

—Jump Start Your Energy—

Everyday events like traffic, work, health or family problems may and can stress you out and sap your energy. Jump start your energy for May in 2008. May, a new month, time for a new start. For some of you, losing weight is or was at the top of your 2008 “to do” list. Let us target your four areas of weight loss:

1. Energy and metabolism: green tea and Indium Sulfate help increase metabolism and provide more energy.
2. Anti-stress: Amino acids and Korean ginseng help reduce belly fat.
3. Appetite control: Lower your total caloric intake.
4. Blood sugar balance: Cut carb cravings and balance blood sugar.

Build up your immunity to stay strong all year. Post-holiday stress and winter will tax your immune system to the limit. Vitamin C offer powerful cardiovascular support and more:

- Boosts energy production

by strengthening cells.

- Helps reduce fatigue brought on by stress.
- Protects vitamins and other nutrients from oxidation.
- Fights free radicals that contribute to wellness.
- Assists to normalize blood pressure and cholesterol.
- Strengthens blood vessels and the circulatory system.
- Supports the production and use of antibodies that fight illness.

Vitamin C should be taken all year long for maximum benefit. How can you be sure that you will maintain strong bones? You can

exercise, eat a variety of foods, including dairy products and leafy greens, plus take the vitamin of



calcium, magnesium and zinc (all in the same pill). Nourish your bones with this and vitamin D for optimal benefits.

Feel great in 2008 by promoting a good healthy lifestyle and maintaining the vitality you deserve. Build your immunity to stay strong and improve your life all year long. Remember, ten great ways to create your own wellness:

1. Breathe deeply.
2. Drink pure water.
3. Sleep peacefully.
4. Eat nutritious foods.
5. Enjoy activity.
6. Give and receive love.

ceive love.

7. Be forgiving.
8. Practice gratitude.
9. Develop acceptance.
10. Develop a relationship with God.

Hopefully, these ten creative ways to wellness will improve your life so that you can enjoy the rest of the year with lasting energy, mental clarity and vitality. *“Life is what we make it, always has been, always will be.” - Grandma Moses*

To get your body working toward a healthy weight, your mind has to get involved too. People who study the science of weight loss suggest asking yourself these questions to see if you’re really ready to start losing weight.

- Do you really want to change your eating and exercise habits? An honest “yes” will give you a big advantage.
- Does “slow and steady” work for you? You can’t get discouraged if you only lose

Take time to be Health Conscious



by B J Armstrong

one to two pounds a week. This is safe and healthy.

• Is a healthy weight program a positive experience for you? Viewing weight loss as “want to” instead of “need to” helps to have success.

• Are you realistic about your goal? Remember to go “slow and steady.” Setting an unrealistic goal sets yourself up for failure.

“Make it a rule never to regret and never look back. We all live in suspense, from day to day, from hour to hour; in other words, we are all the hero in our own story.” - Mary McCarthy

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