

Your Stories – New Years Resolutions!

Posted on [January 5, 2011](#) by [Avery](#)

Compiled and Written by [Scrubadoo's](#) Avery Teichman

1

4

Like

The ball in Time Square has dropped, the calendar officially reads 2011, and resolutions are being made across the U.S. Some will post their resolutions on the refrigerator, reminding them not to eat the pint of mint chocolate chip ice cream. Others will clean out a closet and buy new storage containers in yet another attempt to “get organized.” Perhaps a few resolutions will be made to volunteer or spend more quality time with one’s family. At Scrubadoo, we were curious what resolutions doctors, nurses, dentists, and other healthcare professionals were making for the new work year.

Many healthcare professionals responded with the resolution to follow the advice they so often give.

Jeffrey Cumro, Chiropractor and Certified Personal Trainer of Better Life Chiropractic and Wellness, pledged to be “a better listener” in 2011. Jeffrey said, “I sometimes jump to conclusions and zone in on what I perceive to be the problem and its solution without listening to my patients as well as I should. I know this doesn’t provide them with what they need or deserve, and I hope to eliminate that problem in the New Year.”

Dr. Guy Eakin, Vice President of Scientific Affairs for the American Health Assistance Foundation, noted a need to take a dose of his own medicine. Eakin shared, “Several events this last year reminded me how healthy aging begins early. Our eyesight is very important, and many diseases are irreversible. I resolve to hang an Amsler grid on my refrigerator and start the habit of regularly checking my vision. It takes 20 seconds a week and it’s easy to download a grid from ahaf.org”

Claudia Anderson, owner of Family Dental Care, Park Ridge in Illinois, commented, “The New Year is a perfect time to stop and reflect on what has worked in the past year and what new ideas may work in the coming year. My resolutions are reflective goals that motivate me to provide quality care to my patients.”

Sharon Richter, Registered Dietician and Certified Dietetic Nutritionist, made four resolutions. She resolves to “(1) Find something daily to be happy about; (2) When I think something kind about another person, let them know; (2) Add stretching to my workout to help prevent injuries; and (4) Consciously include more organic food in my diet and avoid artificial sweeteners.”

Tom Potisk, natural health care practitioner, chiropractor, and holistic family doctor, resolves to be more outspoken as an advocate for his patient’s health and for non-pharmaceutical options for a healthier lifestyle. Dr. Potisk reflects, “As I’ve practiced for over 25 years, I’ve become increasingly aware of the benefits of natural options like chiropractic care, nutritional supplements, etc.”

Karon White Gibson, Registered Nurse CCM and Producer/Host of Outspoken with Karon, admits, “The one thing I tell people to do is to exercise every day – especially walking. However,