



**"Where the Lord closes a door,  
somewhere He opens a window."**

This was one of my favorite Maria quotes from *The Sound of Music*. With the background of music and Maria's emotional eyes, you couldn't help but be hopeful.

I have been fascinated with views out of open windows for years and many of my photographs, such as the one to the left from Thailand, depict that very thing. This is also a bit of wisdom that I frequently share with patients. If you always stand in the same place, then the view will never change. But if you simply move from one room to another, from inside to outside, from looking in one direction to looking in another, then your entire view will change and with it your outlook.

During this difficult time, we are being forced to change our view because we are getting good and sick of the daily one. Normally we can distract ourselves, avoid things or simply not have enough energy or time to change our outlook, to see our lives differently.

This is the time. This is when you have the opportunity to open a window, take a deep breath and experience differences in your life.

**How has your view changed?**





I have realized how many things I can live without and be perfectly happy.

I need to put as much time into my relationships and my friendships as I do into my work because at the end of the day when my work is done, it's my relationships that bring color and depth to my life.



I realize how much of my stress I actually create myself, which means I can control my stress instead of simply reacting to my stress.

You can see the fish in the canals of Venice and air quality has improved by 40% from San Francisco to New York to China. When the pressure of humanity is removed from nature, then the innate healing capacity of nature is released. We can all breathe in the change.



I have created this life that I live which means I can create any life I choose to live. This is also true of my health which is a reflection of my life. I can create my health just as I create my life.

During this period of time we have the opportunity to realize that although our doors are closed, we can always open a window.

And just look at the view ...

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**In the last newsletter we sent out some incredible specials to help you save money towards your health.  
Purchase by April 30th and use beginning May 1st.**

**Now is the time to realize that your health requires care and attention.**

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