



**Center for
Proactive Living**

Restorative Healing

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

healer@drjonho.com
www.drjonho.com

September 2022

My Restorative Journey

My kidneys failed in 2012. My doctor suggested that I retire and enjoy the time that I had left. I did not know the challenges lay ahead of me, but was determined to make the most of what I had to work with. Dialysis took a huge toll on my health and life in general. By 2016, I had to reconsider my options, and a transplant became the best choice .

It took 2 years to set aside the funds needed to cover expenses during my recuperation. Then I had to find a transplant center, which turned out to be a much bigger obstacle than I anticipated. It took me 5 years to find a center that would accept me for transplant. Then Covid hit, and I had to wait another 2 years.

During this period, my health and vitality deteriorated dramatically. I had to stop driving, I quit playing golf and fishing. I became anemic. Walking became slow and labored. I will probably have to live with these conditions for the rest of my life, but have learned to work around them and continue to serve others.

The one thing that kept me motivated to push through was my love for the work that I do as a healer. Without that goal in front of me, I would have easily caved in.

I came to understand that everything in life happens for a reason. That goes for recovery and aging. Rather than look upon a situation as an unfortunate curse, you must find the silver lining.

Rather than look upon my short and unfulfilled life with regret, I chose to be grateful for all that I have learned and experienced. It changed my perspective, and gave me hope. The same can happen for you if you choose to believe in things that give you hope and inspire you to go further.

I believe that integration of mind, body, and Spirit is life and I strive to attain this ideal every day.

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