

## Good Health Nutrition – Jeremy Horn – “Community Conversation” June 15, 2022

Today’s speaker/topic, Jeremy with Good Health - a local family-owned business for the past 31 years – is a nutrition consultant for many of us and can guide us to the best choices in food & supplements for nutrition and wellness needs for any lifestyle.

Jeremy is a health educator, nutrition consultant, and television personality, and discussed how to manage sleep, stress, mental health, and immunity amidst a global pandemic. His many years on KING-TV health talks have centered on bolstering immune health and mental health.

Looking back to March 2020 when we were learning about a contagious virus sweeping the world and we were facing lockdowns, we were also learning about immune-boosting vitamins and supplements and having people clammer for vitamins C, D, zinc, garlic, elderberry, and more. Many of Jeremy’s customers had been and are continuing with these for years.

Some of his pointers –

- ✓ have a positive outlook (vs. fear)
- ✓ all we have is today
- ✓ take care of yourself mentally, physically, emotionally, spiritually
- ✓ learn to power down and move forward
- ✓ if gyms are closed, take yoga online
- ✓ read all those novels from your high school years
- ✓ find new habits
- ✓ look within yourself

Jeremy invites you to make a (free) appointment with him, bring in all your bottles of medications, vitamins, and supplements. Have him review the contents and potential interactions. He will guide you in food-based choices (vs. synthetics). His example of the importance of magnesium, an important element, can be depleted by other medications. He will tell you about the ineffectiveness of “lab work” and will specifically focus on what is your baseline. He feels nine or 10 supplements are too many, overspending, and that you should not be falling into the hole with media marketing.

Learn more: [www.thegoodhealthsite.com](http://www.thegoodhealthsite.com)

Visit: Good Health, 3707 Providence Point Dr SE Ste G, Issaquah 98029

Call: (425) 391-6044

Hours: Mon - Fri: 10am - 7pm

Sat: 10am - 6pm

Sun: Closed

To buy products, schedule appointments, and learn more, visit [www.everythingyou.com](http://www.everythingyou.com)

Notes by JoyceB, a consumer

Jeremy is a Chamber Ambassador with the Sammamish Chamber of Commerce.

His father, trained as a naturopath and started Good Health, instilled in him the importance of health and nutrition.

Another fact: Jeremy is also a TV comedian and frequently live on stage with others.

King TV: “Jeremy Horn owns a vitamin and supplement shop and nutrition consulting business [Good Health](#) by day and is active on the comedy scene by night. He also has a podcast called [‘Everything You Know is Wrong.’](#)”