflux, breathing problems, anxiety, autism are not normal. They are expressions of lack of wellness. When we see these trends that are unwanted it signals a time of great opportunity for new concepts to gain popularity because of parents coming forward and asking for help. Society is looking for leaders with answers to health, not more empty words and broken promises. The nerve system is the missing link of health. It's what connects us to the world. What we eat, positive mental attitude, and exercise are all external factors of secondary importance to health. If you don't have health, nothing else matters .

When you are healthy, you are naturally more happy, productive, and generous. Everyone has an intrinsic god given right and ability to be healthy. Everything else is secondary to your intrinsic power to create health. Empowering people to work toward health for a lifetime is a quantum leap in consciousness, versus the old wait until I'm sick and then attempt to fix it syndrome that still has it's claws stuck in our society. That's why Ed and I are so proud of this book and the knowledge you have in your hands or in your ears right now.

**THE HEART OF THE MATTER #8:
IF YOU HAVE A CHILD WITH HEALTH CHALLENGES YOU MUST REALIZE:
You may not know as much as you think you may know about health
you must be willing to learn**

A story will help illustrate this all-important point. As a parent, you are out of your league when it comes to a lack of health. You are frustrated, you are getting no answers, and yet you keep trying different people with the same mindset. You can't be responsible for all the technical knowledge that's out there, however you are responsible to realize that maybe, just maybe you must change paradigms from disease to health. It's not that the doctors you are taking your child or yourself to are bad, it's their belief and connection to disease that prevents them

from an awareness of health.

Our offices had a reputation as a miracle office. People would come from some of the most famous medical institutions in Massachusetts, Michigan, and around the country with the same story. We have had extensive testing (sometimes hundreds of thousands of dollars worth), we have had a name put on it (a diagnosis), they are taking chemical substances (many of them) to fight the disease, and the outlook is poor. The parent and the child's spirit was always the same... fear and no hope. The first thing we always did was establish a bond of trust with the parents. We will not let you down. You can count on us. Just knowing there are people who care and will do whatever it takes (including rejection from the masses because of our contrary beliefs) made our practice members feel welcomed, hopeful and committed to a new path for their children... health instead of fighting against their child's disease.

Here is your 4th health recommendation

As a parent, you may have to take it upon yourself to travel to rediscover health. Yes, that's right, the doctor who will help you on your path to health might not be in your town. The amazing fact of our combined 35 years of clinical practice was many people traveled long distances to come to our office many times a week. It was the parent's love of their children and their commitment level that separated them from other parents. It gave the family a time to bond, to actually talk to each other and appreciate each other. When they were traveling to our offices it was family time almost like families sitting down and eating a meal together once upon a time. Looking back, most parents say that the time they spent together as a family traveling was the glue that held them together. They were willing to go the distance. The parents that have the will, find the way. Just like our parents growing up.

I remember a child of about eleven with a blood problem similar to sickle cell as well as diabetes and he has been ill since birth. Hospitalizations, constant illness, social problems, tutors, school challenges, family stress, left this family in a constant sense of crisis. Every phone call was (I'll call him John) going into crisis and the parents having to stop everything and take him to the ICU. His father who was a very successful no-nonsense businessman heard me speak about health and was impressed although very skeptical. He initially balked on bringing him to me because of his son's advanced condition. After all, I was just a Chiropractor. He came into my office and spoke to me in private about how "serious" his son's condition was. It was then I looked him in the eyes and said that he was out of his league. All his intellect and money were unsuccessful in helping his son become healthier. He then looked me in the eye and said are you sure you can help my son... I said you have my word on it and I won't let you down.

The next day John's mother came in with John and over 100 pages of John's

condition, diagnosis, and detailed treatment regime. While I thanked her for her effort in getting all the copies of the records I don't want to look at a single page. I tossed her son's disease records in the trash. He smiled (he knew he was in the right place), she thought I was an irreverent medical heretic. She then got very outraged and agitated and said then how can you help my son if you don't know his background? I told his very well intentioned mother that if I read all the reports, I too would believe in her son's sickness and not his health. She didn't believe me then, but her son cracked a smile at the rebel young Chiropractor who would not yield to his mother (a veteran of hundreds of medical doctors), and threw the files in the waste basket where they belonged instead of adding my name to the long list of doctors who memorized his disease history. He immediately started on his road to wellness.

He and his mother started their initial phase of their Chiropractic care at three times a week. Jonathan noticed his energy returning to his body. His mother noticed his attitude changing from negative and "I can't" to "maybe I can't today but I'll keep trying." His mother noticed motion, mobility, energy, and a lessening of her daily headaches that her doctors told her she would have for a lifetime. Then came the changes in John's blood work. The doctors explained it was the new experimental drug that he had been on for over a year that was just starting to work. John's mother asked his primary specialist to call Dr. Kevin, which he promised he would because of the "miraculous" changes in John's condition. The mother, father, and her son knew better. It's been many years now and that specialist has made no call to me or hundreds of others who are not able to believe that there is any other way of achieving results except their own. This is the invisible prejudice that we speak of. The doctors aren't evil, they are mandated and guided by their beliefs only. Any other beliefs are to be discarded and dismissed as anecdotal except their own.

