

So, it must be the responsibility of each one of us as individuals to make the decision to protect our most valuable asset, which is our body, and not let it get to the stage where you need to see a doctor. We will never get to you unless you knock at the door of our office, and although we will give you information, tools, treatment and even walk with you, there will always be a part of the process that is entirely up to you. It is you who must watch over and fulfill that part.

Your food and the care of your body will primarily determine the diseases that may affect you tomorrow because these are the diseases that are caused by poor diet. Some have been classified as "hereditary," but the reality in many cases is that those conditions that affected our parents and which are now affecting their children are present simply because they are repeating the same erroneous eating patterns.