

## Week 3

### Projects

- clean out your cabinets / start reading labels
  - ☺ discard all oils and fats except extra virgin olive oil / read labels and do not eat anything with partially hydrogenated oil / if you cannot give it up = eat butter instead of margarine
- your total fat intake per day should be limited to 20-25% of your total calories for the day ex. a 2000 cal diet should contain less than 500 calories from fat (1 gram of fat contains 9 calories)

### Diet

- eliminate artificial sweeteners (example: saccharin and aspartame) → instead use stevia, xylitol, sucralose, and sugar sparingly

#### **Stevia Powder Extract (1.26 oz.)**

**Stock No.:** 1386-7

#### **Stevia Powder Extract (50 packets)**

**Stock No.:** 1381-6



Stevia Powder Extract. NSP Stevia Powder Extract is made from an unusually sweet herb called stevia (*Stevia rebaudiana*). Glycosides present in the *Stevia rebaudiana* plant, such as stevioside and rebaudioside, attribute to the plant's unique characteristics.


Fill scoop to line (approximately 1/4 teaspoon) and use as desired as a dietary supplement.

Also available in convenient .7 gram packets. Each box contains 50 two-serving packets of stevia powder extract. These small packets slip easily into your wallet or purse, ready for use anytime, anywhere.

Approximately two 1/4 teaspoon servings per packet.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1386>

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1381>

<b>Xylitol Bulk (1 lb. bag)</b>		<b>Stock No.:</b> 5435-3
	<p><b>Benefits:</b></p> <ul style="list-style-type: none"><li>• Supplies 40% fewer calories and 75% fewer carbohydrates than sugar.</li><li>• Is safe for diabetics, hypoglycemics, children and pregnant women.</li><li>• Replaces sugar in most recipes and is heat stable.</li></ul> <p>Nature's Sweet Life® Xylitol Bulk [Structural] <b>looks and tastes like table sugar, but it's a natural, low-calorie, low-carb substitute.</b> Xylitol was discovered over 100 years ago and has been widely used for many decades.</p> <p>It can be used to sweeten foods and beverages or in cooking and baking (although it is not recommended for use in pastries or hard candy). Xylitol does not promote tooth decay as it helps prevent bacteria from adhering to teeth. <b>It is safe for use by diabetics, children and pregnant women.</b></p>	
<p><a href="http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=54350">http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=54350</a></p>		

- do not eat prepackaged foods with chemical additives or food colorings
- do not microwave in plastic containers / when reheating foods use glass

- consider eating foods other than meat which are high in Iron. Example: Apricots, peaches, banana, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, brussels sprouts, spinach, whole rye, sunflower seeds, walnuts, sesame seeds, nuts, dry beans, lentils, kelp, egg yolk, liver, beef, pork liver, farina, chocolate, organ meats like kidney, heart, and liver, raw clams, oysters, asparagus, beets/beet tops, alfalfa

## Supplements

- Vitamin E supplement containing 400-800 IU

<b>Vitamin E Complete with Selenium (400 IU) (60 softgel caps)</b>	<b>Stock No.:</b> 1509-8
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**Description:** Vitamin E Complete with Selenium [Vital Nutrition, Circulatory] offers the cardio-protective and antioxidant benefits of vitamin E and the glandular and cellular benefits of the trace mineral selenium in a complete vitamin E formulation. **This antioxidant formula may destroy free radicals before they can damage cells.**

**Benefits:**

- Protects against free radicals.
- Supports the circulatory and reproductive systems, as well as the liver.
- Maintains normal-range blood viscosity.
- Supports glandular health.
- Promotes healthy-looking skin.
- Helps maintain cholesterol levels that are already within the normal range.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1509>

- ☺ if you already eat a diet high in Vitamin E rich foods this is not necessary ex. wheat germ, nuts and seeds

## Exercise

- increase your walks to 20 minutes at least 5 times this week
- do some conscious stretching exercises once a day
  - ☺ if you notice that you have been sitting in one position for a long time, arch your head, neck and shoulders in the opposite direction or backwards for a least five minutes everyday

## Mental/Spiritual

- take a two day "news fast" this week
- make a list of all of your friends / take time to spend with someone you have not connected with in awhile
- buy flowers for your home to have and enjoy everyday
- plant your own garden / even if you start with just one plant in a pot
- practice "letting yourself be breathed" for 10 cycles once a day
  - ☺ lying on your back with your arms at your sides / close your eyes / envision the universe blowing the air into you as you breath in / then envision the universe sucking the air out as you exhale
- Read Mark 11:23-26 / Luke 6:35 / Ephesians 4:31-32

God put the power in our hands to do miraculous healing. I'll believe with you that God will heal you – but you have to believe for yourself. Practice the presence of God and his forgiveness.