

Guillermou

We should be grateful for the great knowledge that Dr. Mercola, collaborators and commentators provide us, because they help us to take care of our health, they are wonderful blessings that we receive and that it facilitates a great space for dialogue and to express gratitude. We can be grateful to our parents, family, friends and teachers. We must express gratitude to all those who have helped us in some way. We must thank the kind feelings of the people who support you as you walk through this life. The best expression of gratitude is exercised when a person experiences appreciation and recognition for another person who has given him help and allows you focus on the abundance in your life, not the shortcomings. I appreciate the good virtues of people with a great heart. "Gratitude is not only the greatest of the virtues, but it engenders all the others" -Cicerón

Posted On 01/25/2018

stanleybecker

morning Gui - I am in full agreement with Cicero [quote] - without gratitude nothing will ever be seen as a source of thought - this lack of self knowledge prevents the recipient of knowledge from knowing "HOW" that knowledge evolved/ arose - this is a typical form of human ignorance - ignorance is NOT bliss - ignorance is painful and its reinforcement through continued ignorance can be the cause of pain physiologically/ financially/ emotionally - thinking is the antidote to ignorance - but "thinking" entails research and curiosity - these are not activities that appeal to Zombies of course, when it comes to curiosity and thirst for knowledge nothing can equal the zeal of Guillermou - every day we, the fellow contributors to this forum are enlightened both by Dr Mercola's articles and Gui's penetrating research and analysis of the article from an "in depth" perspective - THANK YOU, Gui

Posted On 01/25/2018

seg

Gui yes always wise to heed some of the golden rules ...Do unto others as you would have them do unto you - treat others as you wish to be treated. Love thy neighbor as you love thy self, do not commit murder, adultery or steal.. these are very simple but good words to live by.."Be kind whenever possible. It is [always] possible." Dalai Lama ..A good day to all..

Posted On 01/25/2018

Luvvvy

Thank you Guys for your genius hearts and words!! Another great thing about gratitude is it's (magnetic?) effects on manifestation on all levels, including well being. It is said that Gratitude has the highest frequency that we humans can experience - there is nothing mundane about it. You draw what you focus on, and when connecting Heart and mind with Gratitude, you upgrade the focus, in a powerful way. A heartfelt Thank You, for something that you have and Pleases you, is a loud signal to the Universe that we appreciate and accept it, and can be interpreted as, "Very Good - More Please!!". We've all experienced receiving more goodness, by saying Thank you with a smile. .. Next step is applying Gratitude, Giving Thanks, in advance, for goodness that you hope to receive, because that's how it works. Thanks again 😊!! awesomeaj.com/.../how-to-give-gratitude-advance

Posted On 01/25/2018

Guillermou

STAN, thank you very much for all your denunciations that you have been making in your comments about the ignorance of the people who obey the lies and misinformation that the corrupt powers try to impose to get power and money, without any respect to the people and their habitat. My admiration and gratitude for your great dedication and the passion that emanates from your comments..

SEG, you are a very intelligent person and great sense of humor, which clearly exposes a great panaramica of life and the care of the body and soul. The golden rules are a great way to get the gratitude of others. Mine, of course, you have it..

LUVVY, You are a great example to me, you always have been, since I know you, your words are always a reflection of a person full of spiritual charms and deep thought, you have a lot of psychology and a great spirit of sacrifice for others. I love the way you think, and confront the illness of your beloved husband. My most sincere gratitude,

Posted On 01/25/2018

Almond

I find it very sad that many young people have never been taught to write nice thank yous. They will not be able to teach their children. Cultural values are not being transmitted from one generation to the next. Reflection is part of writing a thank you. Without reflection, you are living only in the moment and there is no real gratitude. Writing a thank you is a life skill that all people should develop. Not enough attention has been paid to this in children's upbringing. We, as a society, may be suffering from the fallout of this kind of child neglect. There are many virtues that are best taught in the home. Schools cannot be expected to do everything. Expressing thankfulness is part of gratitude. It adds meaning to our lives. People should do no less than their animals. Have you ever had a pet show their appreciation for a special treat or a warm place to sleep? You know it matters. When children are taught virtue, it seeps into every aspect of their lives. It is not just a matter of writing a thank-you for a gift. It becomes a way of thinking and living. So, hang in there, Mom and Dad!

