

JeWELLness and Weight Loss Tips

by Jewel Diamond Taylor <http://www.DoNotGiveUp.net>

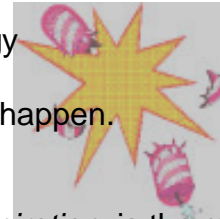


I fight the battle of the bulge with you. After a hysterectomy, my metabolism, emotional state and weight changed. After many months of adjusting to the change and frustration, I decided give up the anger, shame, procrastination, excuses and too much sugar. I made up mind to make my healthier eating habits and exercising a lifestyle and not just a short-term approach to weight reduction and wellness.

This e-book is my compilation of steps that produces results. There are no short cuts, magic pills or quick fixes. You can reduce your weight. You can break old habits. You can make up your mind to eat better, feel better and live better. Health is your first wealth.

Waiting to be inspired with a great burst of energy

to get yourself motivated and started, may never happen.



Unfortunately, too many of us learn that desperation, *not inspiration*, is the motivation they gets us up and moving towards positive changes and relief from stress, lack of energy, weight gain, poor health and a low self-image.

I've seen in my own life how dissatisfaction has led me to action. Don't let your dissatisfaction frustrate you. Let it motivate you to action. Let this dissatisfaction serve a higher purpose in your life.

I am not the athletic physical type. The thought of exercising is not something I get excited about. However, I don't like gaining weight, breathing with difficulty and getting depressed when I shop for new clothes either. Subsequently, I have to motivate myself to exercise, stretch, walk, put down the cookies and walk away from the chips, candy and cake.

I created this acronym for myself to keep me motivated:

Exercise, stretch and strengthen my body
X get rid of fat
Experience more energy
Release anger and stress
Calories – exercise to burn them up
I must commit to a lifestyle change
Self-esteem and self-image improves
Eat more vegetables, fruits and whole grains

I have to psyche myself up to walk three times a week in the mall with my walk-mates. But let me tell you something --- after I go for a walk, I feel so good about myself. I feel like I'm doing the smart adult thing by taking care of myself. My self-esteem goes up a notch. I find myself meditating and even releasing stored up stress and anger while on the treadmill. I feel younger as I attend the dance and kickboxing class. I may not be able to keep up but at least I'm sitting on the couch eating ice cream because I'm depressed. I sleep better at night and I know my body is rejoicing because it is getting stronger.

One thing is very true...make a decision to change...before you HAVE TO change.

Don't wait until the doctor's diagnosis of diabetes, heart attack, high blood pressure or severe obesity gives few choices.

If you struggle with weight issues, you are not alone. If you can't get to a gym, start exercising in your home. Begin to clean out your refrigerator of all the soda, sugar, junk food and fatty dairy products. Dr. Phil says, "It's not chocolates or potato chips that sabotage diets, it's fear, old attitudes and tempting environments." We think we will suffer deprivation, pain, hunger or depression. Some women unconsciously sabotage their wellness and weight loss because they don't think they could handle the attention from men.

Because food is associated with **celebrations, community, comfort, cravings, culture** and because of all the fast food **conveniences**...food can become an addiction. Because we have more choices in this western society, we tend to eat more. My mother used to always say, "Your eyes are bigger than your stomach." The stomach is very small. We see it and we want it. We're not physically hungry but emotionally hungry, just impulsive lacking self-control.

You may be someone who is a fixer, rescuer, caregiver, workaholic, depressed or suppressing pain. You may feel deprived, resentful or have self-esteem issues. Food can become a great emotional escape and false/temporary reward or pain killer.

When you start making yourself a priority, you will become *emotionally ready*..."I'm doing this for me!"

Change can happen in your life when you are forced to change or you are inspired and want to change your eating habits, thoughts and feelings to cope with stress.

Peace, progress and weight reduction can begin...once you begin.



