

CHOICES

SUMMER 2013

AN INTERVIEW WITH
VIM KRUGER

RENOWNED BEAUTY
PHOTOGRAPHER

THE HEALTH AND BEAUTY ISSUE

HOW TO LIVE
HEALTHIER AND MORE
BEAUTIFUL LIVES

LOSE WEIGHT

WITHOUT COUNTING
CALORIES



THE BENEFITS OF SLEEP

GETTING ENOUGH SLEEP IS
MORE IMPORTANT THAN YOU
THOUGHT



FINDING THE BEAUTY WITHIN

DISCOVER FIVE AMAZING
SIDE-EFFECTS OF FINDING
THE BEAUTY WITHIN



THE SPA IN YOUR KITCHEN

SIMPLE RECIPES TURN
EVERYDAY INGREDIENTS INTO
SPA-LIKE TREATMENTS

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FROM THE EDITOR

We all have challenges in our lives. Some are bigger than others. Sometimes, they come right behind each other. Sometimes, they show up all at once. Sometimes, we don't see them coming. Sometimes, we do. Always, we have to make choices of how we will deal with these challenges.

In most cases, things happen for a reason and we get through them as best we can. Hopefully we learn from everything that happens. If life didn't challenge us, how could we know how strong we are? How would we learn who we are capable of becoming?

There is no such thing as life without struggle. No one comes out of a struggle the same as when he or she began it. Everyone has to make

choices between giving up or growing stronger.

This is our second issue of Choices magazine. The contributing authors have shared choices they have made and given us reminders that we all have choices, and the choices we make are what determine the course of our lives. Through their experiences, we can find many important lessons. They show us that challenges can be overcome and we can all live more satisfying, passion filled lives.

You can be one of these people. You can navigate through difficult times and find your pathway to the life you choose to lead. Read the articles and put the strength of others to work for you. Let them be your mentors. Their insights and wisdom will help you discover new possibilities and take you to new levels of success.

Judi

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WHOEVER TOLD US LIFE WOULD BE EASY

BY JUDI MOREO

When I was a teenager, I couldn't wait to get older and get out of school. Somehow, I believed that once I was "grown up," life would be easy and fun. I'd be able to do what I wanted, when I wanted and go where I wanted. Guess what I found out? Life is definitely not easy. About now, you are probably thinking, "Well Judi, how long did it take you to find that out?" The answer: Not long!

There's no question that some have it easier than others, but all of us, at some point, will have an obstacle in life which we will have to overcome. I've yet to meet anyone who hasn't. It's been my observation that people deal with obstacles in one of two ways: some people choose to focus on solutions, not allowing anything to get in the way of their goals. Others take virtually no responsibility for solving their problems themselves. Which are you?

Overcoming obstacles actually serves two purposes: to heighten your belief in yourself and to strengthen your determination to succeed. Obstacles even help some of us find more positive meaning in life. My cancer diagnosis three years ago led me to a new

“ If we have self-limiting beliefs, we will have self-limiting behaviors. If we have self-empowering beliefs, we will have self-empowering behaviors.

appreciation of life, helped me discover talents I didn't know I had, helped me realize a strength within which I had never recognized before, and taught me to make better choices in my daily life. This experience brought me to a very clear understanding of what is really important in my life – what my priorities are regarding who I want to spend time with and how I want to spend the rest of my life, however long that may be. I have learned the value

of "now" and I concentrate on being fully present in that now. I've learned to be more tolerant with people, a bit more compassionate, less judgmental, and more accepting. Most of all, I've learned to be grateful for every day and each breath I take.

There are people who use obstacles as excuses for not being successful. After all, what could they do? They wanted to succeed, but circumstances prevented them from it! They didn't have the right opportunities, the right parents, the education they needed, and they certainly didn't have the right "connections." Don't let this person be you!

Intelligent people see obstacles as something to be overcome. This viewpoint brings them closer to getting



ABOUT THE AUTHOR

Judi Moreo is the author of the award winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10% of the speakers in the world hold this highly respected earned designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 896-2228 or judi@judimoreo.com.

are either the road of passivity and despair or the road of action and hope.

what they want. Be one of these people! There are always going to be obstacles in life. The real challenge is to overcome them. When you expect great things, then great things will happen. For some, an obstacle may be "the end of the line." For others with strong beliefs and great expectations, an obstacle is simply regarded as a setback. Let it be that way for you. Have faith in your future.

