Your friend said WHAT?

Description

Gentle Reader,

I don’t know about you, but the talk around me is about the latest aches and pain and what to do about it. We’ve had foggy weather and below freezing temperatures out here in the Northwest. One friend declared she couldn’t possibly so out because she might slip and fall. Another friend wants to lose some weight but complains that she’s heard a lot of bad things about soy and can’t get into any soy smoothies. Another friend’s husband is putting off getting his knees done by getting synovial fluid injections into his achy knees. Keep that arthritis at bay. And still another friend’s husband ignored a bad cough for days until finally going to the doctor and ending up in the ICU for over a week with serious pneumonia.



|eezer

basket ball but is suffering from serious sciatica, shakes he head a

head and says, “This cane will keep me going while the physical therapist fixes me up.”

I could go on and on. You have similar stories. We’re all trying our best to keep our bodies going for a few more months or years.

Where do you go for advice when you’ve got something that’s not working right? Do you just stay indoors out of fear and trepidation? We’re all over the web doing our research to see how other people are coping with our deal. Who do you trust? How do you judge the best solution?



ff I take 26 years ago, my problem was that I was
y time I sat still for a few minutes, I fell asleep.

The product changed that. So my body gave me a testimony. Not content with physical data alone, I researched the company, ordered a couple of its peer-reviewed, published research articles and did a library search for back ground information. (This was back in the days before the internet.) All my due diligence confirmed my own experience. I developed brand loyalty over the next couple years, the way people line up for the next Apple product.

I have never left my brain in the closet. Company ownership changed several times and I researched each new team as if I were a complete outsider, you know, not going to other convinced sales people for their opinion.

Am I still influenced by my friends and family when they talk about their latest ache, their latest gadget, their latest restaurant? Of course. But I don't leave my brain someplace else when deciding to follow their deal. I hope you don't either.

Before you go, my readers would enjoy hearing your discernment process. Everyone evaluates with their own criteria. What are yours? Let us know.

If you've enjoyed this, pass it on. Come on over to my face book page and hit the 'like' button.

Fondly, Betsy

Be Well, Do Well and Keep Moving

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