

Is Your Brain Controlling You?

How to Manage Your Brain and Achieve Your Goals



[Dr. Dennis Maness,](#)
[HealthWalk™](#)
[MindSoul Division](#)

Humans have a success instinct. From New Year Resolutions to weight loss goals; from personal goals to career choices, our goals seem to be sound, our minds are set, our determination is there, but then we blow it. Why?

Even with all the best of intentions, even for all the right reasons, something either consciously or unconsciously takes the wind out of our sails. This phenomenon has been given many labels: fear of success, lazy and lack of motivation. It is very discouraging and can often impact our self esteem and confidence.

Success Starts With The Brain:

Even though we don't always think about it, success starts with the brain. Our brain is the operations center for our functionality; and it is a major contributor to who we are, who we are going to be and the memories of whom we were. Our drive for success starts with changing and reprogramming the brain.

Our brain's primary function is to keep the brain owner safe; to protect the brain owner from harm. In living your life, your brain has developed a homeostasis (a safe area of operation/ a state of mental equilibrium.) This homeostasis sets the bar for our behavior and how we react to situations such as change in lifestyle, for example, a decision to quit smoking.

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Smoking is a learned behavior. It brings certain benefits to the smoker. Some smokers will tell you that it is enjoyable and that it helps them cope, handle stress, temporarily fight depression and/or it is an alternative to eating and weight gain. These behaviors have become imprinted into the brain's homeostasis. The brain feels safe here and therefore will resist any change. This same rule can be applied to one who has the goal of a job promotion, win a race or compete for political office. They have to first change the homeostasis of their current mindset before they can achieve their new goal.

Now, let's look at what is going on in the brain.

You have made a decision for change which sets off a chain reaction within the brain. Now the tug-o-war begins. The brain is in its comfort zone, yet, you know to improve your life and your lifestyle you need to achieve this goal. The brain becomes nervous and creates a chemical imbalance. You feel out of sorts, you become frustrated easily which may lead you to feelings of anger or depression. This leads to an increase in adrenaline which places you in the area of fight or flight. Your brain is now processing from reaction instead of intelligent thought. What happens next is one usually gives up. The brain won, you lose because you attempted to move the brain from its comfort zone.

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Mark Hinds
Founder and CEO,
HealthWalk™

Founder's Message

Dear HealthWalk Family and Friends,

Ah August, a bittersweet month for many of us - the delights of summer are abundant, while vacations are drawing to an end and school is starting again. Our thoughts may turn to preparing for the rigors of autumn and how to maintain or build on the good habits we have started in the summer: more exercise, eating fresh and healthy foods and spending more time with people we care about. We at HealthWalk want to support you in keeping your new good habits and to face the increasing demands of the coming season with health and vitality.

An important aspect of maintaining good habits is to have the proper mindset; the ability to follow through with a goal so that we can enjoy the positive results that we are aiming for. As [Dr. Dennis Maness](#) writes about in his article this month, we have to learn how to control our mind so that it serves us instead of being driven by it. At HealthWalk's Integrated Health and Wellness Center, we have [MindSoul Brain Technologies](#) to observe and map your brain frequencies non-invasively and then help you with neuro-sound stimulation to optimize your brain frequencies so that you can function at your highest capacity. [Dr. Maness](#) will also teach you how to manage your brain so that you can continue to control your thoughts and actions - a great support in keeping your lifestyle healthy.

To provide you with the proper health tools for the new season, we have a couple of special promotions. For the month of August we are offering a 20% discount on:

HealthWalk's [MindSoul Brain Technologies](#)™ 20% off.

With MindSoul Brain Technologies neuro sound stimulation we are able to observe how your brain is functioning and how any misfiring or non firing neural patterns may be limiting your ability to enjoyment of a healthy lifestyle. We then work with you to bring your brain frequencies to proper functioning for increased performance and harmony.

Some common issues that can be helped by HealthWalk's [MindSoul Brain Technologies](#) include: increased focus, clear thinking, motivation, elimination of addictions, less stress, improved people relations, performance, memory and mood, greater happiness and well being, resolution of depressive symptoms and emotional trauma. You will feel and work better and have more energy when your brain is working optimally.

