

Week 5

Projects

- look into the benefits of a steam bath or sauna / if you have no medical contradictions try one for 20 minutes one day this week

Diet

- incorporate herbs for seasoning your foods instead of table salt
- use sea salt instead of table salt / salt substitutes contain high level of magnesium and potassium and are not recommend for people taking certain medications

Sea Salt (Two-7.5 oz. shakers)

Stock No.: 150-6



This all-natural salt is **void of fillers and other additives that are commonly used in everyday white table salt**. Sea salt is mined from pure salt deposits of an ancient sea that covered most of North America thousands and thousands of years ago. Try this salt and you'll taste the difference!

Sprinkle on foods as desired for taste, or mix 1/2 to 1 teaspoon into juice or other beverages.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=150>

- Eat dark leafy cooked greens at least five times this week
☺ ex. collards, kale, beat leaves

Supplements

- Selenium supplement containing 200-300 mcg

Vitamin E Complete with Selenium (400 IU) (60 softgel caps)

Stock No.: 1509-8



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 Selenium rich foods this is not necessary ex. tuna, turkey, brazil nuts, green vegetables

Exercise

- increase your walks to 30 minutes at least 5 times this week
- continue deep full breathing exercises

Mental/Spiritual

- take a four day "news fast" this week
- listen to a musical genre of your liking that uplifts your spirit / take time each day to enjoy the way it makes you feel
- try "taking control of your breathing"
 - ☺ sit comfortably in a chair and begin to breath rapidly for as long as you can, building up to 1 minute once per day / this is not hyperventilation but a sort of panting to make you more aware of your subconscious breathing
- Read James 4:2 / Luke 4:38-44

"You have not because you ask not." Ask for extraordinary things. Speak favor into your future. God will give good things to those who ask him.