Obstacles and hardships don't have to lead to failure. Do you remember the Bible story about the army of Israel facing the giant, Goliath? They said, "He's so big, we can't beat him." But when young David saw Goliath, he

said, "He's so big. I can't miss him!" He defeated the giant with only a slingshot as a weapon. Obstacles are opportunities in disguise which, when handled without fear, can transform our lives.

Sometimes overcoming obstacles brings change. You'll be out of your comfort zone, and this can be frightening. Do what you are afraid to do, go where you are afraid to go, because if you allow fear to take hold and immobilize you, opportunity may pass you by. I am reminded of that poem by Robert Frost in which he says, "...two roads diverged and I, I chose the one less traveled by." Well, our roads

We make choices every moment of every day. When we choose to have faith instead of fear, take part in creating our own destiny, show gratitude for the progress we've made, and stay focused forward, we will see miracles at every turn. Then and only then are we moving toward a future filled with unlimited possibilities. Faith is the confident assurance that something we believe is true or something we desire is going to happen.

Life may not be easy, but if we choose to adopt a positive attitude, recognize obstacles as opportunities, and focus on solutions, life can be very rewarding.



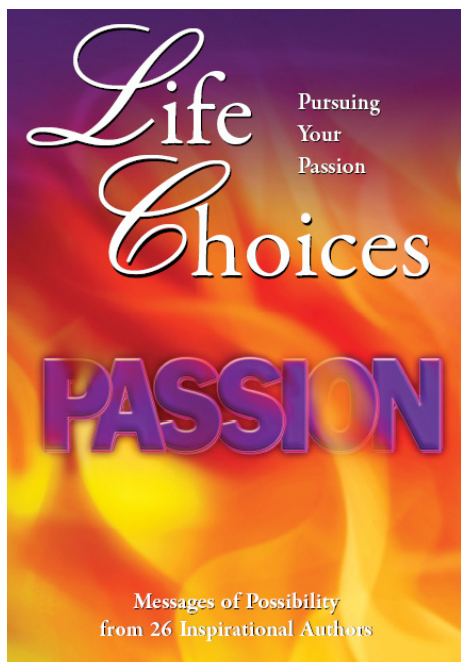
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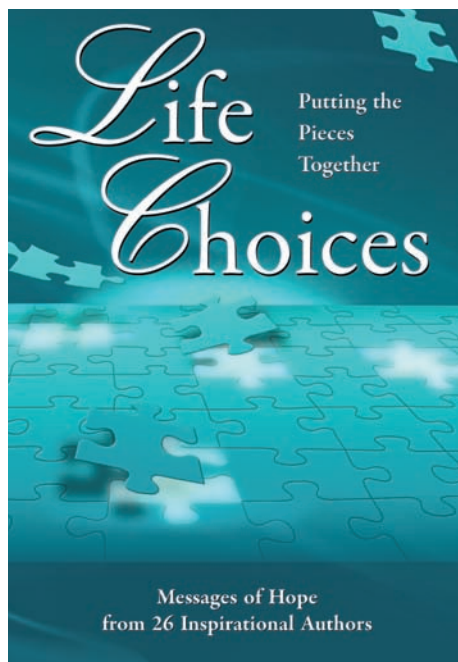
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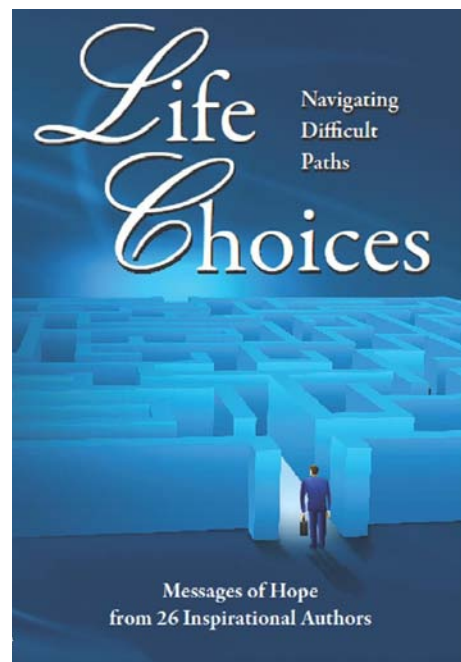
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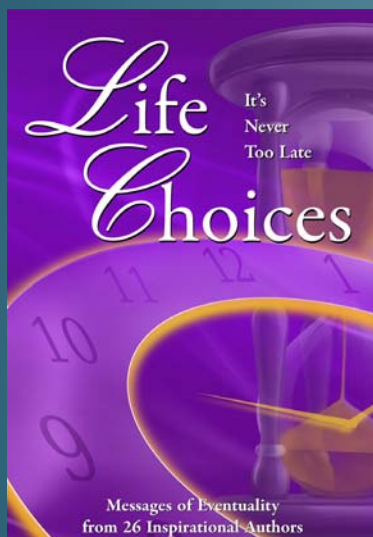
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible... READ THIS BOOK. Twenty-six authors share with you how they pursued their passions and made their dreams become reality.



