

Week 6

Projects

- look into the benefits of "tonics" / these are nontoxic natural substances Pick one that aids an area you are working on and start a 2 month trial for example:
 - ☺ Siberian Ginseng- increase endurance / stress protector
 - ☺ Ashwagandha - sedative / male sexuality
 - ☺ Astragalus - strength against disease / anti-cancer
 - ☺ Cordyceps - increase mental and physical stamina
 - ☺ Dong Quai - blood building / women infertility, menstruation
 - ☺ Ginseng (American) - increase adrenal and pituitary function
 - ☺ Maitake - increase immune system
 - ☺ Milk Thistle - liver protector
 - ☺ Reishi - anti-inflammatory / increase immune system
- Balancing Your Health offers a Zyto "Compass" screening which can help you determine the right supplemental products for your body.

Diet

- increase the amount of whole grains you eat
 - ☺ whole grains include grains like wheat, corn, rice, oats, rye, barley, and quinoa, sorghum, spelt - when these foods are eaten in their "whole" form. Whole grains even include popcorn!
- eat at least one serving of omega 3 fatty acid foods per day
 - ☺ ex. salmon, kippers or sardines
 - ☺ grind whole flax seeds and have 1 Tbsp per day

Flax Seed Oil w/Lignans (60 softgel caps)

Stock No.: 1583-6



Benefits:

- Aids in the construction of healthy cell membranes.
- Keeps saturated fats mobile in the bloodstream.
- Maintains already-normal stickiness of blood platelets
- Plays a vital role in the production of prostaglandins
- Maintains nerves.
- Helps maintain cholesterol levels already in the normal range.
- Supports the kidneys.
- Provides beneficial phytoestrogens.
- Stimulates immune activity.

Flax Seed Oil with Lignans [Circulatory, Immune]. Several scientific studies show that **consumption of omega-3 essential fatty acids (EFAs) can benefit the heart**. Flax Seed Oil is a rich source of these EFAs. It also contains Lignans—substances known to stimulate immune activity—and linoleic acid, another essential fatty acid. **These two fatty acids are termed "essential" because the body cannot manufacture them**. EFAs are precursors to prostaglandins.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1583>

Supplements

- consider taking a low dose aspirin (81mg) once per day - check with your primary Dr. to make sure this is appropriate for you

APS II® w/ White Willow Bark (100 caps)

Stock No.: 780-8



APS II® with White Willow Bark [Nervous] provides nutrients that aid proper nervous system function. White willow bark contains salicin, a compound chemically similar to salicylic acid. Salicin appears to help prevent the production of prostaglandins.

Valerian root provides additional nervous system support, including promoting feelings of relaxation. APS II with White Willow Bark is a source of trace amounts of calcium and magnesium.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=780>

- ☺ aspirin is actually a tonic made from white willow bark and has many health benefits

Exercise

- increase your walks to 35 minutes at least 5 times this week
- try a rebounder or mini trampoline / jumping up and down helps stimulate your lymph system / work up to 10 minutes each day

Mental/Spiritual

- take a five day "news fast" this week
- visit an art museum one day this week / take time to appreciate the works of art in all their forms
- by now you should be incorporating at least one of the previously learned breathing techniques each day
- remember to bring flowers and plants into your home to connect with nature and enjoy the mysteries of their life cycle
- Read Ephesians 4 / Romans 12:2 / John 5:5-9

Thought, choice, action. As a man thinketh in his heart so he becomes.