



Photo by:
Klyne Studio

Bernhoff A. Dahl, M.D.

“I focus on how people take risks and make choices... wise choices, foolish choices, or no choices at all... choices by default.”

I'm Dr. Bernie Dahl, physician, epidemiologist, pathologist, and cancer patient. During 25 years as Chief of Pathology and leader of a regional medical group, I became a published expert on personal and organizational strategic planning and the logical process of making choices. After a *near-death* experience on Mt. Washington, I learned the importance of having one's life in order, of being prepared to die, of having a plan to live, and of doing it now. As a survivor of malignant melanoma and prostate cancer, I was thrust into the world of taking charge of my healthcare, choosing to live every day optimally, as I like all people, await Death.

It was The Buddha who said:

*Every day a little birdie on my shoulder asks, "Is today the day?
Am I doing all the things I should be doing?
Am I Being the person I should be?"*

***The Optimize Your Life!* book series**

Fresh out of medical training and federal service, I was thrust into the position of Chief of Pathology at a tertiary-care hospital. Over the next twenty-five years “in-the-trenches”, I learned a great deal about leadership, and became an expert in the most important leadership skill, strategic planning. Since 2003 my book *Optimize Your Life!*, which merges personal and organizational strategic planning (which are one-in-the-same), has been published in 3 US editions, as well as licensed in Korea, Japan, China, India, and a worldwide Spanish edition by Random House, the world's largest publisher. The capstone of this book series is an endorsement by Dr. Stephen Covey.

The Mt. Washington Misadventure

October 23, Mt. Washington, NH, a few years ago: It was the “darkest and stormiest night” of my life, for I came within minutes ... five minutes, of my death for unbeknownst to me my rescuers were about to give up. During that long evening and night, as I lay waiting for rescue in extreme “whiteout” conditions, with hurricane force winds, and then, having given up hope, waiting for my Death ... I had abundant time to think about living and to think about dying. It was Boswell who wrote, “that the threat of hanging (dying) tends to focus the mind.” It has also been said, since ancient times, that to know how to live, one must first learn how to die.”

Is your super-market is killing you?

One-in-six American men will develop prostate cancer. While there are significant genetic factors, the key factor is diet ... what one eats and how much one eats.

To reduce the chance of developing prostate cancer (and even to help “cure” it), one must eliminate red meats, dairy products, egg yolks, poultry ... all arachidonic acid-rich food, as well as foods that are precursors to arachidonic acid, such as omega-6 fats and high glycemic carbohydrates. What is so bad about arachidonic acid? Excess can lead to propagation, infiltration, and metastasis of cancer cells, to interference of programmed cancer cell death (apoptosis) AND, by the way, to the attack of joints, arterial wall (as in coronary arteries) and other tissues.

Over 80% of products in your super-market can lead to your suffering and early death. Make wise choices.

