

TogetheriCan

23

January

INCREMENTALISM THE PATH TO DIS-EASE

Those **Slight Errors in Judgement** that seemingly don't make a difference in the moment are what **leads us down the path towards Dis-Ease**.

Rewarding ourselves with one donut shouldn't hurt our health. I don't feel any different before or after consuming a little poison (white simple sugar – glucose).

I'm cutting back on my smoking. I only smoke a half pack a day. Smoking doesn't really seem to affect me; in fact, I think it helps me relax.

This extra 10, 20, or 30 pounds that I carry around really doesn't have any adverse effect on my life. What do you mean that my knees would know the difference if I lost a few pounds? They're fine.

That six-pack of beer I drink in the evenings helps me relax and I fall asleep easier. What do you mean that having to process and break down alcohol in my liver is harming it? That's what livers are for.

I can get more done and stay more alert when I have one or two energy drinks per day.

What do you mean by saying that my slouching (posture) effects my digestion? I go often enough.

Yeah, I know I walk like a duck or a little pigeon-toed, maybe a little bowlegged, but it doesn't create any problems for me.

How can brushing and flossing my teeth prevent a heart attack somewhere down the road? Sounds like a stretch to me!

I'm feeling fine. Why do I need a yearly checkup?

I know that a little more exercise (movement) might help, but I just don't have the time. Besides that, doing my work makes sure that I move a lot. (Pay me now or pay me later.)

I don't understand! The idea of aligning my will with His will would allow me to have more peace and serenity in my life. Doesn't make any sense to me!

Those **Simple Disciplines** that seemingly don't make a difference in the moment are what can **lead us to new levels of Health**.

You can't be serious—just drinking one extra glass of water per day will make me healthier.

What do you mean I don't have to experience STRESS in my life, if I would just learn to breathe deeply and effectively.

How would owning and wearing a health monitor on my wrist assist in enhancing my health?

You mean getting a chiropractic adjustment or a massage on a regular basis could or would help my posture?

Cutting down on red meat – what a joke – back in the old days all they had was meat and potatoes. What was good enough for them is good enough for me.

Oh? What was the life span back then?

Life seems to happen in small increments. So small in fact that we don't even notice that change is taking place—sometimes for the better, sometimes for the worse. We hardly notice!

Being aware of whether we are making **Slight Errors in Judgement** or practicing **Simple Disciplines** will give us forewarning of which path we are on.

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Free Health Coaching – provided by the "Together i Can Group"

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