HealthWalk's [AdaptAid](#)™

Help Your System Recover from Stress

\$23.99 (Regularly \$29.99)

Stress is one of the biggest health issues that humankind is dealing with now. It is the underlying cause to many of our illnesses. Clinically proven AdaptAid has been specially formulated for its antioxidant, anti-inflammatory and anti-microbial effects that may help the body cope with stress and prevent cell damage caused by free radicals. AdaptAid provides your system with a powerful blend of essential proanthensols, adaptogens and phytoestrogens.


AdaptAid supports neurological and cognitive functions, a healthy immune system and has been shown to help with stress, free radical damage, chronic disease concerns, ADD, ADHD and other learning disabilities.

So get ready for the fall season with HealthWalk's wellness solutions; you will be healthier, happier and more productive! Here's a great start to the next season.

And as always-

To your vibrant health,

Mark Hinds

Founder and Co-Visioneer, HealthWalk 

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Approximately 86 % of the brain owners allow their brain to control them, which makes goal achievement much harder. That means only about 14% brain owners control their own brain. These 14% brain owners are highly successful because they have learned the mastery of managing the activity of the brain. Learning to manage your brain is a learned experience.



With [MindSoul Brain Technologies](#), we can help you achieve control over your brain so that you are able to attain the goals you desire easily. We start by mapping the brain frequencies. The process is non-invasive and quick. The sound frequencies of the various brain lobes are measured to show what is firing, what is mis-firing and what is not firing at all. Also we want to know which area of the brain is being used to process thought.

With this information, we will know if you are processing from Fight or Flight, fear, or if there are excess stresses that are holding you back. Based on the data collected, a protocol is created that will lead the brain to the new desired homeostasis safely and naturally. The next step in the session is to teach you how to maintain this new state. The benefit of this is that you will be able to process from the executive center of your brain so that you make the best decision accessing the most information available.

Brain management is within the reach of the brain owner once the new homeostasis is achieved. You can help achieve and maintain a new homeostasis by following a few simple rules. They are:

1. Be sure your goal agrees with your vision and values. If it doesn't you are creating an inner conflict which will make maintaining it very hard on your personal and family life.
2. Plan your pathway to your goal. Your brain understands structure and order. Divide your pathway into small mini goals. Organize your pathway and organize your thoughts at each step. This helps control the adrenaline factor, reduces stress and allows for a peaceful mind, body and life.
3. Be open to adjust your mini goals. Sometimes our road to success requires a detour so we can go around life's little set backs.
4. Watch your diet. Different types of brains require different types of diets. Avoid foods that slow down the brain. When you "reward" yourself with unhealthy foods its takes a long time for your body to process them. This negatively affects your body and causes mental health issues such as improper nerve function which results in lack of focus, inattention and hyperactivity and more.
5. Get proper rest. The brain and body need the down time. The brain does its restorative work such as moving memory from the day to long term memory when the body is in a low Theta or Delta state. This work is impeded when your night is filled with mind chatter, late night television and stress.

If you want your dreams to come true, get adequate sleep but don't oversleep. At [HealthWalk](#)'s integrated health and wellness center we have the technologies and the practitioners to support you in taking control of your brain ([MindSoul Brain Technologies](#)) and the [functional nutritional counseling](#) so that you are nourishing your mind and body to achieve your goals optimally. 🌱

Are You In Pain?

And what you can do about it.

By [Dr. Anna Walden](#), ND, DNM, MH, CBT,
HealthWalk™ [Vital Hematology](#) Department

Although it may seem odd, there is a Pain Awareness Month in the US - September. One would think that there doesn't need to be any more awareness of pain than there already is. Pain, pain, go away. But in clinical and personal experience, it is apparent that human beings have an enormous capacity for coping with and ignoring pain.

Nearly all pain is caused by inflammation. The mechanism of pain allows us to receive the message loudly and clearly that something is very wrong and there is an area which needs to be quickly relieved of its regular duties, protected, cared for, and possibly kept out of commission so that further damage does not occur.

The body has its own natural pain killers - endorphins - which empower the body to be able to sustain necessary activity even though something quite drastic and injurious has occurred. We have all heard the stories of amazing feats being accomplished in extreme situations where people have, for example, been shot or wounded in some way, and yet do a heroic deed without any awareness of pain. Soldiers in the battlefield report these experiences frequently. And then there are the athletes who, despite intense injury "work through the pain" and keep on going even though the body is sending wave after wave of signals that it is time to stop.