1. Watch the **company** you keep

Just like alcoholics need to stay away from those who drink when they are committed to sobriety, you must stay away from those indulging in food choices that go against your health. Watch the company you keep until your willpower is stronger. People will invite you to join them in their

indulgence of tempting, fried, fatty and sweet foods. Choose to dine with people who will support you in developing a new eating lifestyle. Once you make up your mind to reduce your intake and eat more nutritious foods, you must learn to place yourself in a position that helps you to be consistent and loyal to your plan for weight loss. Just say “no” when someone offers you tempting tasty food at the shower, wedding, office potluck, family reunion, etc. Say “yes” to your will power.



2. Cope

When you are stressed, bored, angry, lonely or tired you are more likely to choose comfort foods to get through those emotional low points. Of course, exercising and change of diet can help you lose weight. But you also want to deal with the underlying psychological causes of overeating, i. e. lonely, frustrated and bored. When your soul is starving or you don't have the will power yet to say "no", you may find yourself indulging in "emotional eating" to fill a void in your life, to soothe your low self-esteem or to distract yourself from coping with unpleasant tasks or feelings. Anger and frustration usually cause us to crave crunchy and chewy foods, while loneliness and depression demand creamy comfort foods to help us further suppress our feelings.

Write **H.A.L.T.** on several index cards as reminders to develop good coping skills. Place them in several areas in your home, working environment, car or purse where you can see them.

H – hungry
A - angry
L - lonely
T - tired



When you are emotionally drained or hurt...stop...halt...don't run to the refrigerator. Don't run to the bakery. Don't buy that junk food. Stop...breathe...your emotions are controlling your good judgment.

You can train your brain to cope with the stress. Don't let your emotions cause you to slip out of control. Think your choices through. Food is not the answer. Food can only be a temporary emotional band aid. Food won't make your problems go away. Start *feeling, dealing with* and *healing* your emotional issues. Your stomach isn't hungry, your soul is hungry and your body is tired.

When you feel the urge to soothe your anxiety with food remind yourself that you can resist the old habit. One day at a time learn to start creating new ways of coping with your pain in a healthy and proactive way.



3. Have a Check-up with your health care provider.

This is important because you want to avoid illness and fatigue.

There might be something in your medical history and changes in your body that you're not aware of. Please check with your health care giver before going on any diets or extreme lifestyle changes. If you are diabetic, anemic, have heart problems or taking medication, you want guidance before taking diet pills and exercising.



4. **Cleanse** your colon and blood system

There are many herbal supplements that will help you release toxins and the heaviness in your colon and stomach area. Unless food produces an abundance of energy, your body may be actually tired from eliminating large quantities of stuff for which you have little or no use. You must eat to live, not live to eat. In this way you will store up a supply of energy that will help you do a better job. Cleansing your internal system gives you more energy. Celery, spinach, carrot and beet juice are great cleansers for your colon. Go to your local health food store and ask about natural herbal supplements to help you release weight and toxins. I have been using formulas with cascara sagrada, chickweed, aloe vera, green drinks and various combinations for many years. A lot of the extra weight you carry is in your colon. Start eating more foods that have fiber. Vegetables are the broom for your colon. All white foods are gummy. They clog your system causing constipation and creating mucous problems (i.e. asthma, allergies, breathing problems). Reduce your intake of white bread, white rice, white sugar, white pasta and white flour. Start including brown foods and whole grains into your food choices.

If you have to keep cleansing your skin and teeth daily, then wouldn't you think it makes equal sense to clean the inside of your body at least periodically? Weight loss is an important added benefit to internal cleansing that most people experience. With a sluggish, toxic digestive system, metabolism slows down, the energy level drops and we're simply not strong enough to start burning off stored fat through exercise or other means. An internal cleansing program can help restore balance in the body and increase the metabolism, reactivating the body's fat-burning mechanism. Plus, after a thorough detoxification program, you'll find yourself much more inclined to make healthier dietary and lifestyle choices. Through a detoxified system, improved digestion, balanced metabolism and a healthier diet you will have no trouble maintaining a healthy weight.



5. **Cardio** workouts will help you **burn more calories** and lose weight.

