

Week 8

Projects

- review the changes you have made and determine which ones you will keep in your life / write your goals - consider visiting a life coach or career coach for guidance – a local contact is Kim Hussey at Plan-4-Success, 706-589-0388

Diet

- continue eating well = low fat, lots of fiber, fruits, vegetables, soy, and non-processed foods
- take "a" whole food supplement such as Chews-4-Health

Chews-4-Health

Item #: 1P0SP



Chews-4-Health is a delicious tasting, doctor formulated, natural chewable dietary supplement derived from the most nutrient rich sources from around the world. We have combined current nutritional science with nature's finest.

Chews-4-Health contains 16 ingredients from land and sea, uniting the antioxidant powers of exotic, life enhancing super fruits with mineral rich Sea Vegetables and vitamins.

Chews-4-Health is more CONVENIENT, AFFORDABLE and FASTER ABSORBED. With so many pills and liquid products on the market, isn't it time for you to CHEWS?

<http://www.chews4health.com/balancingyourhealth>

- consider a one-day "water fast" = get plenty of sleep and take whole food supplement such as Chews-4-Health

Supplements

- consider an herbal cleanse ex. CleanStart

CleanStart® Apple/Cinnamon (14 Day)

Stock No.:3992-6

CleanStart® Wild Berry (14 Day)

Stock No.:3993-8



CleanStart® [Intestinal] helps protect your body from common colon toxins that affect your overall health. This two-week program supports natural waste elimination to provide a sense of improved energy and well-being.

CleanStart® is easy to take and is balanced for more complete results. Each program contains 28 daily drink packets and 28 capsule packets.

Benefits:

- Supports the natural, everyday cleansing of toxic waste from the body.
- Works without posing dangerous side effects.
- Improves energy and promotes a feeling of well-being.
- Helps protect the body from disease.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=3992>

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=3993>

Exercise

- increase your walks to 45 minutes at least 5 times this week
- continue rebounder and deep full breathing techniques

Mental/Spiritual

- continue to practice forgiveness for those who hurt you
- try not to let any negative news in for the entire week / I don't want you to become uninformed of world events, just less influenced by all the tragedy that the news reports
- Read Matthew 5:43-48 / Matthew 11:27

All things have been given to me by my Father. Be perfect just like your Father is perfect. Don't just build yourself perfectly – raise your children and be an example to follow.

Congratulations on all your progress! - remember that the **body can heal itself if given the chance and proper nutrition!**