

# Time To Make A Change.



(letter from the editor)

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**S**ure we're all screwed financially. Have lost our savings to Ponzie schemes and our homes to bad judgement and bad government. And there's little doubt we've long forgotten about retiring to Hawaii and, instead are worried about feeding our families and keeping a roof over their heads. As we look around everyone is running on physical overload, spiritual underload and emotional exhaustion and devastation. Sound like the end of the world? Could be as corruption, injustice, selfishness, greed and panic threaten to destroy not only our "accessories" but our existence and that of every creature on this earth.

Unfortunately for us this is not a *one-day-wake-up-and-it's-all-gone* "OMG it's finally over" scenario. Nope. The case for survival is no longer about "me" or "you"—the case for survival has come down to "us"—because we cannot fight this battle alone. We need help. We need each other. We need to start trusting people again and believing in good, rather than living in dread of evil. At the stroke of midnight this New Years Eve I will be wishing that 2011 brings the dawn of a new day and that some lightening bolt hits us on the head and wakes us from the deep sleep of selfishness we've been operating under for way too long.

Seriously, I am sick to death of selfish people and the damage they are doing, and continue doing to this world. Just when it seems like headlines can't get worse—something even worse pops up that takes the "bastard" cake. Whether it's poisoning the environment in the name of industrialism; feeding off greed and other people's hard earned money; killing our fish and animals and pretending it's about future human survival (UH—they were here first!); sitting back and allowing others to abuse our trust for their own gain; being so centered on "self" that we have lost touch with our kids and extended families; waking up every day thinking about how we can help ourselves, instead of how we can help others. The list is long, and time is running out for us to start behaving like we feel we deserve to be treated.

As I look around—as we look around—everyone is struggling on some level. I know that some of us are worse off than others right now in this economic firestorm. But rather than fight the fight alone—maybe if we let up on the grip of desperation, and avoid operating under a veil of doom and gloom—we will invite into our orbit people who can help us accomplish what we need to get done. Good intention invites the same. That doesn't mean operate in a state of "stupid"—that means stop operating in a state of panic and desperation. It just breeds more of the same.

What I love about my job is a lot. Certainly I face a mountain of work each day, but I also meet amazing people each day who inspire me to new levels of awareness. And, that is something I think we all need—new levels of awareness to fill our thoughts and inspire us to action. I hope you enjoy all of our stories in this issue. I especially hope that you find my front cover story to be a new beginning for you in this upcoming year. Dr. Raj is truly on a mission to bring awareness to the health and wellness of men, women and children—all ages. His passion for fitness goes far beyond his day job as an orthopedic surgeon—he walks the talk after-hours as well. Within depression, fatigue, mental health issues, disease and illness, physical disability, self-esteem issues

and ongoing emotional and mental limitations that keep us from moving forward in life—diet, fitness and health are buried at the core. My time with Dr. Raj brought me to a new understanding of just how important little things are to our survival. Getting to know him, his staff, Jack Rosenbaum—not only his personal fitness trainer, but partner in upcoming health and fitness projects—re-taught me things I know, but put on the back burner of my own daily "to-do" list. I'm the first one to say things are always easier said than done. But how can I—how

can you—expect to get through this mountain of pressure and stress we face if we are running on empty. Diet, exercise and some simple health improvements are a terrific beginning to a new year. I'm tired of hearing myself say how much I want to exercise—then not doing it. Nobody even listens to me anymore when I say it. It comes down to how much is my life worth to myself, and to those I love, and those who love me? A lot. So I better start taking care of myself. NOW.

I've come to terms with the fact that my diet, health and wellness has to become a priority. With all the stress I'm under, with all the obligations I have, with all the mouths I have to feed and clients I have to please and kids I have to raise and animal rescue I have to support and people I have to help—it's my obligation to take care of myself. People depend on me—people depend on you—to make the right decisions. And for me—for you—to be in a place where we can make those decisions, we have to be coming from strength, good health and mental clarity; not from a weak, burnt to a crisp, stressed out pity pit brought on by poor food choices, no exercise and not taking time to take care for ourselves. It starts with us and it trickles down to our kids. We all deserve a fresh start. God bless each of you as we head into 2011.



Me and the coolest dudes ever!  
Jack Rosenbaum and Dr. Raj

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