I'm not a real outdoors physical type person. But I do the step aerobics, stretching and workout three times a week at a women's 30 minute fitness center. Cardio workouts really make you sweat and burn calories.

Here are the top cardio burning activities;
Walking, running, bicycling, step aerobics and swimming.



6. Get a **cardio** buddy

It really helps to have someone to be accountable to when you decide to start exercising and improving your eating habits.

I am more faithful and consistent with my exercising because I walk with my group from my church. We don't allow each other to make excuses.



Ask someone to go with you. Get out of your comfort zone. You may need to ask someone new. If you lack discipline and consistency in exercising on a regular basis...this step is a must.

Ask someone to partner with you in choosing a healthier lifestyle.



7. What are your **“control”** issues?

If you are obsessive about controlling your life and other people, this can lead to obsessive and nervous eating. Accept the fact that you cannot control every body and every thing. Stuff happens. Life is a wonderful and interesting journey. Let go of the stress and worry. Don't stuff your mouth when you are nervous, angry or worried. Accept the fact that you and your loved ones are not perfect. Breathe.....relax and release. Pray about it. You don't have to fix everything and help every body. Take off your superwoman cape. You can resign as supervisor of the universe.

Until further notice....God is in charge.

(suggested reading *“You Are Too Blessed to Be Stressed”* by Jewel Diamond Taylor <http://www.DoNotGiveUp.net>)





8. Watch the **Clock**

Don't eat **heavy** meals after the sun goes down.

Don't eat and then lay down to sleep. Your body needs activity to burn the calories. Be proactive by keeping light nutritious snacks in your fridge for those snack attacks. If you get hungry before going to bed, you have something to snack on instead of a big bowl of ice cream, cookies or cake. (suggestions: carrot sticks, granola bar, drink water, popcorn, fruit).



9. **Colas, Candy, Chocolate and Cookies** – The Four Sugar Sins

These culprits wreck havoc with your teeth and weight issues. They are simply...addictive. I am a recovering sugarholic and I know how hard it is to resist them. They are a major cause of weight gain. Read the book "Sugar Blues."

You are bombarded with these sugar sins on TV, in the grocery store, vending machines, holidays, parties, etc. It's a difficult habit to break, but you can start now to reduce your intake. Please...please....please decrease your intake of colas, candy, chocolate and cookies. Just reducing your sodas (liquid sugar) every day is a good start. Sodas are loaded with sugar. Don't bring them home. If they're out of sight, they're out of mind and out of your mouth. You will see a big difference in your weight loss. You will also see another benefit of less tooth decay and dental bills.



10. **Cut back** on your portions

Put away your large dinner plates. Eat your meals on a smaller plate. Instead of having a second serving, just say "no." Walk away from the table. If you can't resist dessert, have just one small serving to gradually reduce the craving.



11. Chew smarter

Enjoy a peaceful meal without rushing and stuffing your face. Your stomach will fill up faster and you will digest your food better when you: 1) take a bite of your food, 2) put the fork down, 3) chew your food slowly, 4) and only pick up your fork after you have completely digested that serving of food.

"The secret of staying young is to live honestly, eat slowly, and lie about your age." -Lucille Ball

Drinking during your meal slows down the digestion and elimination of your food. **Only** drink your beverage after you have completed your meal.



12. Conditioning

You can train your brain to think and eat smarter. There is nothing like the power of a made up mind. Your habits are a strong invisible prison. When you are hungry, bored, angry, happy or sad, your thoughts run on the same predictable track. You are a creature of habit. The good news is that you can create new habits. You can condition yourself to change your behavior. Remember your heart is slow to unlearn and transfer its old affections. Your mind is slow to unlearn and learn new habits. Be patient with yourself. Your thoughts lead to feelings and your feelings lead to action/behavior and over time your behavior produces results.

Your behavior is shaped by your values, environment, relationships, beliefs, self-esteem, discipline, education, consequences, rewards/incentives and self-talk.

If you hear yourself thinking in the terms of **losing** and **giving up** your favorite things to eat, eventually you will feel a sense of grief, anger, rebellion and frustration. These emotions will defeat your purpose. Change your perspective of the idea of "losing" to the concept of "discovery."

