



## **Empowering you Organically - Season 3 - Episode 20**

**Title:** Getting to Know Jonathan

**Hosts:** Jonathan Hunsaker & TeriAnn Trevenen

**Guest:** N/A

**Description:** We're all on a health journey. We don't travel alone in this! Join us as we learn more about our founder, Jonathan Hunsaker! He's openly sharing about his childhood and how he came to start Organixx. Jonathan shares inspiration and motivation by sharing his struggles and successes along his health journey.

Jonathan's one big takeaway for you is take it one thing at a time, and if you fall off the wagon, don't wait until January 1st to get back on it, don't wait until your birthday to get back on it, don't wait until Monday to get back on it. Just get back on it now, right? Everybody does that. It's like "Alright, well, it's Wednesday. You know what? I'm going to start my new diet on Monday."

Well, what do we do? We eat like crap all the way through Sunday night, and then Monday morning, we decide to start our new diet. Well, Wednesday, we fall off our diet, and it's like "You know what? I'm going to try again Monday." But then we eat like crap until Monday. And the problem is, is we think that we're going to go restrict ourselves, so we're going to start doing this thing that we're no longer—that's going to keep us from being able to enjoy all this other fun stuff, and so, we gorge.

And during this process of trying to start a new diet or a new way of eating, whatever you want to call it, we actually gain weight because we're gorging for those three days before we start a new diet. Well, consider not waiting. Consider starting today, start right now. If you're listening to a podcast, you want to make a decision to quit smoking, quit right now. Don't wait until Monday, don't wait until tomorrow.

As Jonathan tells us, "I think that if you fall off the wagon, get right back on it. Only tackle one thing at a time. And over a year, over two years, over three years, you will develop healthy habits that will stick with you for the long-run. And if you fall off, like I did, you have a strong base to get back onto and continue on that journey."

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## **Deeper Dive Resources**

### **9 Tips for Cutting Back on Drinking**

<https://www.verywellmind.com/tips-for-cutting-back-on-drinking-69453>

### **11 ways to curb your drinking:**

<https://www.health.harvard.edu/healthbeat/11-ways-to-curb-your-drinking>

### **Rethinking Drinking - Alcohol & Health**

<https://www.rethinkingdrinking.niaaa.nih.gov/Thinking-about-a-change/Strategies-for-cutting-down/Tips-To-Try.aspx>

### **WebMD - Smoking Cessation**

<https://www.webmd.com/smoking-cessation/quit-smoking#1>

### **Quit Smoking:**

<https://www.quitsmoking.com/home>

### **I Can Quit**

<https://www.icanquit.com.au/quitting-methods/cut-down-to-quit>

### **Readers' stories of how they quit smoking**

[https://www.health.harvard.edu/newsletter\\_article/readers-stories-of-how-they-quit-smoking](https://www.health.harvard.edu/newsletter_article/readers-stories-of-how-they-quit-smoking)

### **Boquete, Panama**

[https://en.wikipedia.org/wiki/Boquete,\\_Chiriqu%C3%AD](https://en.wikipedia.org/wiki/Boquete,_Chiriqu%C3%AD)

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