Society needs to change from only love of self and profit orientation to include others. Every virtue we possess improves our own lives and the lives of others. Part of the sense of entitlement people have is from selfishness. Too many people claim rights without responsibilities. Self-sufficiency and independence are preferable virtues. It is much easier to help others when your own life is stable. For example, because I maintain a garden, I can feed others. Because I have dry boots, I can work outdoors. Because I have devoted part of my life to formal education and self-learning, I can help people heal. Yes, these are advantages, but much starts with using the opportunities you are given and making your own good luck. Everyone needs "projects", goals and direction in their life.

Posted On 01/17/2018

Guillermou

Hi Almond. We can think of the generations that have preceded us and thanks to which we could be born, start to walk and develop our lives and in the generations that we have generated, and in which present and future care and illusions are projected. Multigenerational family relationships are conditioned by the biological link and affection must reign, sharing personal and family problems, housing, etc. The reality is that in our stressed life of the present times we can detect a feeling of loneliness and self-marginalization of people that prevented them from maintaining relationships with other people, especially when there is a great difference in age. Nor does it help the negative image that, in general, the media and education gave, since they seldom mentioned the personal and collective wealth that participation, personal commitment, sharing of life stories and feelings can bring, the involvement in the design of new activities, volunteering, the relationship with other age groups.

Pope Francis has often approached the figure of grandparents - He says: "Grandparents are a great injection of wisdom for the entire human society: especially for one who is too busy, too distracted. To the elders, Francis reminded them "to the young and ambitious people that a life without love is arid. We can tell fearful young people that the anguish of the future can be overcome. We can teach young people too much in love with themselves that there is more joy in giving than in receiving. Grandparents and grandmothers form a great sanctuary of love, and the song of praise sustains the community that works and fights in the field of life. "

Posted On 01/25/2018

nao3425

I suppose Almond, in an interview with Dr. Mercola a Dr. talked about his new Book, "Hacking the American mind" and I apologize for not providing a link to it, but my search engine DuckDuckgo is not working today. go figure. Anyway it describes exactly why the Humans have left the planet and the soft computers have replaced them, if a soft computer cannot repeat something from a hard computer, because it is wrong or has no answer, the soft cannot turn on it's mind to act as a human, with it's own answer, because it is full of Dopamine, and has no serotonin.

Posted On 01/25/2018

depadoo

My daughter has continued as she was raised to teach her son that he needs to thank every person individually when he receives a gift. There's no yelling out thanks to the group. Once he was able to write his name he signed a thank you card. Now he writes out the card with thanks for the gift he received. In the same way when he arrives somewhere and leaves he says hello and good bye to everyone. My SILs family thinks it's excessive. One time when he was 3 we were at my MILs birthday party. When my grandson left he hugged and told everyone good bye I love you. Some of her friends cried. They don't see their grandkids often. Just shows how much the smallest action can affect a person. And for my grandson he thinks this is normal behavior

Posted On 01/25/2018

jeffbaker

It is sad that no one writes thank you's anymore, but many will write a letter of condemnation.

Posted On 01/25/2018

Almond

depadoo... this is normal behavior. Or, at least, it once was when people has less to be grateful for. Not showing gratitude is synonymous with not thinking. Better to raise thoughtful children instead of spoiled brats. Never worry what others say about your parenting when you are conscientious. Part of criticism may be just jealousy and insecurity for their own shortcomings.