You are now embarking on the journey of discovering new foods, new places to dine, new thoughts, new joy, new friends, new energy, new inner strength, new activities, new clothes and a new sense of confidence and self-love. You go girl!

Read this and other self-development material to condition your mind and behavior for success.



13. Consequences

Don't live in denial. What are the consequences you will face if you don't make positive changes in your nutrition and exercise lifestyle? Your body will turn against you if you don't take care of it. Your body can only take so much abuse and neglect.

What health problems are in your family history? How does your self-image and weight issues affect your job, relationships, travel comfort on a plane, sex, self-esteem, energy, depression, longevity, attending classes, health insurance costs?

Be keenly aware of the effects of weight gain. Instead of letting this frustrate you, let it motivate you to start now!



14. Choices

Choose water instead of soda or caffeine.

Choose vegetables instead of French fries.

Choose brown foods (whole-wheat bread, and oatmeal, as well as legumes, such as lentils and other beans) instead of white foods.

Choose fish, turkey and chicken. Eat less red meat (beef, lamb, pork). Twice a week is enough.

Choose exercise instead of sitting in front of the TV/sleeping.

Choose fruit instead of cookies.

Choose quality restaurants instead of fast food/junk food stops.

Choose to dine with good company instead of sharing a meal with negative and grumpy people.

Choose to have a healthy lifestyle instead of short term diet fad.

Choose a life of balance instead of burnout.

Choose to take action instead of procrastination.

Choose to take care of YOU first instead of taking care of everybody else first.



15. Self-Care

Good health is your first wealth. Exercising and eating nutritious foods is an act of self-care. But before making lifestyle changes with your eating habits and exercise, you may want to start in other areas of your life (*i.e. pedicures, manicures, new undergarments, makeover, new hairstyle, massage appointment, go on a retreat, de-clutter your life*).

Everything in your life is connected. One area of your life affects other areas of your life. Your physical wellness is influenced by your environment, emotional health and mental health. Reduce the weight of **mental and emotional obesity**. De-clutter your environment (*i.e. anger, shame, old stuff, old clothes, office, closet, etc.*). Clutter is anything unfinished, unused, unresolved, tolerated or unorganized.

Once you start taking care of yourself, it will be easier to make the transition with the your health care. So start pampering yourself. Ask me about my Warm Spirit pampering products. Feeling better about yourself may be just the motivation you need to continue doing loving things for yourself...like eating better. Begin investing in the things that will make you feel good about yourself. You are a beautiful child of God and you deserve to *feel* well, *look* well and *live* well.



16. Count Calories

Read the labels on food products that you purchase.

Avoid high-fat packaged foods and snacks. Refrain from fat-rich products such as butter, mayonnaise, and salad dressing, you can cut out dozens or even hundreds of calories per day. I have replaced the high fat Miracle Whip mayonnaise with the fat free product "vegenaise" and nobody in the family can taste the difference.

The following is from the Ladies Home Journal web site – www.LHJ.com

Multiply your current weight by 15 -- that's roughly the number of calories per pound of body weight needed to maintain your current weight if you are moderately active. Moderately active means getting at least 30 minutes of physical activity a day in the form of exercise (walking at a brisk pace, climbing stairs, or active, physical gardening). Let's say you're a woman who is 5 feet, 2 inches tall and weighs 150 pounds, and you need to lose about 12 pounds to put you in a healthy weight range. If you multiply 150 by 15, you will get 2,250, which is the number of calories per day that you need in order to maintain your current weight (weight-maintenance calories). To lose weight, you will need to get below that total.

For example, to lose one to two pounds a week -- a rate that experts consider safe -- your food consumption should provide 500-1,000 calories less than your total weight-maintenance calories. If you need 2,250 calories a day to maintain your current weight, reduce your daily calories to 1,250-1,750. If you are sedentary, you will also need to build more activity into your day. In order to lose at least a pound a week, try to do at least 30 minutes of physical activity on most days, and reduce your daily calorie intake by at least 500 calories. However, calorie intake should not fall below 1,200 a day in women, or 1,500 a day in men, except under the supervision of a health professional. Eating too few calories can endanger your health by depriving you of needed nutrients.



