

New Year, New Health Habits

After 25 years as a full-time chiropractor working with  thousands of patients, Joseph Vetere has crafted a diet that helps people get fit quickly and teaches habits for overall wellness. Vetere details the plan in his book, *The Genesis Diet*, which explains how the ideal body fat percentage can be achieved primarily through correct nutritional habits and a proper balance of aerobic, strength, power and endurance exercises. He also highlights the need to drink plenty of water, get adequate rest, eliminate stress and keep your nervous system functioning properly. Aligned with the timeless biblical covenants that govern health, *The Genesis Diet* was written not to promote personal vanity but to give glory to the Creator.