Posted On 01/25/2018

My husband and I lost our youngest son in 2015 very unexpectedly. He was 26. No words describe the death of a child. I'm not even going to try, it's not possible. Then in Sept 2017 my oldest son was killed in a car wreck just 4 days after his son was born. Devastated? How can this be happening? My husband and I in complete disbelief. Pain? Oh my. I thought I had experienced it before and yes was still struggling daily with losing our youngest son. We were faced with a choice. Do we just give up and float through life or do we grab hold of what we have left and be grateful for it. They were our only 2 children. 2 children that my husband and I loved so dearly and 2 little boys that grew into amazing young men. Parents and children couldn't get much closer than us 4 were. We chose to be grateful. Don't get me wrong we struggle. Not a minute goes by that we don't think of our sons and miss them???? You don't know what missing is until this happens. But we are grateful for the Lord who promises us that we will see our sons again. Grateful for our 2 little grandsons. Grateful for our siblings and friends who constantly reach out and just give us a hug. Grateful for the warm sunshine, spring rains, peaceful snowfalls. We felt we were very grateful before for all of this but nothing like we are now for everyone else we have. I think making the decision to be grateful for what and who we still have and the time we had with our sons and not dwelling everyday on our loss is what is getting us through every minute of every day. When we start to get down and out and believe me it happens often, we remind each other of our blessings and they are many. I'll meet you there my sons!

Posted On 01/25/2018

[rhemahope](#)

tyebrinageryahoo, I can't thank you enough for your comment!! We are almost at the (1) year date of my darling husbands last day on earth and I catch myself wondering when I may have to say my next earthly goodbye. God has gentled this transition and I am confident of 'like' mercies in future, but I appreciate hearing you confess this truth today! God grant you a double blessing in this life, after your duo loss, and also in the world to come! Regards-

Posted On 01/25/2018

depadoo

I am so sorry for your losses. There are no words to express my sorrow for you and your family. I can not even imagine the devastation. Prayers and hugs for all

Posted On 01/25/2018

seg

tye i had tried to respond to you for the last 2 and a half hours but just couldn't do it, so sad to hear what you and your family are going through...Driving in to work this morning my mind suddenly ran on my friend otis and the loss of his daughter and i didn't even know why it did...Maybe because i was thinking about my old man and the lost of my oldest brother 6 days from now, 26 years ago.. I saw the pain my dad (the old rock) was going through and can only imagine what it felt like, even though i have a pretty good idea of what it is..No parent should have to bury their kids, that is just not right and we can ask ourselves a millions "why's" and every time come up empty handed.. Time is the great healer and i believe you are on the right track.. Continue to keep your heads high, taking it one day at a time, as you cross that bridge over trouble waters..My very best to you and your family..

www.youtube.com/watch

Posted On 01/25/2018

Almond

tyebrinageryahoo... love never dies. My prayer for you is that the emptiness in your heart will be filled with fond and loving memories.

Posted On 01/25/2018

PennyRoy

I am very grateful to Dr. M for all that he has taught me, things just keep getting better! I am also very grateful to the many regular commenters on this site! Gui, Stanley, Randyfast, grulla and too many more to mention. I learn so much from the comments and thank you all for your research, time and experience.
Love, Penny

Posted On 01/25/2018

Guillermou

.....and we all enjoy your presence empathy and gratitude

Posted On 01/25/2018

stanleybecker

what are the various dimensions of the expression of "gratitude" - here is a dictionary definition and some synonyms - definition = " the quality of being thankful;/ readiness to show appreciation for and to return kindness." - synonyms: = " gratefulness, thankfulness, thanks, appreciation, recognition, acknowledgement, hat tip, credit, regard, respect; sense of obligation, indebtedness"

first of all "appreciation" - in order to appreciate a kindness or acknowledge an act that deepens personal knowledge - I think that a level of consciousness becomes necessary if valuable information "is" taken on board and then internalized and acted upon - here with consciousness you have "RECOGNITION" - in order to "recognize" the value that someone else's actions have for you there must be a threshold of consciousness that has been passed - credit - to credit someone that has helped you make sense of the vicissitudes that one encounters especially in terms of health - awareness of the generosity and charity of others by conveying RESPECT - to REGARD the input of another with appreciative acknowledgement - to "tip one's hat" as a token of appreciation - certainly I tip my hat to Dr Mercola for his creation of the Mercola Health Site and its commentators forum - I have posted over 8000 times to this site - the results of the last 5 years of almost daily posting has been an enormous improvement in my memory recall function/ an alertness/ a consciousness of the difference between disease and health/ a sense of indebtedness to Dr Mercola for his stimulation and consciousness raising - these altruistically driven acts on Dr Mercola's part leaves me with one last thought - " THANK YOU "

Posted On 01/25/2018

Guillermou

Gratitude also to you STAN for your good comments and your work in this great web of knowledge of the path of true health. Everyone can potentially be my teacher ... it is true that one learns from everyone, but it is also necessary to select the good to learn and help to learn who does not know life in all its breadth, coming to think with a universal feeling of sharing love, empathy and gratitude. Receiving and sharing a kind gesture or an act of courtesy can, without a doubt, move you and guide you towards your legitimate and true nature of generosity, gratitude and joy.