Dedicated mothers and fathers, work-out junkies, work-aholics and just about everyone has adopted the notion that somehow it is a sign of weakness or lack of a sense of duty and commitment to pay attention to the messages from the body as though there is great virtue in this. But is that true? Certainly on the battlefield it is often valid, but what about in daily life?

If we get back to the main purpose of pain, then we have to say that we need to start paying more attention to what the body is telling us. We need to be more in touch with ourselves so that we can prevent further damage to our precious physical forms.

A word about NSAIDS

When there is an acute call for it, there is nothing like popping a pill and getting relief. The group of painkillers known as NSAIDS (Non-Steroidal Anti-Inflammatory Drugs pronounced "en-sedz") and Cox-2 inhibitors include some household familiar names such as Aspirin, Advil and Motrin (ibuprofen), and Alleve (naproxen). When we are injured or have inflammation, the body produces prostaglandins which mediate pain and inflammation. These are produced specifically for the area which is injured. The NSAIDS limit the body's

production of prostaglandins and thereby provide relief.

However, the NSAIDS also limit the body's production beneficial prostaglandins and that is where the trouble begins. They play an important role in protection of the stomach lining, help regulate blood pressure, protect the kidneys in time of disease or dehydration. So over time, NSAIDS have a track record of causing gastro-intestinal problems and reduced kidney function. This presents a quandary even for the FDA which is our agency dedicated to protecting us from harmful substances. Here is a quote from that agency about taking Alleve but alluding to the whole NSAIDS group: "This is a very confusing situation...there is little data about the long-term effects of naproxen or any other related pain reliever." Never mind that there are over 16,000 deaths each year attributed to NSAIDS.



21st Century Solutions

In addition to the old stand-bys of rest, ice, elevation, there are new solutions which addresses pain. To tackle the cause of inflammation so that the body can repair itself is the long term answer to most pain.

One way is to boost the body's own immune system and healing power with proper nutrition and supplementation. [ReGenesys™](#) is an enzyme supplement which has been shown to reduce C-Reactive protein, a marker for chronic infection in the body and it also supports pain relief and healthy nerve, muscle and bone tissue growth, enhances energy and normal sleep patterns.

[MindSoul Brain Technology](#) neuro-sound stimulation, which helps restore brain frequencies to its optimal levels, is another way of resolving the causes of pain.

Another sound wave solution is with Alpha Sound waves. The premise is that the body produces and uses Alpha waves in the healing process. By introducing these waves with technology, the body has a

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far greater chance to speed its own recovery. We utilize this technology among our leading edge therapies and support for pain alleviation in our own practice at [HealthWalk](#) Integrated Health and Wellness Center.

The application of sound wave therapy increases circulation and boosts metabolism. Specifically we use the AlphaSonic which produces a signal. In the approximate range of 8 to 14 Hz with the highest concentration that have been scientifically shown to be key in activating the body's own natural healing process. In numerous cases, including at our own clinic, there have been dramatic results as spasm relaxes and inflammation is reduced.

We recently had case of a young woman who had fallen on a marble floor and broken her fall with her tailbone and right palm five years previously. Her elbow was hyper-extended and the right side of the rib cage dislodged and slid over to the left side. All the fascia and cartilage were destroyed. After excruciating physical therapy, the ribs were restored to their proper side but she is still "pigeon chested." She experienced constant tightness, tension and often pain with deep breathing ever since then. After two sessions with the AlphaSonic, all pain was completely gone. The scar tissue mound is now gone. Her over-stimulated nerves and tightened tendons were quieted and soothed by the calming frequencies of the alpha waves. She marvels at being pain free after so many years of moving with care and compensation.

So if you also are living with pain and would like to see what your life might be like if it were gone, and what you might be doing if you were not physically restricted, come visit us at [HealthWalk](#) Integrated Health and Wellness Center and experience it for yourself.