17. Cook Smart

Frying foods **adds fat** and calories. For stovetop cooking, it's better either to stir-fry foods in nonstick pans lightly coated with a cooking-oil spray or to braise them in broth or wine. Baking, broiling, and roasting leave no extra fat in your meals.



18. Career

Being unhappy with your job can be the cause of overeating and junk food snacking because of boredom or stress. Career burnout and stress can cause poor self-care, poor nutrition, sleep deprivation, depression and joyless living.

Discovering new hobbies or a new career path can be just the thing to keep your mind off eating. You become very active and fulfilled when you have a **j-o-y** and not just a **j-o-b**.

If career stress is a source of dissatisfaction in life...make a decision to either change jobs, change the way you feel or change the way you eat.



19. Get a **coach /personal trainer**

The health and fitness industry offers countless men and women passionate and skilled to help you reach your goal. A personal coach can give you just the extra push and support you need.



20. **Consistency/Commitment**

Don't make promises you can't keep to yourself. Start with realistic goals. Don't start and stop. You don't gain weight overnight and you can't lose it overnight. Be patient. Be consistent. Make a commitment to your wellness and self-care.

You need great patience with your habits and slow heart. It takes the heart a long time to unlearn and transfer its old affections. Pray to God for the strength and stamina to stick with it. Quitting can become a habit.

You are a winner. You can do it. You are ready now.

You are sick and tired of being sick and tired. You can make it this time.

apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli	Strengthens	Saves	Combats	Protects your	Controls blood

	bones	eyesight	cancer	heart	pressure
cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin

onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion



21. Celebrate and compensate yourself

Remember to reward your progress and efforts. As you achieve personal goals of losing inches, pounds, exercising and letting go of addictive foods, Reward yourself (i.e. flowers, the movies, new purse, a book, vacation, etc.)



22. Seek the strength of **Christ** in your life

Build up your faith. Pray for the strength to resist tasty temptations. Pray for the desire and determination to strengthen your will power. Pray that the Lord take the taste out of your mouth for those tempting foods.

Don't beat yourself because you didn't reach your goals in the past. Believe in yourself. Pump yourself up. Monitor your negative self-talk. Play inspirational music to keep you motivated. Forgive yourself. Love yourself. Accept yourself. Pray often specifically about your weight, discipline, emotional health and self-image to create an inner peace.



23. **Check** your habits

You are a creature of habit. Your eating habits have been formed by taste, peer and media pressure. Most Americans eat too much food that is fatty, fast, frozen and fried. Keep a food diary. Log in daily everything that you eat. Make the adjustments you need as you see your pattern of eating and exercise. No one has to see it but you. Remember you are a creature of habit and habits are slow to break. Once you see on paper your pattern, you can consciously choose to make those changes for the better.



24. **Comfort Foods**

What are your "comfort" foods when you are happy, sad, angry or bored? Tell the truth to yourself. Gradually eliminate them from your grocery shopping cart. Step away from the comfort food. They can't hug you. They only give you a temporary false sense of well being. If there is something disturbing your spirit...feel it...deal with it...heal it. Get busy working on your priorities and goals. Food dependencies are just like alcohol or drug dependencies. Stop hiding your snacks. Stop sneaking your snacks. Stop justifying in your mind that you "need" that snack!



25. Cultural Messages

Be aware of the cultural messages that have shaped your behavior.

i.e. *“eat all your food, children are starving in Africa”*,

Certain cultures eat starchy foods like pasta, potatoes, tortillas or fatty foods like pork and fried foods in excess.

It may be difficult in the beginning to break away from the traditional holiday meals, celebrations, potlucks and comfort foods that remind you of a happier time.