Gratitude requires that there be a system of ethical values, where the concepts of giving and receiving are shared, as well as a RENUNCIATION OF THE EGOCENTRIC VISION OF LIFE. People who are not able to experience gratitude have a high narcissism. The grateful are also people who barely accept negative feelings such as resentment and envy. The grateful are also more generous and their heart is able to connect with all the wonderful things in the universe.

Posted On 01/25/2018

stanleybecker

morning Gui - some good points in your post concerning attitudes that prevent "gratitude" - you cite "narcissism" and "ego" as two of the low level frequencies that humans can allow themselves to remain ignorant through - other negative emotions that limit the expression of "gratitude" you mention are "resentment" thought of by the great thinker Nietzsche as being the most counterproductive of emotions - "envy" is an ancient vice that brings nothing but pessimism to the human soul - gratitude entails a widening of the Vision of Existence that is alert and aware of the opportunities to create an enlightened appreciation of what is good in life - this would for logical reasons alone be the major goal for any life form - Life is a Gift - not enjoying a Gift is like refusing to have pleasure in anything - refusal to enjoy what you have - this is a negative path leading to dissatisfaction

Posted On 01/25/2018

vmichel

I'm also very grateful to you, Gui and Stanley for your thought provoking comments, which adds much to the articles and the conversation. Please don't stop. Wishing you both many blessings. Thank you!

Posted On 01/25/2018

stanleybecker

thank you vmichel - much appreciated

Posted On 01/25/2018

Guillermou

VMICHEL. Dear blessings, fruit of your empathy and gratitude. You should feel very satisfied, for the contribution of your own research to the cure of the bursitis that you suffered. A big hug

Posted On 01/25/2018

johnthebaptist2nd

The proper use and practice of prayer, meditation and self examination can and will lead to the construction of an unshakable foundation of faith for life. Do not try to happy. There is a story of an old cat that came upon a young kitten chasing it's tail to a point of exhaustion. The old cat inquires of the kitten as to why it was chasing it's tail. The kitten , exhausted ,responded " , I have been taught that for a cat, happiness lay in our tails, and i desire to be happy". The old cat responds, " i too have learned that happiness for a cat lay in our tails, but I have found that if I just go about doing and living as we were meant. Happiness follows along behind me naturally, without extra effort in it's attainment".

Water fasting, water fasting, water fasting, has contributed greatly to the re-booting of my mind, body, and psyche ,enabling me to exist with a song in my heart and filled with gratitude, without even trying, in spite of the fact that I live on the same infected planet and in the same foul and perverse system of things that have overtaken this earth, as you. I am not blind to what is occurring on this planet, unlike a number that errantly think that blinding of self to the situations occurring ,is a prerequisite to the ability to be happy. Walking on the happiness highways and SERVICE trails which lead from the sorrows of this system, is really not as unpleasant as it may seem or sound to a #. No soul has to be happy against their will.

Posted On 01/25/2018

Guillermou

Yes JHON. Great truths, meditation, the meeting of one's self, knowing oneself, control of situations is very important to achieve self-esteem, security and happiness. Many people are convinced that happiness depends on the circumstances that surround them, and that those are what make you happy or unhappy. This approach is wrong, it is not the circumstances, but how you react before those circumstances

"Each one of us is like a ship sailing through the sea of life. Winds and storms - natural disasters and personal tragedies, come and go, but as long as you control the wheel and your sails, you can go where you please, regardless of the storms and winds. In fact, storms and rain can enrich life, everything depends on how everyone sees it. "

The human being does not tolerate uncertainty, when they overcome their capacity for reaction. We might think that uncertainty opens up a world of infinite possibilities and that this is good. But, unfortunately, the human being focuses more on the feeling of lack of power, and the importance of control than on thinking about the good that could happen. There is a great truth "Knowledge is power". The most important reason why the brain insists on predicting the future is that it feels more secure controlling the experiences we are going to have. We want to know what will happen, to be able to do something about it. Our desire to control our lives is intense and the feeling is so rewarding that research suggests that when we lose our ability to control things we feel unhappy, helpless and depressed.

