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Dr. Arthur C. Davis, Jr., MD

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MEET DR. DAVIS

Hi! My name is Arthur Davis. Doug has asked me to spend a little time with you each month. I view this time as very special because it gives me the opportunity to explore with you how we can add more to your life - both in quantity and quality.

Let me tell you just a bit about myself. I practice medicine in the Palm Springs, California area - Indio to be exact (home of the International Date Festival). My practice is a general family practice and I am particularly interested in enhancing my patients' health. It was while searching for better ways to help my patients, that my wife Cheryl and I, met Doug Widdifield and learned about YU-CCAN. I have very much enjoyed using this product to aid my patients in their journey toward health!

When Doug asked me to write an article for this newsletter, I asked myself the question, "What can I share with these readers that will assist them in their search for improved health?" My answer, "Provide those who read your article with practical, creative, useful ideas that will enhance their health and enjoyment of life."

Since I'm one who enjoys being creative and also asking lots of questions (and getting the answers) our time together will be spent sharing ideas, asking questions and stimulating your thinking.

With that rather lengthy introduction behind us let me start by asking a question - What is health really all about? Better yet, What is your health really all about? If you take a moment and think about that question I'm certain you'll know the right answer

for you. Take a pad of paper, a pen or a pencil and a few minutes of quiet time and write down -

"What my health is really all about is ..." You may well be amazed at three things:

1. how much you know about health in general
2. how much you know about your health
3. what works for you and what doesn't.

If you wish to pursue this a bit further and become more practical make a list with two columns

1. what works for me
2. what doesn't work for me.

You may well surprise yourself, at how much you know about what is and what isn't working in your life.

Since this was my first article, I thought talking with you about your health was a good place to start. I'm looking forward to our time together as we explore practical healthy ideas such as -

1. how to talk to your doctor,
2. what you can do to make a difference in your life today,
3. understanding managed health care and using it to help build your business and
4. other topics you might suggest.

Bye for now - enjoy your journey.