

## Week 2

### Projects

- check your bedroom / get more sleep
  - ☺ What is keeping you from a good night's sleep? Do you have too many noisy distractions? ex. TV, outside cars passing by. Try a white noise machine for soothing sounds at bedtime
  - ☺ get comfortable all cotton sheets / do not use synthetic fibers in your bed
  - ☺ purchase an air filter, for your bedroom. Example:

#### **Nature's Sunshine Boomerang Air System**

**Stock No.:** 7030-5



**Boomerang Air Sanitizer [Immune].** Indoor air pollutants are plentiful and many can be harmful to health. From hair spray to cleaning chemicals, from cigarette smoke to dander, these odors and particles present health challenges.

In the battle to clean our air and promote better health for all, NSP proudly offers the Boomerang Air Sanitizer. **This amazing unit kills airborne microbes and neutralizes pollen and particulates, making the air you breathe cleaner and less harmful.** It also helps neutralize indoor odors of all types. And it costs very little to operate!

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=7030>

- ☺ alternately introduce house plants to purify your air ex. spider plants grow well in low light and require little watering

### Diet

- increase the amount of fiber you eat
  - ☺ raw fruits and vegetables are very high in fiber; so are dried beans, peas, and other legumes
  - ☺ work up to 40 grams of fiber per day (1 medium apple=4 grams of fiber, 1 cup of black beans = 19 grams of fiber)

#### **Everybody's Fiber (4.6 oz.)**

**Stock No.:** 1336-6



##### **Benefits:**

- Supports the digestive and immune systems.
- Provides nutritional support to the bowel.
- Promotes regularity in maintaining healthy bowel movements.
- Helps support the removal of toxins and waste.

Everybody's Fiber [Intestinal] is a bulk powder product that combines fiber and herbs for cleansing and soothing the digestive system. Fiber is critical to colon health and proper digestive function. **And each serving of Everybody's Fiber provides 3 full grams of dietary fiber!**

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1336>

- ☺ eat fresh broccoli at least 3 times this week

## Supplements

- take Vitamin C supplements, 1000-2000 mg, 3 times per day. It is recommended to take a non-acidic powdered form of Vitamin C such as one offered by Nature's Sunshine.

### **Vitamin C, ACORBATES (9 OZ)**

**Stock No.:** 1606-3



Vitamin C Ascorbates [Vital Nutrition]. America's favorite vitamin is available in a convenient, powdered, non-acidic form from Nature's Sunshine.

Unsweetened Vitamin C Ascorbates may be mixed with water or other beverages for a pleasant-tasting, easy-to-prepare beverage. Each 1-teaspoon serving contains 2,000 mg vitamin C with three types of Ascorbates: calcium, potassium and magnesium. Plus, the non-acidic, sugar-free formula is easy on the stomach.

Vitamin C Ascorbates contains 57 servings per bottle at 10 calories per serving.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1606>

- eat slivers of a raw garlic bulb or powdered garlic as an added seasoning to your foods / alternately you can take a garlic supplement once a day

### **Garlic (100 caps)**

**Stock No.:** 290-0



**Description:** Garlic [Immune] is a member of the family that includes onions, leeks and shallots.

An old Welsh saying goes, "Eat leeks in March and wild garlic in May, and all the year after physicians may play."

Olympic athletes in ancient Greece chewed a clove at the start of a competition, believing it increased their stamina. Garlic's strong odor is due mostly to a sulfide called allicin.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=290>

- ☺ garlic is a wonderful ingredient that has properties to help lower blood pressure, lower cholesterol, and decrease blood clotting

## Exercise

- increase your walks to 15 minutes at least 5 times this week.

## Mental/Spiritual

- take a one day "news fast" = don't watch TV or read any negative news, for the rest of the week try to limit the amount of "bad news" you let in
- one day this week visit a park to get in touch with nature / observe the flowers with at least 3 of your 5 senses
- Spontaneous healing can happen by working with your breathing
  - ☺ Using visualization and mental imagery work on appreciating your "breath cycle" / for 1 minute each day pay attention to how you feel with each cycle. Start your cycle with exhalation forcing out the negative items and then inhalation to bring in positive energy to fill your body and spirit
- Read I Corinthians 3: 16-17, 6: 19-20, 12:28-31 / Romans 8:25-30

Prevention and wellness begin with taking care of your body and the spiritual gifts God has given you. We are all a part of the body of Christ.