Posted On 01/25/2018

johnthebaptist2nd

Hi Gui, I don't concur that the need to control ,or even the feeling of being in control ,is important in achieving self esteem, security or happiness, unless one is of course what is at times ,referred to as a "control freak" 'As long as you control the wind and sails' 'the human being does not tolerate uncertainty " the human being focuses more on the lack of power and the importance of control""the brain insists on predicting the future in that it feels more secure in controlling the experiences""our desire to control our lives is intense and the feeling so rewarding"" research suggests when we lose our ability to control things we feel unhappy" are all examples of rampant generalizations of mortals that you errantly expounded, and are simply untrue when a soul lumps all mortals within those parameters. A more acceptable and accurate presentation would have referred to 'a number of humans' or that 'some brains' , react in such ways. Most of my associates and I exist and react outside of those parameters you presented. I have no desire to control your perception of reality and can accept your faulty perception that all humans fit within those parameters. I also accept that your entitled to exist in such a reality and way of life. I and most of my associates, do not.

Posted On 01/25/2018

Maubie

Agree with most of this post. However you don't have to have a 'religion', pray or say grace to totally embrace your fellow human beings, to appreciate nature and its healing powers, to be grateful when your family are all safe and well. And when things do go wrong, seeing the bigger picture, not getting caught up in blaming and shaming but looking at all the positives, for me, this is LIFE!

Posted On 01/24/2018

vmichel

I'm so grateful to you, Dr. Mercola, you have offered such good information, which I have used to improve my health. You've also confirmed much of my own research. You give so much through your daily posts. Thank you!

Posted On 01/25/2018

Julia Vassilevskaia

Atheism is the root cause of people unable to experience gratitude in life we are seeing today. When we hold nothing sacred or spiritual, our souls are empty. Christian values combined with free market economy and individual rights is foundation of Western civilization. We are losing many components of this foundation and we are seeing more and more problems.

Posted On 01/25/2018

Try try again

seaweedlady: Yes, atheism is like a cancer. People who profess to be atheists seem to do so with an air of superiority. In my working years (I'm retired now for 16 years), I didn't seem to have much time to ponder the wonders of life. Lately, I've been in such awe of this Earth we live on--especially how it turns and rotates with such infinite precision around its orbit, year after year, --millions, or billions of years--just "floating" in the vast universe, even with the humans doing just about everything to destroy it. I often ponder that if God were to sit me down and try to explain how it all works, it would be like me telling my cat how something works. It is all so awesome, when you think about everything--the changing seasons, our beating hearts, beating constantly for sometimes over 100 years without stopping, well, I could go on and on. It is just mind blowing. No God??? Give me a break.

Posted On 01/26/2018

Hollie123

I am truly grateful for this wonderful outlet for medicinal wisdom. Kudos and many thanks to the knowledgeable, brilliant and heroic Dr. Mercola for this exceptional newsletter, and to each of the other wonderful, beautiful, insightful people who help make it possible!

Posted On 01/25/2018

bonniecamo

It's interesting that keeping a gratitude journal had the same beneficial effects as mindfulness meditation. For people who have a hard time meditating, keeping a gratitude journal should be a good alternative. I think it would be a lot easier to do.

