



ACHIEVING RESOLUTION GOALS

by Dr. Suzanne Swarengen

The beginning of a new year prompts many individuals to turn over a new leaf in life. Common resolutions are weight loss, time management and stress reduction. For many, the fortitude to achieve these goals crumbles under life's challenges within just a few weeks. Given the right guidance and knowledge, one can make those resolutions permanent.

All too often, we try to make changes without the tools to see them through. This mistake is no different than trying to paint without a brush. A good starting point is to list three goals on paper in order of importance. Include specifics, such as timelines, and a detailed plan to accomplish each goal. Be realistic and use pictures to help visualize. Then place this plan where you are likely to see it daily. In addition to this, keep a daily log to help stay on track. It is important to be patient and allow six to eight weeks for noticeable changes to occur. If by this time the results are disappointing, it would be a good time to seek outside help.

Natural healthcare professionals, such as nutritionists, chiropractors or acupuncture physicians are good resources in guiding individuals through lifestyle changes and assisting in creating that plan. Such professionals have the knowledge and experience to help make changes that will enable you to achieve and maintain goals. They are also a good source of support to prevent setbacks and ensure success. A plan, some persistence, and perhaps a little outside help are all that is needed to make 2009 the year to feel better, have more energy, and enhance your quality of life. Successful resolutions for the 2009 new year provide the foundation for growth and new resolutions in 2010.

Suzanne Swarengen, DOM, AP, is a board certified, licensed acupuncture physician. In her work, she strives to provide compassionate care for individuals seeking holistic solutions for ailments, illnesses and maintenance of good health. For information, call the Alternative Healthcare Clinic at (843) 347-5445 in Myrtle Beach. See ad page 37.

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