Be aware that culture plays an important role in creating your food choices. Be willing to reduce and slowly eliminate the foods that cause weight gain. There are alternatives and healthier ways of eating without feeling guilty or disconnected from your culture.

COKE AND SODAS

WATER

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzz short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of COCA COLA SODA:

1. In many states (in the USA) the highway patrol carries two gallons of coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous China.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rum pled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: pour a can of Coca-Cola over the terminals to bubble away the corrosion.

6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
8. It will also clean road haze from your windshield.

For Your Info:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4days.

Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.

2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for highly corrosive materials.

3. The distributors of Coke have been using it to clean the engines of their trucks for about 20 years! Now the question is, would you like a coke or a glass of water?



Practice an attitude of **gratitude**.



Laugh everyday. Hear a joke, tell a joke, laugh at yourself, laugh with your friends, family and co-workers. There are very few medicines as powerful as laughter. Go to a comedy show. Watch your favorite comedy movie. (Watching my Tyler Perry's (Madea) and the Kings of Comedy videos give me my laughs.)



Love well. Express your affection, appreciation, friendship and warmth to those around you, and they will almost always respond in the most amazing ways!



Work hard. This one comes as a bit of a surprise, but there is tremendous satisfaction in being competent, and joy in completing our assigned tasks.



One of the great sources of happiness is to do work that is worthy of you, and to do it well.

Get a life...find a hobby or sport you enjoy to take your mind off of work, food and stress.



Learn something new, everyday. To be happy, most of us must also be growing, expanding, learning and challenging ourselves. Read, listen, adapt and stretch to accommodate new ideas and new information.



Use your body as it was designed. Walk and run, stretch, throw things, and lift things. Dance! Exercise is good, but so is making love, mixing up a batch of cookies or exchanging backrubs. You have a body and it can be either a source of joy, or a source of aches and pains. It's your choice.



Avoid toxic people – energy drainers, drama makers, pessimists, critical, joy stealers, etc.

Suggestions for a happier life.... Digested from David G. Myers, *The Pursuit of Happiness*

(Avon Books, 1993)

1. **Realize that enduring happiness doesn't come from success.** People adapt to changing circumstances--even to wealth or a disability. Thus wealth is like health: its utter absence breeds misery, but having it (or any circumstance we long for) doesn't guarantee happiness.
2. **Take control of your time.** Happy people feel in control of their lives, often aided by mastering their use of time. It helps to set goals and break them into daily aims. Although we often overestimate how much we will accomplish in any given day (leaving us frustrated), we generally underestimate how much we can accomplish in a year, given just a little progress every day.
3. **Act happy.** We can sometimes act ourselves into a frame of mind. Manipulated into a smiling expression, people feel better; when they scowl, the whole world seems to scowl back. So put on a happy face. Talk *as if* you feel positive self-esteem, are optimistic, and are outgoing. Going through the motions can trigger the emotions.
4. **Seek work and leisure that engages your skills.** Happy people often are in a zone called "flow"--absorbed in a task that challenges them without overwhelming them. The most expensive forms of leisure (sitting on a yacht) often provide less flow experience than gardening, socializing, or craft work.

5. **Join the "movement" movement.** Research reveals that aerobic exercise not only promotes health and energy, it also is an antidote for mild depression and anxiety. Sound minds reside in sound bodies. Get off your duffs, couch potatoes.

6. **Give your body the sleep it wants.** Happy people live active vigorous lives yet reserve time for renewing sleep and solitude. Many people suffer from a sleep debt, with resulting fatigue, diminished alertness, and gloomy moods.

7. **Give priority to close relationships.** Intimate friendships with those who care deeply about you can help you weather difficult times. Confiding is good for soul and body. Resolve to nurture your closest relationships: to *not* take those closest to you for granted, to display to them the sort of kindness that you display to others, to affirm them, to play together and share together. To rejuvenate your affections, resolve in such ways to *act* lovingly.

8. **Focus beyond the self.** Reach out to those in need. Happiness increases helpfulness (those who feel good do good). But doing good also makes one feel good.