Posted On 01/25/2018

acs4457

The first THANK You here is to Dr. Mercola for running this inter connective site, the second THANK YOU is to the commentators who are so helpful and able. I have been reading Dr. M primarily to attempt finding a solution to my uric acid kidney stone problem and have learnt so much more ! Having suffered anesthesia 6 times in 2 1/2 years I am sure I would have been totally down the drain if it was not for the info I gathered here. I still do not know whether the stones are going to happen again but at least I know better as to counter balance all the side effects and being the eccentric quirk my kids and wife seem to think I am, I do not feel as isolated as I used to. My calves were swollen from 37 mm to 40 cm after the first 3 opps and seemingly because of taking the sea salt with the daily water, are now sometimes down to 35 cm in the mornings and only up to 37 in the evenings. SOMETHING seems to be happening. The flippen Dr.s last November insisted that I was was suffering some thromboses, insisted that my legs had to be scanned even after I laughed at them, were totally mystified when my calves were clean. They will not stop and listen to one tho and help to start thinking logically and constructively ! If verything in the universe has been created perfectly, there must be a perfect answer to every problem we can experience. If one cannot be appreciative, you willnever be able to stop and just listen, which will then open your mind and if your hands are closed so that you cannot give, they will also be closed so that you cannot receive. I think that that is very elementary logic.

Posted On 01/24/2018

Guillermou

Hi ACS. I share your gratitude, and like you, I think that the company and the friendship with other people of great heart, helps to manifest our positive feelings. Whenever we give help to positive people, you receive from those people more than what has been given. By expressing love and sincere gratitude, then we will receive it multiplied. Consciously appreciating what we already have is the way to manifestation, and the secret of personal fulfillment. The more we help others, the more we help ourselves. When you appreciate, you experience the feeling of being worthy of the good that life gives you, increasing self-esteem. Many of the material things that we have, of the situations that we live, of the blessings that life gives us, we take for a fact that they all have and that is not the case, so we should be grateful and help others have our possibilities. The universe has always been fully present for us, and the moment we look around with curiosity, interest and naturalness, the moment we connect with ourselves and listen to others with positive feelings, we open ourselves to perspectives broader that enable happiness and gratitude.

Posted On 01/25/2018

Almond

Just last night I was saying how fortunate we are in a world of uncertainty. We have a roof over our heads. Because we garden, hunt, fish and forage, we have a full pantry, even at this time of year. (Still it will be about 6 months until we have an abundance of produce other than early spring stuff that you cannot make a steady diet of.) We are still eating from cold storage--esp. cabbages and squash, but other stuff, too. Plus frozen and canned. I am still picking fresh Brussels sprouts that come thru a frost well. Our general health is good, prob because of our diet. (I was speaking with a financial planner earlier this week who informed me that 1 in 3 of the seniors he helps are on opioid medication. He was surprised that neither of us are on prescriptions.) We have clothing that I had the wisdom to set aside during better times when more affluent people were discarding sturdy clothing, coats and work boots because they were not pretty or trendy--old nonGMO cotton shirts, too! (A tiny dot of ink on a hickory shirt does no harm and the shirt is not going to get any cleaner.) I am working on restoring furniture that was obtained free--when I finish with it, this antique will be a beautiful even though I am putting a lot of labor into it. (I even salvaged free mahogany wood to complete the project.) I get up every morning and do physical therapy exercises to keep me mobile after an accident. It takes time, but I am grateful to be doing as well as I am. Even kitty gets occasional free samples of her favorite brand of kibble mailed to us occasionally. I have a lot of seasonal work to do at this time of year. At least I do not need time for much shopping or gardening, so it comes full cycle. We are content and grateful. Our major expense is taxes, permits and fees set by govt. So, you do need a source of income to hold onto what you own. Other than that, our needs are few. Because opportunity comes knocking dressed in work clothes, many people do not recognize it

Posted On 01/25/2018

terrykaris

Nice read! There is an interesting statement in the the New Testament: "All things work together for good to those who love God." Without intending to sound religious (which I am not), I think this implies all things do NOT work together for good to those who do not love God. As regards today's article, it seems expressing genuine love is itself an expression of gratitude, and who deserves to be loved more than the Source of Life! Personally, I've journaled since 2007, and when I sense that I am "loved back," I record how that looks. I often go back and read these entries (I just started volume 7). I am amazed at the memories, and how much I perceive to be loved by my Maker. The more I practice these things, the better it gets. I'm moving toward 67 years, and this is a wonderful experience as I move into old age. For gratitude to work well, I think it must involve "me & you," in a genuine, true expression of love. But there are two targets: The first "you" is God, and the second "you" is your neighbor. This works really well for me.