How to Manage Arthritis with Nutrition

By [Carolyn Schropp](#) BS, NC,

Functional Nutritional Consultant and Educator at [HealthWalk](#)

Arthritis affects millions of Americans each year. It is one of the leading causes of disability in the United States. Arthritis causes damage to the joints within the body. As a result there is joint pain, loss of mobility, stiffness and swelling. The pattern of symptoms will differ between the different types of arthritis and the individual. Arthritis can occur from a number of factors such as infection, trauma and auto-immune disorders.

There are several types of arthritis and related inflammatory joint diseases. The most common type of arthritis is osteoarthritis; a degenerative joint disease as the bones and cartilage that make up

the joints deteriorate in this illness. The second most common type of arthritis, rheumatoid arthritis, is an inflammatory disease which affects the lining of multiple joints, especially in the hands and feet. Rheumatoid arthritis, although it affects less people than osteoarthritis, is often more debilitating. Other rheumatic diseases, gout, pseudogout, ankylosing spondylitis, reactive arthritis, psoriatic arthritis, enteropathic arthritis, and infectious arthritis – are also characterized by inflammation.



For many years traditional western medicine practitioners believed people with arthritis had to live with it and they were prescribed Nonsteroidal Anti-inflammatory Drugs (NSAIDS) to reduce the pain and inflammation often with significant side effects. Now many people and medical and health practitioners are taking a more holistic approach and use and recommend appropriate diet and lifestyle changes to reduce pain and inflammation which then provide a better quality of life.

Arthritis sufferers should focus on reducing or eliminating foods that enhance inflammation such as white sugar, white flour, processed and most packaged foods. Sugar and other highly processed foods increases inflammation and also affect the proper functioning of the immune system.

High quality whole foods are essential for healing and vitality. Quality foods consist of organic fruits and vegetables, organic whole grains, an abundance of fresh organic greens, and wild fish such as salmon. Drink pure clean filtered water (use the HydroMag water treatment system for increased benefit) throughout the day instead of sodas, coffee and other non-nutritious sugar or artificially sweetened

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beverages.

Clinical studies have found people with arthritis have less pain when given omega-3 supplements. The two most important omega-3 fatty acids are DHA and EPA, these are the vital anti-inflammatory ingredients. Most American diets have too little omega-3 fats and far too many of the omega-6 fatty acids found in most popular vegetable oils such as soybean oil, corn oil, cottonseed safflower oil and more. The ideal ratio for our bodies of omega-3 to omega-6 is 1:1 or up to 1:4, but the average American diet ratio of omega-3 to omega-6 ranges from 1:20 to 1:50. Flaxseed and walnut oil are good sources of omega-3, and scientists agree that fish/krill oil is a richer source of omega-3 and is more available to the body. Fish and krill contain a high amount of omega-3 fatty acids.

Omega-3 has been known to reduce inflammation, enhance neural functioning and memory, balance moods and supports healthy cell growth and pregnancy. Unfortunately oftentimes the fish and shellfish we eat also contain a large amount of mercury and other toxins (especially PCB) the fish have ingested from the pollutants in the water. To reduce the amount of such contamination, eat wild small fish and minimize/eliminate the consumption of large fish (Shark, Swordfish, King Mackerel, or Tilefish) and avoid farm raised fish.

Nutritional supplements are important when it comes to improving your health. [HealthWalk's ReGenesys™](#) aids in reducing inflammation and helps with metabolic function and proper cell communication. [HealthWalk](#) carries an array of quality supplements for you to enjoy the optimal nutritional support needed for vibrant health. Our functional nutritional consultant will work with you on how to make sound choices and customize a plan that works for you.


One important lifestyle change to help manage arthritis is to maintain a healthy body weight. If you are overweight, the extra pounds add additional pressure on the joints causing arthritis pain to increase. For every one pound of weight lost, there is a four pound reduction in the load exerted on the knee for each step taken during daily activities. Losing as little as 11 pounds can cut the risk of developing knee osteoarthritis by 50 percent for some women. Lose and keep weight off with a sensible eating plan. [HealthWalk](#) offers personalized nutritional support based on individual needs.

The processing and packaging of foods with added preservatives and chemicals to preserve, prolong and modify the natural food cycle are congesting to our organs and causes improper communication within the body's systems. Many people are experiencing the onset of the destructive cascade of inflammation and all its ill effects at a much younger age than before because of the heavy consumption of processed foods. Reduce or avoid processed and packaged foods and

the body will have an opportunity to repair some of the damage.

