

Hi All,

Welcome to May!

One of my very favorite quotes is:

“Be the change you want to see in this world!”

- Mahatma Gandhi

I firmly believe that each and every one of must do this.



In last months newsletter I discussed setting goals to lead you to the Life of Your DREAMS. I believe this to be important but we also have a responsibility to our children and our children's children. The 1st step to creating a better world for these future generations starts with us. Each and every one of us can BE the change we want to see in this world and if we hope the world will change,

we must actively do something different to create this change.

Remember, doing the same thing over and over and expecting a different result is the definition of INSANITY.

Part of my efforts to BE this change will take me to Haiti in a few weeks on a Chiropractic Mission to help improve the quality of life for those men, women and children whose lives were devastated by natural disaster. We will be visiting schools, orphanages and villages adjusting as many people as possible to change this world for the better, 1 nerve system at a time.

This is not for everyone but my CALL TO ACTION for you it to connect to what you feel is important and get out there and change the world for the better in only the way that you can. It does not need to be anything extreme just live a life congruent with your beliefs, be a good person, help others ...

I GREATLY appreciate all the \$\$\$\$ and gently used stuffed animals that many of you have donated for this trip. There is still time to contribute if you would like. I am accepting stuffed animal donations through the end of this week and \$\$\$\$ donations through Friday 5/14/10 (checks can be made out to the Universal Chiropractic Foundation & dropped off or mailed to my office, cash and stuffed animals can be dropped off at the office).

For those of you wondering where the \$\$ we are collecting will be going, we got the following response from the Mission Director: **We make one donation to the group that provides safe house and supplies for all the people in Puerto Plata. Then we go food shopping in bulk and distribute care packages to the families in the very poor areas.**

Finally, if anyone knows someone at American Airlines that would help to waive the fees for the suitcases of donated items, please let me know. As of now, they have not been very cooperative along these lines.

Remember, you have the absolute power and ability to:

“Be the change you want to see in this world!”

All you have to do is go out and DO IT!

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help guide you and your family to an
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I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

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