

The Healing Power of Music

I've always loved music and the guitar in particular. I'm fascinated with the psychology of music and its effect on us.

Music can transport you to other places in your mind, stir memories, inspire you. Music can soothe and calm you, or energize you and lift your spirits. Our bodies and brains are hard-wired to respond to music. Music can actually alter your heart beat and your brain waves. Our heart and pulse may begin to sync itself with the music's rhythms, and our brains can become more active or flow down into a peaceful, meditative state.

We have a wealth of uniquely American forms of music, like jazz, blues, Native American, gospel music, rhythm and blues, rock, country music. Those are the types of music that were created here and that we share with the rest of the world. Of course, all music borrows from other forms, and we have incorporated music from other parts of the world into our own unique style. And there are rich traditional forms of music from around the world. You might enjoy European classical, or Middle Eastern rhythms, or ancient Scottish and Irish ballads, or music

from India, Africa, South America or Mexico. There are all different kinds of music, but music is universal and to me it's all the same joy. When you listen to music that touches your soul you can't help but smile. And whenever you smile, you heal.

If you don't believe me, go to a concert with music that you really like. I'm not talking about a concert that uses music as a background to a social gathering, as a stimulus to bring people together, but that isn't really focused on the music itself. I am talking about a concert where the focus is on the music itself, where people gather just to listen to the music.

I have only been on stage twice as a musician, but this is what I have observed about most musicians. They look at people's faces. When you are smiling as you listen, they know you are responding to the music. It's like when I talk to you, I know by your face if you feel what I am saying, or are you just hearing it, or are you not sure? Musicians sit there and see the smiles and they see that people sometimes actually close their eyes and begin swaying like wheat in the wind

to the rhythm of the music. That is truly magical. I don't think we utilize the power of music enough—some people never even listen to music. I believe it is one of the gifts from

God.

Music connects you to others through the great orchestra of life. Can you imagine four billion lives

lived in harmony, each creating and bringing their own unique music to this great orchestra?

As you know, I love to play the guitar, and I take lessons. As I did at times in Taekwon-Do, you can progress to the point where it's hard to find a teacher.

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MASTER NEWTON REMEMBERS.....

THE EARLY DAYS OF NEWTON TAEKWON-DO



Both of these pictures were taken in the late 1970s at my studio. In the photo at the left, I'm walking through a class at our very first training hall in the Mt. Prospect Park District in suburban Chicago. Note the masking tape on the floor at the back of the room. I used it to help students formulate their walking stances, a technique that I still use to this day.

Every student visible in the photo on the right went on to become a black belt, and two of them were champions. Note the American and Korean flags you see on the wall were made from colored construction paper. The sign that says "Pil Sung" was made by hand also. You have to start somewhere.....



BILL LEISSES came to work for Mack Daddy's after being the executive chef at Sierra Bonita Grill and the Phoenix City Grill. "I was ready for a change and I enjoy the challenge of helping to open a new restaurant," he says. After hearing about Mack Daddy's, he says he did some research on Mack Newton. "I was impressed with his philosophy, his enthusiasm, and his commitment to quality ingredients and not cutting any corners.

I was thrilled to be offered the position and I am going to enjoy it."



ROBERTO REYES,

sous-chef, worked with Bill Leissus at Sierra Bonita and is looking forward to his new position. Roberto was also intrigued with the philosophy of food at Mack Daddy's.

"What Mack says about us as a nation is really true. It's not only the amount of obesity, it's that we're not eating right and not healthy." Food preparation at Mack Daddy's has challenges for a chef, he says, because of the

elimination of salt, flour, and starches. Roberto is learning the uses of different seasonings and how to prepare foods in the 3-2 manner. "It's really good food," says Roberto, "and I have already lost eight pounds eating 3-2 foods the last two weeks and have received positive personal feedback from people in my life. I'm eating really well and have more energy."



Meet the new Chefs at Mack Daddy's !

Mack Newton on....