Exercise is important to your physical and mental well-being, is beneficial for your overall health and also promotes the healing process. Swimming, walking and yoga are good low impact exercises to help loosen up those joints with minimal stress and strengthens the muscles and increase flexibility around the joints to give extra support. With stronger muscles and more flexibility, the discomfort and pain from arthritis is lessened and alleviated. A couple of good programs for alleviating pain and helping flexibility are the Arthritis Foundation Exercise Program or Arthritis Foundation Aquatic Program.

Don't panic if you have been diagnosed with arthritis. At [HealthWalk Integrated Health Center](#) we offer a holistic and integrated approach that will support your path to better health and healing.

You can find out more at www.HealthWalk.com, we are here to support you on your path to vibrant health. 

Natural Solutions to Toxic Build Up

Cleaning Supplies You Can Live With

By **Julie Gengo**
HealthWalk™ Marketing Coordinator

Toxins, toxins, toxins. We often hear about the abundance of toxins in our environment, chemical cleaners and solutions, food supply and beauty products. These superfluous and perhaps unwarranted chemicals may be one of the reasons why many of us are experiencing health issues. Avoiding these toxins can be complicated and confusing since many are hidden, not well tested/documented or not tested at all. As a result these toxins are allowed into our lives with inaccurate or no information on their safety.

When toxins enter your body from inhalation, food or skin contact, they find their way into your blood stream and most end up in your liver. Unfortunately the body's cells absorb some of the toxins bypassing the liver all together. These toxins can damage and change your DNA leading to serious diseases, including cancer.

Your liver is designed to cleanse the body of toxins and other unnecessary elements. However, with an overload of toxins, the liver can get clogged affecting bodily functions, including cholesterol levels, in a negative way. Other symptoms may be physical and mental fatigue, rashes and other allergy symptoms, loss of concentration, premature aging, insomnia and lowered immune system to name a few.

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One thing you can do to eliminate toxins in your body is to [detoxify](#) and strengthen your immune system with healthy foods and natural supplements. At [HealthWalk](#) our functional nutrition counselor integrates functional endocrinology, serum and blood based biomarkers analysis to determine your specific needs. [Vital Hematology live blood analysis](#) can show what is in the body so that we can recommend holistic solutions to boost your immune system and to support your health and wellbeing.



It is also advisable to incorporate preventative measures to limit the toxins that you have control over. Reduce the consumption of all packaged foods; they are filled with preservatives, flavor enhancers and other chemicals which are often detrimental to health.

Another simple way to avoid toxins in the home and office is to use environmentally friendly (free of harsh chemicals) cleaning products. A way to reduce costs and use these products is to make your own.

Below are recipes that you can make using simple commonly available ingredients.

ALL PURPOSE CLEANSER

- 2 cups hot water
- 1 tsp. biodegradable liquid soap or borax
- 1 tsp. white vinegar or lemon juice (to cut grease)

Fill spray bottle with hot water. Add soap and vinegar or lemon juice. Shake bottle gently to dissolve ingredients.

SHOWER/BATH CLEANSER

- 2 cups hot water
- 1 tsp. borax
- 3 tbsp. White vinegar

Fill spray bottle with all three ingredients and shake for 30 seconds. Keep bottle in shower and mist shower wall and door/curtain after each use. Helps prevent mold and mildew from developing.

GLASS CLEANSER

- 1 cup water
- 1/8 cup white vinegar

Fill bottle with both ingredients and shake for 30 seconds. Use on all types of glass surfaces including mirrors.

TUB & TILE CLEANSER

- ½ cup baking soda
- Enough biodegradable liquid soap to make a frosting-like consistency
- 5-10 drops fragrant essential oil

Place baking soda in a bowl and slowly pour in liquid soap, stirring constantly, until the mixture reaches the consistency of frosting. Add drops of essential oil (optional). Scoop the mixture onto a sponge, wash surface and rinse.

TOILET CLEANSER

- ¼ cup baking soda
- 1 cup vinegar

Sprinkle baking soda into toilet basin followed by the vinegar. Allow mixture to sit for several minutes. Scrub with brush and rinse with water. A mixture of borax (2 parts) and lemon juice (1 part) will also work.


