

THINGS I LEARNED ALONG THE WAY

DOCTORS



	Forget fake news, don't depend on old news. Choose a doctor who pays attention to new information, studies and treatments.
	To a doctor this is business, to you, it's your life. You have to manage your health. Doctors are hired experts; they work for you.
	Research, research, research. Be wary of articles that are ads or designed to sell a product especially if it's a quick and easy fix.

PHARMACEUTICALS



	Research long term consequences before taking medicines.
	Ask if this pill is designed to manage my body or heal it?
	Avoid long term use if all possible.
	Diet and exercise is hard. Do hard things.
	Research supplements; be skeptical of the hype of easy miracles.

PHYSICAL HEALTH



	Extra weight is a symptom and a cause. Get rid of it.
	It is diet <i>and</i> exercise. You cannot eat your way to health on the couch and you cannot workout enough to make up for poor eating habits.
	It takes a lot more work to get fit than it took to become unfit.
	Support is important but you must work like you're on your own. It's too easy to blame other people when we fail.
	Don't let failure be an excuse to continue failing. Get back on it.

PRINCIPLES



	Decide on what your principles are. The first principle should be to live on principles.
	Zero tolerance for self-justifications and instant gratifications.
	Victory is sweeter than any dessert or forbidden pleasure.
	Plan ahead. Always have a way out or through.
	Stay away from those who sabotage your regimen .

MANTRAS



	Win the next three days. If you're struggling, then win the next 3 hours. If you feel like you are losing it then win the next 3 minutes. If you're going to fail, fail with the highest quality food available. Now go win the next 3 days.
	If it's to be, it's all up to me.
	Help those who want help.
	Decide how you want to live and live it.
	I remember my dad saying "You can do this, Jay, I believe in you."

