

# Xmas 2015: Who is your faction?



Merry Christmas and Happy Holidays from us to yours.

James Madison famously wrote that “Liberty is to faction what air is to fire, an aliment without which it instantly expires.”

It raises the question, whose tribe do you belong too? Do you have your own faction or do you do group fiction?

Your greatest gift to yourself is to optimized yourself using nature, not any groups paradigm. If you are not good enough for yourself, who are you really good for?

In today’s world you have to brace a divergent path. To tap optimal you have to be brave, and selfless, and smart, and kind, and honest and divergent to the majority opinion in many cases.

You and only you can really give yourself the gift of health.

They say this is the season for giving but I’m not so sure this is an optimal. Everybody wants the glamorous gifts in life, but nobody wants the work. There’s now a lot evidence from decades of research that the public health, in the aggregate, is under duress more now than at any time in our past. What has changed, and pretty dramatically recently, is the growing tendency of people to sort themselves into health tribes based on their ideological differences. This difference is where their precepts of truth are built and grown.

We all have choices to make as we live, but in the end our choices make up the life we get.

Your simple job is to realize that you are a creature of nature and that is ***your real faction.***



Every morning we jump out of bed and step on a landmine just by opening our eyes. The landmine surrounds our space and fills the room and passes into our pupils. After its explosion, we have to spend the rest of the day putting our pieces back together or we lose ourselves and some time.

A smart gentlemen once put this succinctly when he said, ““A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to

affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

Only then, will we have found our faction. And when you find it, you will realize that you will awaken to a new reality when you reconnect with nature.

**Nature provides all elixirs for those who value them by using them.**

*That gift is the one you should share with all the people you care about this year.*

This gift, might be an alternative “point of view” today. This can be a dangerous luxury in today’s modern world, when substituted for insight and understanding. People only see what they want to see.....or feel what they want to feel. When nature touches you deftly you become new. When your flesh is waiting, nature has electricity in the merest contact it makes with you. Nature’s touch has a memory for our souls. To know a nature’s library is, in some measure, to know the possibility of the human mind. When kissed by lady evolution, our thoughts become burning stars, and our ideas, they shower, and stretch the universe we choose to inhabit.....

Chaos is the law of nature; order is the dream of person and health is a gift we all want.

In health, everyday is judgement day. Optimal health is a choice. *Surgeons can cut out everything except cause.* Removing bad habits is far more effective than removing organs. When people have a choice they have the capacity to change. Our job in healthcare is to show them how to build choice by building their dopamine levels.

Life is for living, not existing.

The best things in life come in the weirdest packages. The next time bad things occurs in your life, consider it a gift. The “non obvious things” may become your passion. Do not let bad thinking become your best addiction. Make it your beacon to adapt. Failure is the pivot foot for change. Make previous failure work for you this year. Make this your gift to you.



In our house, we put our xmas decorations up very early to enjoy them but we rarely put the Xmas tree lights on or our decorative lights on any longer. We like to look at how the sun’s rays hit them. We belong to a faction that likes to see outdoor xmas trees with lights while the sun is shining. In this way, the lights are not hurting any of us any longer.

Merry Christmas and Happy holidays to you and yours. I hope you make further adjustments to your environment to get in 2016, what may have eluded you every year before. If we can help you help yourself let us know.....

We hope you chose to reconnect to nature to disconnect with the disease that has you anchored you to old choices.