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Move Confidently/ Nourish Well/Live Long

Reason

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REASON is cause, justification or rationale. Reasonable behavior is calculated, well thought through and deliberate. It can also mean the ability to think and understand by the process of logic. This is not to be confused with Reasonableness, which is often associated with myth or outdated thinking.

There are numerous examples of faulty reasoning like the 40-year plan; get a good education (questionable), get a good job (no such thing), work hard (true for anything you do), retire comfortably (not statistically true). This formula for success worked for our parents' generation and will likely never be repeated. Most of us follow this plan because this is what we have been told is a wise path. But how much thought and reason actually went into this? Did you look at the lifestyle of those who have followed this plan, live on fixed incomes and cannot afford medicine or any meaningful lifestyle? We listen and follow, even though we hate it, because we do not know any better.

Reasonable advise that was relevant in previous days does not stand the test of time simply because times they are a changing and they are a changing fast. Developing REASON is more important than ever if you wish to truly survive these days. You have to know what you want, where you are headed and why you want something.

Many of the people my age are retiring and the question always is, "now what?" They haven't thought past retirement day. What they know is that they will be retired, and they celebrate the accomplishment of the 40-year plan.

There was a time when the average American died within 24 months of retirement, simply because he had nothing to do. Even that statistic is no longer valid. The average lifespan of the average American is 82 years, a full 17 years after retirement. In Hawaii the average lifespan is 88. That is almost half a career.

Today's retiree has to look at recreating his or her life or suffer the effects of dementia and aging. Some choose to return to work part time. Others turn long time hobbies into businesses. Whatever the case, you must establish a new identity to remain vital.

Don't think that retirement means game over and plan is to watch television and wander the shopping malls. 17 years is a long time to live like that. Retirement is not a time to step back, withdraw or recede from living. That leads to misery, suffering and depression. The REASON for reinventing yourself is to remain vital, active creative and valuable.

Reason is also a valuable asset in living with or battling the effects of illness. Illness compromises quality of life and you must adapt to survive. Do not blindly accept the verdict handed down by your doctor. When I was told that my condition was end stage, I mentally prepared to die. I had to literally pull myself out of my self-created grave and make the decision to live and live as fully as possible.

Many friends and patients encouraged me to retire and enjoy what time I had left but I decided to work because that is what gave me the greatest joy and sense of fulfillment. You have this same power and capability if you choose to harness your power of reason.