After a few years of care, John even played JV soccer, when he had never been able to participate in sports before. His health continued to increase. Yes, he still had a terrible blood disease and was still diabetic, however his body was now healthier. His body adapted better to everything he wanted to do in life. His flare-ups reduced to almost being non-existent. Medical people in his life wanted him to slow down, he wanted to speed up and catch up with all of life's activities he had missed during his sickness years, like friends, hanging out with new found friends sports and ah yes girls. It seems girls don't care what kind of illness he has, just what kind of a person he is. They are magically attracted to John, who asks me "is this a part of being healthy Doctor Kevin?" Our unequivocal response is always, " YES IT IS!" I would say that he is indeed making up for lost time by living each day with purpose, gratitude, and a love for life. That's the way of miracles, to some there is no change, and to others the change is miraculous.

THE HEART OF THE MATTER #9:

TO HAVE YOUR CHILDREN GROW UP HEALTHY, YOU MUST ADOPT THE MINDSET OF THE CONTRARIAN

A contrarian thinks differently than the herd. Our Contrarian Mindset audio CD is one of our most popular CD series. It's purchased by almost everybody from every walk of life. CEO's, businesspeople, entrepreneurs, scientists, Native American leaders, parents, teenagers, and all kinds of people were so excited that there was something out there to reinforce this method of viewing and perceiving the world. The rest of the herd accepts what the majority tells it to expect. This also applies to parents. When Roger Bannister ran a sub four-minute mile he was told by scientists of the day his lungs would fall out. Now college students and even some high school kids run sub four-minute miles. Many of our readers and our non-Chiropractors that coach with us are initially confused with "how come there is so much about Chiropractic in this book, I have a problem with a specific condition. I need info specifically about my condition." The foundation of life is health. Our society does not teach or believe this as evidenced by the amount of sickness in our society. We have a saying in our coaching group it says Health for Life. If you have a problem, it can be improved with better health. Regardless of the problem, it can be improved by being in better health. When you are in better health you will be able to adopt and embrace new ideas to help you that you would either reject or not be aware of if you were not healthy.

Healthy people have a different buzz or resonance about them. They are naturally positive, instead of negative. They tend to look at the best of every situation. They concentrate on solutions rather than problems. You know what we mean. People want to be around healthy people. They have a gift and they love sharing it with the world. They put the highest good in front of their self-gain. They have purpose, they inspire people and they are extremely grateful for the people in their lives.

My son Derrick is a great athlete. But what makes him and his sisters Randi Jo and Christy Lee different is their outlook and perception of life. When Derrick was younger all his coaches and the other parents knew he was a good player, although not an upper echelon player. He was always buried behind the coach's sons and the golden boy who could skate like the wind and had a man's body and strength very early in life. Undeterred, he had a very strong self-image of himself and his abilities. He had a special gift, even though most of his coaches didn't see the gift initially. He always knew he was an upper echelon player... he never believed what others said about him and his abilities... he knew better, and so did his parents.

He was not a typical defenseman. He couldn't take the puck from end to end and score a goal. He had to learn to play the game first. He learned angles, spaces, opponent's tendencies, etc. He had to learn how to play and be effective with people who were bigger, stronger and more skilled. He had to learn to play

the game without the physical tools, which meant he had to understand and have faith in his mental abilities. He always played against older stronger players. He knew his physical abilities would come later in life. He was a contrarian to be sure; although most coaches wanted the prototypical, herd mentality defenseman. He stuck to his game the way he interpreted it. Many coaches attempted to tinker and change his game to fit the herd mentality. He had a unique hidden talent that made everyone around him better. He was great in the locker room, always happy and positive. He wasn't only an individual talent, he made the team better every game. He had no ego and took more pride in setting other teammates up for goals rather than scoring them himself. Most parents, coaches and players didn't realize his gift. We as his parents, recognized, accepted and encouraged his gift.

When he was 13, a coach with an eye for hidden talent from a wonderful academically demanding private school spoke to him about his amazing gift. I want to build a team around players like you. Would you consider coming to a private school? Character, academics, and then athletic talent is what I am looking for. The coach understood that the life lesson was in the development of his character, not his talent only. He implores the kids to be playful, don't worry about making mistakes, and to work hard as well. This coach knows that there are more important concepts than athletics. He lost his first wife to cancer and he instills in his student athletes the importance of life's lessons above and beyond hockey. Even though his players are some of the most talented student athletes in the country, they are humble and not arrogant. Some of these players will become professional. They will indeed be a breath of fresh air to the NHL (the National Hockey League, a professional hockey league) coaches who are more used to babysitting big egos and cocky attitudes than winning. They are a pleasure to be around. They make whatever teams, relationships or groups they are involved with more impact.