One tip: Try to use empty and clean spray bottles (previously filled with other ingredients) that you may have around the house to encourage the reuse of these items.

These recipes are courtesy of the [Solana Center for Environmental Innovation](#). You may want to make a small donation and request that the Center send you the set of the colorful sticky labels, complete

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with recipes, so that you can easily identify your spray bottles and have the recipes at hand for refilling.

For more support and to establish a base line on your health and toxin level, come to [HealthWalk](#). Our integrated health and wellness center is designed to help you identify your current health condition and to support you in boosting your immune system to rid the body of toxins and other impairments to vibrant health. 

Chappy's On Eagle's Wings The Changing Seasons of Life

By Ron Ringo

With the change from spring to the hot days of summer, and soon to fall's cooler days and falling leaves, we see a representation of the equally distinct changes occurring in our own lives.

I don't know about you, but I have been feeling a little bit old lately. A few years ago now, I had the rare opportunity to ride home on an amphibious ship with one of my sons, my namesake, from the war in Iraq, OIF I. I reflected on when I was a young Infantry Marine, and wondered how I would have felt leaving a war zone. It was a time I will remember, hanging over the rails, looking out over the ocean and listening to my son share his experiences of the war - one this father will put forever into his footlocker.

Then a few weeks later, I had another time in this season of life with a rarity attached to it. I had the opportunity to perform the wedding of our youngest daughter. If you think having one of your children get married is difficult, try getting the words out without blubbing too much, while performing the ceremony! Again, it was a choice experience, with many friends and family around to share in the experience. Now, again my oldest daughter has just asked me to officiate at her wedding...Unique blessings. It seemed like only a short time ago when her mother and I had cut our cake with a sword and danced our wedding dance. Where did all those years go?

It seems like the seasons come and go at a much faster pace. I know I was just twenty yesterday... What ought to be our priorities during these ever accelerating seasons of life? A writing I had come across some time ago may help us reflect on this quandary. It is entitled "*Lifetimes*".

Are you a Reason, a Season, or a Lifetime? Pay attention to what you read. After you read this, you will know that people come into your life for a reason, a season, or a lifetime. When you figure out which one it is, you will know what to do for each person.

When someone is in your life for a *REASON*... it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally, or spiritually. They may seem like a godsend, and they are! They are there for the reason you need them to be. Then, without any wrongdoing on your part, or at an inconvenient time, the person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered. And now it is time to move on.



When people come into our life for a *SEASON* it is because our turn has come to share, grow, and learn. They bring you an experience of peace, or make you laugh. They may teach you something new. They usually give you an unbelievable amount of joy. Believe it! It is real! But, only for a season.

LIFETIME relationships teach you lifetime lessons. Things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put to use what you have learned to use in all other relationships and areas of your life. It is said that love is blind, but friendship is clairvoyant.

Stop here for a moment and just smile. Now, from here on out in your life, work like you don't need the money. Love like you've never been hurt. And dance like no one is watching. Be grateful for those in your life, because their reasons and seasons may soon be over.

Much like my experience with my son coming home from war, or marrying off one of my daughters, or continually trying to be a good parent to my two youngest children still at home, life will be full of reasons, seasons and lifetimes. We need to decide how we will make

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the most of them and what memories we want to create. This should be our priority... To make a wedding more memorable by performing it, making the sacrifices to ride that ship home with my son, or creating special father-son campouts with my two younger boys. These are some of the memories I want to have for them and me to remember. Let us accept and make the most of whatever may be ahead in our coming days and seasons.

It has been said: *"Our spirits live where our minds choose to dwell."* I pray that I may remember to look for the *reasons*, plan for the *seasons*, and make them memories and lessons for a *lifetime*. May you do the same.

I would like to end with a short poem I had come across that may help us to reflect on this a little further. It is entitled: *"Measuring Life"* by Charles W. Douth.