Posted On 01/25/2018

Almond

When I read this column, I observe that there are 2 themes that are often repeated. Frustration and gratitude. Frustration often results from not having control of our life, environment and decisions. Many people overlook the number of things that are actually under their control. We must accept the things we cannot change, but often we can even influence these things if we commit to making an effort.

Sometimes, this requires organizing for a united effort, or just standing your ground. I recently made change because I spoke up when others ignored a problem.

Some of the people I know who have overcome great frustrations started with negligible resources. It was their persistent determination and making good use of all their resources and opportunities that helped them overcome. Their resources were often very humble. I recall a man who was lame. With only a belt to wrap around his leg, he moved it manually, frequently, until movement returned and he was able to walk again.

Another man was disabled, but every day, he would struggle to walk thru his forest and do some small job or clean up. I recall that he installed solar lights at some locations for various purposes. This was a man who could not work full time and who needed to rest often as his health declined. Fortunately, his woodlot was flat land. After many years, his forest was incredibly beautiful because he had done small amounts of work every day. There are people I have known who started at community colleges and worked their way thru school, even taking a year off when funds ran short. They eventually graduated and their lives improved.

I knew a cancer patient who had an 8th grade education. His only resources, living in an isolated area, were generic vitamins from a small local store, the only store in the area, and it sold everything. He also changed his diet and cured himself. Gratitude heals and keeps the heart strong. You cannot keep it to yourself, but must share it with others

Posted On 01/25/2018

Erena5

Love your life! Appreciate everything good you have, and everything wrong you don't have!... Love your neighbor as yourself, because All of us share one universal soul. U and me are the One

Posted On 01/25/2018

Guillermou

ERENA, A great philosophy, happiness is to enjoy and thank the good friends, the family and the nature that we have at our disposal every morning that we wake up. If you wake up the songs of the birds is a great pleasure. "Enjoy the little things, for one day you may look back and realize they were the big things." Robert Brault

Posted On 01/25/2018

Karlc

Thanks Dr Mercola and your team for the daily reports, they have made my, and the friends I tell, much better.

Posted On 01/24/2018

alejandra_marquez

Great article Dr Mercola and thank you and everyone that comments too. True I always say the less stuff you have, the less stress. I have a single cross above my bed and nothing else on any walls, and I have to dust it once in a while. I cannot imagine how much dust gathers on all the picture frames in people's homes. Sorry I'm a little bit of a clean freak, but having less equals less mess. Example my children each wash their own dish and spoon, if they don't there's no more. I do have more dishes but only take them out when guests arrive.

Posted On 02/04/2018

nutritionyoucanuse

When it comes to happiness - it feels like we need to change our expectations. Many people expect to be happy most or all of the time, and become disillusioned when they are not. But, life is so much more complicated than that. The level of happiness that we often expect simply isn't reasonable.

Posted On 01/25/2018

Norisnita

Thanks to you Dr.Mercola, your staff and to all regular participants for all what you bring day after day in favour of our health. Thank you very much!

Posted On 01/25/2018

Guillermou

NORISNITA. Thank you for your concern to achieve a healthy diet, you raise and propose to solve problems from the restlessness of your heart and spirit. "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." John F. Kennedy

Posted On 01/25/2018

daniel.pohunek

I love the following speech about gratitude and forgiveness... Frederic Luskin is brilliant. Highly recommended (30 mins) www.youtube.com/watch ... This seconde short video is more related to the discussed topic "Forgiveness Requires Gratitude"
greatergood.berkeley.edu/video/item/forgiveness_requires_gratitude

Posted On 01/25/2018

interestedone

if open minded interesting article on a MD chinese healer: "[drsha\(dot\)com/william-gladstone-on-gratitude-dr-sha-and-the-power-of-thanking-others/](http://drsha(dot)com/william-gladstone-on-gratitude-dr-sha-and-the-power-of-thanking-others/) "the expression of gratitude is at the core of Master Sha's healing practice"

Posted On 01/25/2018
