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Most chronic symptoms are related to recurrent behaviors that can be identified with his new mail-order M.A.P. testing. In his new book, "Beyond Medicine", Dr. DiCenso tells how VCD develops and what can be done about it. With his extensive clinical experience and considerable background in human biochemistry and Orthomolecular Nutrition, he has become the leading authority in "Whole Person Therapy".

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Three Guidelines for Change

There are three important guidelines to remember when attempting to change any behavior.

First, always start where you are. Take an honest inventory of your present situation, including what you think about most of the time

Next, decide where you want to go. In a perfect world, where do you see yourself being a year from now? Define your ideal life as specifically as possible.

And finally, develop a plan for getting there. Achieving your dream life requires some planning and a way to get from here to there so you know where you're at in the process. So, here are 10 tips for insuring that your new year will be everything that you want it to be.



Ten Tips for the Road Ahead!

Well, it's that time again. Time to construct a list of all those things you want to change about your life in this New Year. Unfortunately, your list looks a lot like the list from last year. So, this year why not take a little different approach? Try focusing your list on changing the things that are causing the things you want to change. It's easy, it's fun, and it all begins with a thought.

As you think, so will be your experience of life. So, consider this. Researchers say that each of us has approximately 60,000 thoughts per day. The problem is that they are the same thoughts everyday. So, changing your experience of life could be as easy as changing your thoughts. But where do you begin?

- 1) Evaluate Your Life: Step back and examine your life. Identify exactly what it is that you want to change and why you want to change it? This is your overall goal.
- 2) Establish priorities for change: Create a list of the things you want to change and rank them in order of importance. These are your mini goals.
- 3) Create a Plan: Design and implement an initial approach for achieving each of the mini goals on your list.
- 4) Review Your List Frequently: Regular reviews of your agenda will help to keep you on track.
- 5) Change Your List Periodically: As you begin to change so will your goals. You'll also begin to see new opportunities for accomplishing your overall goal.
- 6) Be Realistic: Set goals that you can actually achieve and prioritize the list so that you begin to build success immediately by accomplishing the simpler things first.
- 7) Reward Yourself Frequently: There's no better way to stay motivated than by experiencing regular compensation for your efforts.
- 8) Institute a Timeline: One of the best ways to monitor your progress is by using specific dates for accomplishing related tasks along the way to your ultimate goal.
- 9) Associate with Like-Minded People: The effects of self-motivation can be amplified exponentially when you've got the support of other individuals doing the same thing.
- 10) Enjoy the Journey: The whole reason you undertook the initiative to change was to make your life more enjoyable. So, try to avoid the temptation of substituting ruts. Keeping the process enjoyable makes your efforts that much more rewarding. If you're not happy along the way you won't be happy when you get there.

Success Depends on Three Things

Remember, successful results depend upon three things: The first requirement for productive change involves a sincere desire to experience something specific. The next requirement involves a passionate commitment to achieving the ultimate goal. The last prerequisite for a successful outcome depends upon a system that works. This last condition is the most essential element of any fruitful endeavor. If what you're doing isn't moving you closer to what you want and where you want to be then you need to take another look at your game plan.

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