*Time is not the measure of life's joys and tears;
Mostly it is mileposts along the road of years.
Love cannot be measured, kindness has a worth,
Friendship has a meaning, faith comes not of earth.
Not the years we've traveled, but the good we've done,
Is life's truest measure at its setting sun.*

As always, it is my hope that this message will help you this week to, *"mount up as on eagle's wings"*, and renew a little of your strength to keep moving forward and find joy... (*Isaiah 40:31*)

Until next time, may God bless you and may God continue to bless our great nation... SEMPER FI

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reunions. Maybe we are the ones who start them up. We can always start from where we are and appreciate what and who is in our life today. A poem, by an unknown author, sharing this message is called,

"The Old Family Album."
*The old family album, the pages are worn,
From turning and browsing they are tattered and torn,
For memories are sweet ones, we like to repeat ones,
We live them again in the old family album.
Now picture the family, we're all having fun,
We're in this together—parents, daughters, and sons,
For pictures are share times, those family affair times,
We live them again in the old family album.
The camera is snapping while the gifts we're unwrapping,
The lens is recording our group as we're boarding,
The shutter is clicking while baby is kicking,
And all to record in the old family album.*

*So stand all together, remember to smile,
We'll all be recorded in family group style,
The camera is ready now everyone steady,
And we'll be a page in the old family album.*

Memorial Day is a time to remember the joys of life. For most, it is the time spent with family and dear friends. *"Good friends are like stars... You don't always see them, but you know they are always there."* May we take and make the time to create those special moments that others and we can look back on with fondness, is my prayer this week. God Bless!!

As always, it is my hope that this message will help you this week to, *"mount up as on eagle's wings"*, and renew a little of your strength to keep moving forward and find joy...(*Isaiah 40:31*)

Until next time, may God bless you and may God continue to bless our great nation... SEMPER FI



Chaplain Ringo, is the Command Chaplain at MCRD H&S BN, holds a Doctorate of Philosophy in Counseling, and is a Certified Trauma Specialist.

Chaplain Ringo is a good friend and supporter of HealthWalk's. We are grateful that he is working with us on our integrated total health approach to enhancing and restoring our veterans' resilience for re-engagement and for their transition from the high operational tempo back to their families and civilian life. 🌱

Summer Fruit Smoothie



Citrus Dressing

- 1 cup organic fresh berries such as strawberries, raspberries, blueberries or blackberries (Mix and match or pick just one) (if out of season, use $\frac{3}{4}$ strawberry/raspberry/blueberry/blackberry jam)
 - $\frac{1}{2}$ cup organic frozen pineapple chunks
 - $\frac{1}{2}$ banana, sliced
 - $\frac{1}{2}$ teaspoon organic flax seeds (garnish) - if unavailable, use sesame seeds
 - $\frac{1}{2}$ cup filtered water (we use [HydroMag](#) treated water)
1. Process all ingredients into a [VitaMix blender](#) or food processor blend until smooth.
 2. Sprinkle flax seeds on top.
 3. Serves 1 or 2. 🍏

Baby Spinach, Strawberry & Walnut Salad



- $\frac{1}{2}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup white balsamic vinegar
- $\frac{1}{2}$ small organic red onion, finely chopped
- 1 pinch cayenne pepper
- 2 bunches organic baby spinach
- 4 cups organic strawberries, tops removed and thinly sliced (reserve a handful of slices to use as a garnish.) (if out of season, use $\frac{1}{2}$ - $\frac{1}{4}$ " red apple chopped cubes)
- $\frac{1}{3}$ cup chopped organic walnuts

1. In a jar with a tight lid, combine olive oil, vinegar, red onion, and pepper. Shake to fully combine.
2. In a serving bowl, combine spinach, strawberries, and chopped walnuts.
3. Drizzle in the dressing and stir gentle to coat evenly.
4. Garnish with strawberry slices.
5. Serves 6. 🍏

Avocado Gazpacho



- 1 cup filtered water (we use [HydroMag](#) treated water)
- 1 large organic avocado (dice and reserve 2 tablespoon for garnish)
- 2 cups chopped organic cucumber
- 1 ½ cups chopped organic tomatoes
- 1 organic garlic clove
- 1 organic spring mint leaves
- 2 organic lemons juiced
- ½ tsp. sea salt
- Paprika

1. Combine all ingredients in a [VitaMix](#) [blender](#).
2. Blend low for a few seconds then switch to high.
3. Blend until creamy and smooth.
4. Pour soup mixture into soup bowls.
5. Dice remaining avocado sprinkle on soup with paprika. 🥑