The New Year for most is a new start, a time to set new goals and reexamine past goals to see if they are really worth the effort. As I pray and meditate on the focus for 2013, I'd like to share my goals and perhaps it may spark your interest.

One of my goals is a greater commitment to be healthier, stronger, and quicker. Now you may say, Joe come on, you're already healthy and besides what's new about that. First of all I didn't say it was new, I said I am committed to taking my health experience to the next level; stronger and quicker means a different kind of training focusing on balance and endurance as well as speed. It means I am going to pursue it all year not just the first two months of the year.

We can do many things to aspire to a new level of health, but one of the most important things is to flush the toxins we accumulate on a daily basis. So, included in my goal, I am committed to do the "3-Step Detox" twice this year, the first one starting in a few days. You see, I not only want to look healthier, I want to feel healthier.

There are levels of wellness most of us have not tied into just because we haven't made it a priority. Life is short and if I spend all my time invested in other people's health and end up sick and a burden to my family what have I really gained? Maybe just as important as my commitment to greater health is to discover and conquer the things that sabotage my goal. Saying that is easier than doing it because it will involve some soul searching and perhaps asking the people close to me some hard questions. What are the things they see that I don't? It may involve getting a trainer or someone I can be accountable to.
All of us have habits that compromise our health. Maybe it's late night eating, watching TV or surfing the internet. Sleep is the time we use to recover and repair the stresses and strains of the day and if we do things to sabotage healthy sleep we are already at a disadvantage. Yes, we all have things we do that make us less effective. As the oldest of nine children, I have this "overly responsible for everything complex" and as a result, I don't take enough down time.

As I said "We all have things that are consciously or unconsciously sabotaging our health. My goal for 2013 is to identify and change them. A better way to redefine down time is recovery time. If we don't recover from the stresses in life, we burn out. Two of our adrenal hormones, cortisol and DHEA have peaks and valleys each day. Cortisol is normally high in the morning and low at night. DHEA is high at night for regeneration and repair and low in the morning.

I just heard an interesting lecture by Jim Lavelle and he shared some compelling data that once we have a flat line on our adrenal hormone response curve, it has a direct effect on the plaquing in our arteries. One of the jobs our adrenal glands do is alkalize an over acidic system. If our adrenal glands are burned out, we start pulling calcium out of our bones as a buffer. Where does that calcium go? Some of it goes right into our arteries and forms plaque. That's a very basic explanation but the point is that we need to address the stresses in our lives.

When our spouses and friends kid us about being boring maybe we need to commit to some good clean fun. Whatever happened to healthy play? Animals experience healthy play, so do young children. Somehow once we become "responsible" we forget that fun is emotionally and physiologically regenerative. In the field of nutrition, with the right nutrients, we can up-regulate or down regulate genes. This year I am committed to up-regulate my FUN gene and I encourage you to join me.

Finally, I wanted to take a few moments and just say thank you for sharing some of your precious time here each week. I know you are busy and I feel it is a privilege to share wellness concepts with you and encourage you about nutrition.

Our goal has always been to put foundational principles of physiology into practice which will allow the body to heal itself and not get carried away with too many high tech solutions. The body wants to spring back to health; and if we can remove the major road blocks that hold it back, healing will be the result regardless of the label we attach to it.

So, "thank you" for taking time to watch each week and for sharing The Wellness Minute with others. Let me wish you and your family, a very healthy and FUN 2013.

Happy New Year