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My very first Taekwon-Do instructor told me one day, "I don't have anything left to teach you. You have to find another teacher." Naturally I felt like a child being rejected by one's parents. I thought he didn't want to be around me anymore, that he didn't want anything to do with me. No, he still wanted to be around me and would continue to be to this day, but he was right, I did need another teacher to take me further.

Although I didn't see it at that time, that is the true celebration of life — to grow, and to grow beyond what our teachers are able to do for us. I tell all of my students "I want you to be better than me. That is the goal I set up for you. To teach you to be even better than me, to give you a greater level of understanding, and a greater level of appreciation and of course a

greater level of fitness, a greater level of achievement." And I think that every sincere instructor feels that way.

That's how my music has gone too, and I've had more than one teacher. But when one guitar teacher told me that she didn't have anything left to teach me, I said "of course you do." Again, I felt like the abandoned child. But if you are sincere, then the old saying proves itself to be true—when the student is ready the teacher appears.

And out of nowhere, George Benson appeared in my life, and taught me to go to a higher level. Sometimes I play the guitar in a way and create in a way I have only heard other people do. And in the midst of it, you can only stop and smile and laugh and say "I can't believe I'm doing this!" That this is now coming from me is a joy that I can barely even contain.



To me life is a journey; we never ever finish learning and growing.

My wish for you is that you get a little more music in your life—learn to play an instrument or listen to some types of music you've never heard before. It will bring a greater richness to your life than you can even imagine.

—MN



Clockwise beginning at upper left: Mack Newton & Natasha Chirkova; Lisa Scannell with Santa Claus; Jannie Schaller, Nikki Wooldridge, Vadeth Bryant & Dotty Jacobs; Alison Arnold, Nancy Cortesi & Kerry Achatz; Kerry Achatz & Bob Tang; Steve & Diane Norris with Paula & Robert Smalley; Rusty Kennedy & friend; Diane & John Lang with Santa Claus and Michale & Alex & baby Lang. **In the center:** Mack Newton in front of the Christmas tree at the home of John & Diane Lang, hosts of the party.

Health Hero of the Month



Julie in 2007

Julie Chaffin

Julie Chaffin found the solution to a lifetime of yo-yo dieting when she joined Newton Fitness in April of last year. "I was getting heavier and heavier," says Julie. "I had tried joining a gym, I tried different eating programs. Anything I tried would work for 6 weeks and then I'd drop back into my old habits. I was frustrated because my husband and I have two daughters and I wanted to be a good example for them."

Since beginning her workouts and the 3-2 eating plan, Julie has lost 56 pounds,

and her body fat has dropped from over 44% to 27.4 %.

Her clothing size plummeted even quicker. "I started out in a size 16, moving into an 18. Now I can walk into a store and put on a size 6."

Julie had weight problems beginning in high school. In spite of an active schedule of track, dance and cheerleading, she found that she couldn't lose weight. A doctor diagnosed her with low metabolism and suggested she never eat more than 1,000

calories a day.

"The 3-2 is so different than what I was told before," she says. "Now I eat a lot, I eat protein, fat, green vegetables.

In the past, I would eat a handful of salad, some tuna fish and maybe an apple. Now I never feel deprived."

The gain in energy and strength has delighted her as well. "I was at my daughter's swimming meet and I was in charge of hospitality, so I was literally running up and down the stairs, running to my car, getting supplies, and getting things ready. I felt like a gazelle – I was literally bounding up those stairs and that was a new experience for me. I felt so light."

Newton Fitness is "such a supportive environment," says Julie. "Mack does want to see us succeed,

so being there has given me accountability, so I don't fall back into my old habits. It is all for our benefit, to get our heads right, the right attitude."

Women in the class have shared clothes with her and others "as we fly through some of the sizes." It has been a great way to wear new clothing at each size without a heavy investment in clothing during ongoing weight loss, she says, and she has been able to pass clothes on to others as she also continues losing weight.

"My husband has been my biggest cheerleader," says Julie. "On the weekend he grills for me without salt so I don't have to cook. He keeps telling me how great I look and has encouraged me every step of the way."

"Newton Fitness is such a supportive environment."



Julie in 2006



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