9. **Keep a gratitude journal.** Those who pause each day to reflect on some positive aspect of their lives (their health, friends, family, freedom, education, senses, natural surroundings, and so on) experience heightened well-being.

10. **Nurture your spiritual self.** For many people, faith provides a support community, a reason to focus beyond self, and a sense of purpose and hope. Study after study finds that actively religious people are happier and that they cope better with crises.

Reasons to improve your health habits and review this material often:

- The Prevention of Illness
- An Improvement in Physical Appearance
- A Boost in Emotional Well-Being
- A Sharpening of Mental Capabilities
- An Enhancement in Digestion
- The Elimination of Unhealthy Food Addictions & Allergies
- The Attainment of Ideal Weight
- A Minimizing of the Effects of Aging
- Spiritual Renewal

“The secret to great health can be described in three words: Cleanse Your Body! Engrave these three words permanently in your memory.” ~ Paul Bragg



The Five Absolute Worst Foods You Can Eat

By Dr. Joseph Mercola with Rachael Droege

There are no "bad" foods, right? Only food you should eat in moderation? Well, not really. The following foods are so bad for your body that I really can't see any reason to eat them. Not only do they have zero nutritional value, but they also give your body a healthy dose of toxins, which should make the idea of eating them really hard to swallow.

Doughnuts

Doughnuts are fried, full of sugar and white flour and most all varieties contain trans fat. Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat.

An average doughnut will give you about 200 to 300 calories, mostly from sugar, and few other nutrients.

It's too bad that Americans view doughnuts as a breakfast food as, nutritionally speaking, eating a doughnut is one of the worst ways to start

off your day. It will throw off your blood sugar and won't stay with you so you'll be hungry again soon. You are better off eating no breakfast at all, or better yet grabbing a quick glass of Whey Healthier.

Soda

One can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. I can't think of any good reason to ever have it. The diet varieties are also problematic as they are filled with harmful artificial sweeteners like aspartame.

Studies have linked soda to osteoporosis, obesity, tooth decay and heart disease, yet the average American drinks an estimated 56 gallons of soft drinks each year. Plus, drinking all that sugar will likely suppress your appetite for healthy foods, which pave the way for nutrient deficiencies.

Soft drink consumption among children has almost doubled in the United States over the last decade, which is not surprising considering that most school hallways are lined with soda-filled vending machines.

Schools often make marketing deals with leading soft drink companies such as Coca-Cola from which they receive commissions--based on a percentage of sales at each school--and sometimes a lump-sum payment, in exchange for their students' health. School vending machines can increase the consumption of sweetened beverages by up to 50 or more cans of soda per student per year.

If you routinely drink soda--regular or diet--eliminating it from your diet is one of the simplest and most profound health improvements you can make.

French Fries (and Nearly All Commercially Fried Foods)

Potatoes are bad enough when consumed in their raw state, as their simple sugars are rapidly converted to glucose that raises insulin levels and can devastate your health. But when they are cooked in trans fat at high temperatures, all sorts of interesting and very unpleasant things occur.

Anything that is fried, even vegetables, has the issue of trans fat and the potent cancer-causing substance acrylamide.

Foods that are fried in vegetable oils like canola, soybean, safflower, corn, and other seed and nut oils are particularly problematic. These

polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer and weight gain. You can read the article "Secrets of the Edible Oil Industry" for more information.

It is theoretically possible to create a more "healthy" French fry if you cook it in a healthy fat like virgin coconut oil. Due to its high saturated fat content, coconut oil is extremely stable and is not damaged by the high temperatures of cooking. This is why coconut oil should be the only oil you use to cook with.

I am fond of telling patients that one French fry is worse for your health than one cigarette, so you may want to consider this before you order your next 'Biggie' order.

Chips

Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans fat.

However, the high temperatures used to cook them will potentially cause the formation of carcinogenic substances like acrylamide, and this risk remains even if the trans fat is removed.

Fried Non-Fish Seafood

This category represents the culmination of non-healthy aspects of food. Fried shrimp, clams, oysters, lobsters, and so on have all the issues of trans fat and acrylamide mentioned above, plus an added risk of mercury.