The coach carefully blends character development and leadership with academic ability and athletic talent. The end result are kids who know how to handle adversity, are resilient, excited about life and want to contribute to their chosen endeavor. Be it in the classroom, in relationships, in their future businesses, or in sports. They will be in a position to pass it on to the next generation.

At the time when Derrick entered this private school, it had a very undistinguished record of achievement with only one league title in 30 years. Derrick wasn't the only kid with undeveloped hidden talent. This wise coach had also given the opportunity to student/athletes just like him that flourish once someone recognized their gifts and doesn't try to make them conform to society's ideals. The starting goalie was also buried behind other goalies. He had a tough time making lesser teams until his gift was discovered. He also knew he had a gift, but he needed an opportunity to share his gift. This wise coach asked him if he would like to attend a private school. The coach told him that he would be challenged academically, socially, and physically. He was given a chance when

many other coaches “overlooked” his hidden gift. He will attend a wonderful Division One College with a full scholarship as will many from their class.

The school now has two championships and Derrick has one more chance at another at the time of this recording. He has competed in national championships four times with three different teams, with one national championship ring and one runner up. Luck, chance, or the contrarian mindset? The contrarian mindset gives you a unique perspective on life and the world. You see opportunity when others don't. Many people refuse to acknowledge this dimension or way of perceiving the world. It's this unique perspective that gives us the different dimension and the edge to create happiness and health in our lives. To find solutions that others reject is the object of your purchasing this CD series.

Here is your 5th health recommendation

As a parent always be on the lookout for role models and mentors that will allow your children's gift to be expressed. Don't dismiss role models and mentors with negativity and lack of receptivity. Be open to new concepts and new opportunities. Be a contrarian. Make decisions for yourself. Take in all the details about an opportunity or a concept and then imagine the possibilities. There are mentors and role models for your children who really care... but you have to look for them. They come in all shapes, sizes, and colors. You usually don't recognize them at the beginning, only in hindsight. As in the above example, what if you said to the coach that your child wasn't worth investing in? Some of the ways to reject the new opportunity would be what's wrong with my son/daughter's current school? What about the money? How will they make new friends? Always be on the lookout for mentors and role models for your children. Sometimes we as parents are too close to the action and lack the perspective that a role model may possess. How many times will your child balk at doing yard work in your yard, yet will work their butts off for a neighbor?

The majority of society accepts and expects poor health. They are superstitious, under informed and malformed when it comes to health. They are dead on, over informed, and well versed when it comes to disease. When you see a pregnant woman you automatically start recanting your favorite horror stories about your sisters 17-day delivery. When someone says they had a heart bypass, you automatically offer you think that's bad, you should see mine it was a quadruple bypass with a baboon's heart. We each try to outdo the other with our badge of honor of our society... illness, limitation and lack, complete with requisite suffering and hand wrenching.

***THE HEART OF THE MATTER #10:
EVERY ADULT AND CHILD, SICK OR WELL SHOULD RECEIVE
CHIROPRACTIC CARE***

Of all the concepts presented in this book, this is the one that people have the most difficulty with. We think of getting healthy only when we are sick. I don't have a bad back. Today's society views Chiropractic as a bad back or whiplash type industry. And with good reason. We have not educated people as to the true impact of Chiropractic on health and our communities. To raise healthy children, you must change your belief once and for all. You must teach your children about health. As a parent, you must invest and put the highest value and commitment in health, not disease. Think of it... as a parent you have not learned anything about health since your childhood. This is the root of the problem. You must put new ideas and data into your brain or you will be relegated to dial up technology in a satellite society.

You have been subjected to thousands of hours of sickness and herd mentality of disease, just no health. The nerve system controls every function of the body. Anything you can think, create, or do is regulated by the nerve system. No matter what you feel in your stomach right now, you are being exposed to an idea that is totally foreign to you. Don't reject an idea because you don't know about it. Isn't it about time that parents begin to reject outdated methods that don't recognize this fact: taking dangerous and toxic drugs, amputating, and belief in disease cannot restore health. A child that is allergic to their environment is not healthy. A child that can't learn is not healthy. A child that can't interact with other children is not healthy. Parents that cannot teach their children about health are unknowingly contributing to their children's problems. The solution is regular Chiropractic care for you and for your family.

If you look at our website www.thenewrenaissance.org or call 1.800.525.3879 you will be referred to a Chiropractor in your area that has the training, the mindset, and the heart to dramatically improve the health of your family. All Chiropractors are not the same. Our Chiropractors have the gift of patient education to share with you. They are purposeful Chiropractors who put your highest good in front of their own. They will not let you down, period. They are the kind of people you and your family can count on. You will find families just like yours when you visit your office. They will give you a compass of health. Then you can make your own decision. Give your children the gift of health so they can enjoy it presently and pass it on to future generations. It has been our pleasure being your guides on this expedition to health. For further resources please visit us at thenewrenaissance.org or call 1.800.525.3879