



**Center for
Proactive Living**

Restorative Healing

2525 S. King St.
Suite 303
Honolulu, HI 96826
(808)373-3069

healer@drjonho.com
www.drjonho.com

November 2022

My Proactive Journey

My kidneys stopped working in 2012. I started dialysis soon after being diagnosed and my kidney doctor suggested that I consider getting a transplant and then retire so that I could enjoy the time that I had left.

Rather than looking back with regret on my short and not yet fulfilled life, I chose to focus on the things that I could do to improve my quality of life and make the best and most of what I had to work with. Thus, was born the idea of PROACTIVE LIVING.

Proactive Living is about maintaining your independence by taking charge of your life. Balance and mobility are the leading cause of debility for people as they age. Falls are the most common cause of injury. Loss of mobility is the leading cause of physical and mental decline.

When I got sick, I did not know what to expect, and I could not anticipate the challenges ahead of me. I had to learn how to respond to the challenges. Dialysis is grueling and time consuming. I spent 5 hours a day, 3 times a week in dialysis. It was like flying to San Francisco or Los Angeles every other day.

After a couple of years of dialysis, I decided to get a transplant, because the treatment was interfering with my life. This journey started in 2015. I was rejected 4 times by different transplant centers and was even told that my quest for a transplant was hopeless. My determination to get a transplant was fueled by my dreams. Without a dream, I would not have had the tenacity to persevere. I received my kidney transplant in June of 2022.

The idea of RESTORATIVE HEALING came after the surgery. My wife became my caregiver and had to help me with almost everything. Rather than wait to heal, I focused on

rebuilding my CHI because I was weak and felt depleted. My vitality increased exponentially, and I was able to return to work part time 2 weeks after beginning these exercises.

Seniors must approach restoration differently due to the unique challenges related to aging. Strength and stability are essential prerequisites to mobility, fitness, and strength.

I have been dealing with chronic kidney disease since 2012. When I was first diagnosed, my doctor suggested that I retire and enjoy the time that I had left. I chose not to follow that advise, and instead chose to remain vital and active for as long as I could. It has not been an easy journey, but I truly believe that had I decided to retire, I would have declined more rapidly.

Rather than looking back with regret on my short and not yet fulfilled life, I chose to focus on the things that I could do to improve my quality of life and make the best and most of what I had to work with. Thus, was born the idea of PROACTIVE LIVING.

After all that I went through to get my transplant, the last thing that I wanted to do was sit back and retire. Helping people and serving others is part of my DNA. I set a goal to return to work.

"The journey of a thousand miles begins with one step."

This became my mantra and served to keep me moving forward, because that is what I had to work with, and I made the most of that every day. I returned to work 6 weeks after surgery.

Proactive Living is about anticipating the challenges that lie ahead and making the most of what you have to work with to avoid becoming a victim of aging.

The most common problems facing the elderly is poor posture and bad balance. These conditions are not caused by old age and can be reversed with simple exercises that you can do at home. Exercises that you should do every day.

Poor posture and balance threaten mobility and independence. Falls are the most common cause of injury. For many, it means being dependent on a caregiver to push you around or to make sure that you don't trip and fall.

Don't be too quick to blame these problems on old age and assume that nothing can be done to slow or reverse the process. That belief will result in a life of misery and frustration.

“If I knew I was going to live this long, I would have done a better job.”

Many seniors feel helpless about their physical and cognitive decline and blame it all on old age. Don't be one of these people who live with regret. You must start with a WHY, and then build the CHI before working on strength and mobility. You are allowed to have dreams after retirement. Create your bucket list to motivate you to get better, then get better the right way.

I created the Proactive Living brand in September of this year around this idea of restorative healing. My mission is teaching skills to the helpless and giving hope to the hopeless.

ABOUT DR. HO

Dr. Jon Ho has been a Chiropractor for 40 years. His practice is constantly evolving to meet the needs of the patients that he serves. He graduated from Cleveland Chiropractic College in Kansas City, Missouri. He spent 3 years in Kansas City, Missouri, 2 years in Overland Park, Kansas, 10 years in Baton Rouge Louisiana and 3 years in Atlanta Georgia learning and developing his skills as a healer.

In 1998, Dr. Ho returned to Hawaii to open his private practice where he founded the Center for Holistic Living that integrated Eastern and Western healing practices. The Center for Proactive Living is an advancement of the practice of Holistic healing with an emphasis on functional issues related to aging to preserve independence and quality of life as we age.

Our mission is RESTORATIVE HEALING