

3/3/24 YOUR HEALTH MATTERS:

Episode #7: bioDensity Successes / The Psychology of Exercise & Longevity

As the host of "Your Health Matters" on News Radio 570 AM and 106.9 FM, I've had the privilege of guiding our listeners through the complex and ever-evolving world of health and wellness. Today, I want to share with you some of the insights and stories that have not only inspired me but have also made a tangible difference in the lives of many.

The Power of Nutritional Supplements: SOS Nutrients

In a recent episode, we delved into the remarkable benefits of SOS Nutrients. I've seen firsthand how the right supplements can be game-changers in our health regimen. I shared an exclusive promo code, SOS15%, with my listeners, offering them a discount on these life-enhancing products. It's not just about selling a product; it's about sharing something that could potentially improve your well-being. Check out SOSNutrients.com.

Upcoming Guests: A Sneak Peek

I'm thrilled to announce that we have some incredible guests lined up for future episodes. A neurologist, Dr Ray Dorsey and Dr Michael Joyner from the prestigious Mayo Clinic will be joining us, along with Nick Sterling MD, PhD, to share their expertise. These episodes are not to be missed, as they will provide invaluable insights into the latest advancements in brain health and medical innovation.

A Success Story: The Bio Density Machine

One of the most rewarding aspects of my work is hearing success stories from our clinic. I shared a particularly inspiring case where a patient significantly improved their bone density and strength using the Bio Density machine. It's a testament to the fact that with the right tools and commitment, remarkable health transformations are possible.

The Personal Touch: My Own Health Journey

I believe in being transparent with my listeners, which is why I opened up about my own struggles with maintaining a healthy lifestyle. It's not easy, and I'm right there with you on this journey. I invited everyone to join me in making a commitment to our health. It's an investment in ourselves that truly pays dividends.

Overcoming Modern Lifestyle Challenges

Our modern lifestyle poses numerous challenges to our health. I discussed the importance of taking charge of our well-being and the need for discipline. It's about discovering our true potential and not letting common fears and obstacles hold us back from improving our health.

Looking Ahead: No Regrets

I often emphasize the significance of looking into the future and making choices that we won't regret later. It's about seizing the opportunity now to make healthful changes. I encouraged my listeners to make that commitment and offered my support to anyone interested in joining this healthful pursuit.

Serving Others: A Motto to Live By

My motto has always been to serve others and live with integrity. It's a principle that guides me in my personal and professional life, and I hope it resonates with my listeners as well.

The Benefits of Textured Insoles

Lastly, I discussed the benefits of textured insoles for improving sensory input and stability. I shared a success story from a study I conducted, which highlighted the positive impact these insoles had on participants. Check out the Naboso insoles at my clinic.

In conclusion, my message is clear: commit to improving your health, overcome the obstacles, and invest in a better future for yourself. Your health truly matters, and together, we can embark on a journey toward a healthier, more fulfilling life.

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