Seafood is loaded with toxic mercury and shellfish like shrimp and lobsters can be contaminated with parasites and resistant viruses that may not even be killed with high heat. These creatures, considered scavenger animals, consume foods that may be harmful for you.

Eating these foods gives you a quadruple dose of toxins--trans fat, acrylamide, mercury and possibly parasites or viruses--with every bite.

If you have a taste for seafood, there's an easy solution. It's best to avoid your local fish fry and try the only fish I now eat--the delicious wild red Alaskan salmon that was proven through independent lab testing to be free of harmful levels of mercury and other contaminants.

Diet Mistake No 1

Most dieters don't eat enough.
Result? They get so hungry, they give up.

Diet Mistake No 2

Most dieters want to lose weight too fast.
Result? They get so impatient. They give up.

Diet Mistake No 3

Most dieters don't understand fat.
Result? They eat the wrong food.



Important Questions...

When do you eat? Eating on the run or eating just before you go to sleep are not healthy habits. Eating on the run is not good for your digestion. When you eat just before you go to sleep you gain weight because you didn't allow for time for activity to burn up the calories.

Why do you eat? Eating when you're depressed, angry or bored is called emotional eating. Eating to comfort yourself causes weight gain. Stop! Ask yourself, "Why am I eating this now?"



How many times did you eat? I used to think eating only one or two meals a day would help me lose weight. I was instructed by my health provider and exercise instructor that eating 5 small (healthy) meals a day burns more calories.

What did you eat? Weight gain is not always about how much you eat...but **what** you eat. Eat more foods that are green, fresh and that have fiber and grains. Eat less soft, starchy and sweet foods. Remember this....

You are what you eat and drink.

The larger the waistline...the shorter the lifeline.

Your body needs movement, stretching and cardio stimulation.

Most Americans **eat too much fast, fried, frozen, and fatty foods.**

Refined sugar **is not** healthy.

Health is your first wealth.

You are as young as your arteries.

Pigs eat their own mess so what does that say about you if you eat pork?

It is not how long you live, but how you feel while you're living.

The longer you sit at the table, the more you will eat. If you dine out, you will eat more. If you dine with a group of 7 or more, you will eat more. When you eat alone or with a small group, you will eat less and pace yourself.

Try to always eat in the same room in your house, but **not** in front of the TV. Eating in the front of TV means more snacking and mindless eating.

Aloe Vera gel breaks addictions. It's a good laxative and blood cleanser. Use 2 tablespoons of gel to juice of one lemon in glass of water.

Clams, oysters, lobster and shrimp are scavengers and "brooms" of the ocean. They eat the toxins from the ocean floor.

Adding spirulina and wheatgrass to your live juices will help cut down your desire to eat too much.

Lecithin helps to open up your arteries so that the blood and the oxygen can flow through. When this doesn't happen you feel sluggish and tired. Add a tablespoon of lecithin to 8 oz of live juices at least twice a day to build up your immune system.

Lemons juice and warm water keep the body cleansed.

Ester vitamin C 500 mg capsules or power, strengthen your immune system.

Wheatgrass or spirulina powder, 1 tsp or t tbsp one to three times a day in juice or water will promote health, energy, memory and rejuvenation.

B-complex tablets or capsules strengthen your nervous system, taking 25-50 mg twice a day decreases stress.

A good herbal laxative is cascara sagrada. 2 to 3 tablets at night with water will give you a real good “moving” experience the next day.

Praise God and thank God for your beautiful body.

Speak wellness. Instead of saying you are sick or too fat, say, “I am detoxing my body.”

Release and let go of all foods, emotions, habits and people that have a negative effect on you.

Buy books wellness and health.

We are creatures of habits slow to change. Read this material often to reinforce new habits.

"Beloved, I pray that you may prosper in all things and be in health just as your soul prospers." ~ 3 John 2

**JeWELLness Tips for Weight Loss
and Better Health**

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