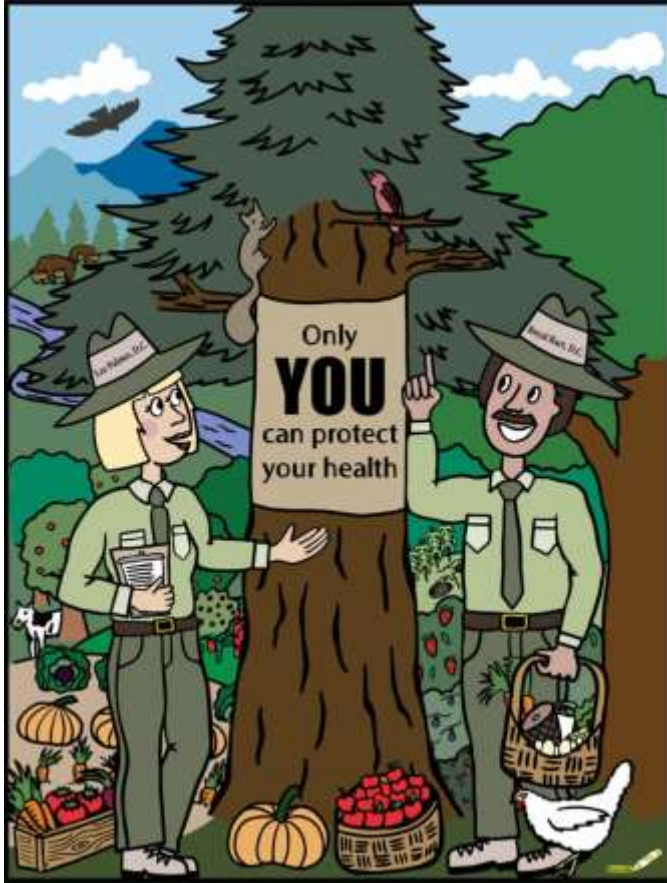


Health Rangers #4: Healthy Expectations



Dr. Palmer and Dr. Bart here with some encouragement for your wholistic health journey. In your quest for an abundance of health, have you ever noticed that some of the most difficult resistance to your choices comes from people closest to you? They could be family, friends, and even colleagues. How about that person at the grocery store claiming eggs are bad for you while their basket is full of processed junk foods!

When I began to tell family and friend's I was going to go to Chiropractic College, I heard an onslaught of negative reactions. But I decided not to let others keep me from achieving a greater level of wellness and improved health. It takes hard work and perseverance but your healthy future is worthwhile.

Whatever your desire today--new health, a new mind set, a new attitude, a new boldness--it will take perseverance and determination. Keep going forward in your

quest for health. Your choices determine your results. Right choices of embracing the natural laws of the causes of health exalts your physical, mental, and emotional wellbeing. The further you venture on this path, the more you will come to trust your inborn talents and abilities to achieve healing and a healthy life.

If you are challenged by the naysayers, just recommend they go exploring the Selene River Press [Historical Archives](#) to hear from the courageous pioneers of the organic agriculture and food movement we enjoy today.