Should you find yourself in circumstances that require the making of difficult choices, the stories in this book can offer you courage and inspiration. Each author has addressed hurdles they have faced in order to reach their current level of success. It is a collection of powerful true stories written by real people who have overcome the obstacles in their paths.



This empowering collection of stories reminds us that we all have choices, and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their inspiring journeys when navigating the difficult paths of their lives.



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No matter who you are, how old you are, or your level of success, it is never too late to make the choice to be who you are meant to be. Don't be afraid to make changes. Don't be afraid to make an attempt to achieve your goals.

Within the chapters of this book, 28 authors tell their stories and share the lessons they have learned. Their enlightened knowledge can serve as inspiration for finding your own path to the understanding that it is never too late.



BEAUTY WITHIN

BY JOAN PECK



You most likely have heard various expressions about beauty such as “beauty is as beauty does” or “beautiful inside and out.” The expression that really made me stop and ponder it is the expression “beauty is in the eyes of the beholder.”

I remember that my first reaction to that expression had been negative in that I immediately went to that space of thinking it was up to someone else as the beholder to declare whether or not I was beautiful! After all, we are such an outward thinking society, always looking outside of ourselves to define who we are, that my early reaction had seemed appropriate to me then.

Think about it! From a very young age, we women, in particular, get messages from all the media that we need to be beautiful, thin and stylish. And we are given so many choices of beauty aids to help us become someone other than who we are that the message becomes loud and clear... you need help! We never see ads or public messages that say we are beautiful just the way we are and so we begin to believe that we can't be beautiful unless we use the right products or do the right things to make us so. Pointed out to us, in many ways, is the message that there always is something we can improve upon whether it is how we dress, our hair color and style and, of course, any aspects of our body shape. All of this free advice only stimulates the thought that we are not perfect as we are and probably never will be; even

though many of us feel compelled to strive throughout our lives to be beautiful- always on another's terms.

Thank God for those of us who have reached the stage in life where we gave up caring to be perfect and beautiful! And the interesting thing for many of us after reaching that stage in life is that we became more beautiful! How did that happen? What did we do differently?

We began to like ourselves as we are, and became aware of some of the aspects of living that creates an inner glow that lightens our face and adds sparkle to our eyes.

1. Gratitude

We became increasingly aware of all our blessings and are grateful for them: good health, good friends and family, and abundance of all kinds.

2. Acceptance of Self

We have had enough life experiences that taught us we weren't perfect, and we finally gave in and accepted it. It became easier to say, “So what?”

3. No Comparisons

We no longer compare ourselves with others having learned that if something wonderful happens to someone else, it might be our turn next.

4. Joy

We find joy in the little things... a bird that sits in the tree and serenades us, a child giggling with a buddy, a call from an old friend, or joy in all those circumstances that bring us happiness.

5. Faith

We have faith that all is as it should be and if it isn't, we have the power and strength to change what needs to be changed. We believe that we are not alone and are always protected by our guides and angels.

Now when I hear the expression “beauty is in the eyes of the beholder,” I know and appreciate who the beholder is... ME!



ABOUT THE AUTHOR

Joan S. Peck is the author of several spiritual books and a contributing author to two of the Life Choice books. She has a new book coming out this fall – **Prime Threat - finding your way out of addiction**, a book written with her son from the other side.

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“It took me a long time not to judge myself through someone else's eyes.”

- Sally Field

VIM KRUGER

AN INTERVIEW

BY JUDI MOREO

As our Summer issue is about Health and Beauty, I wanted to share with you an interview with one of my very favorite Beauty photographers.

VIM KRUGER

Vim Kruger was born and raised in Cape Town, South Africa. His mother, Marti, was one of South Africa's top models and as an only child, he grew up in the fashion world. Vim recounts "as far back as I can remember I looked at the things around me through the eye of a lens."

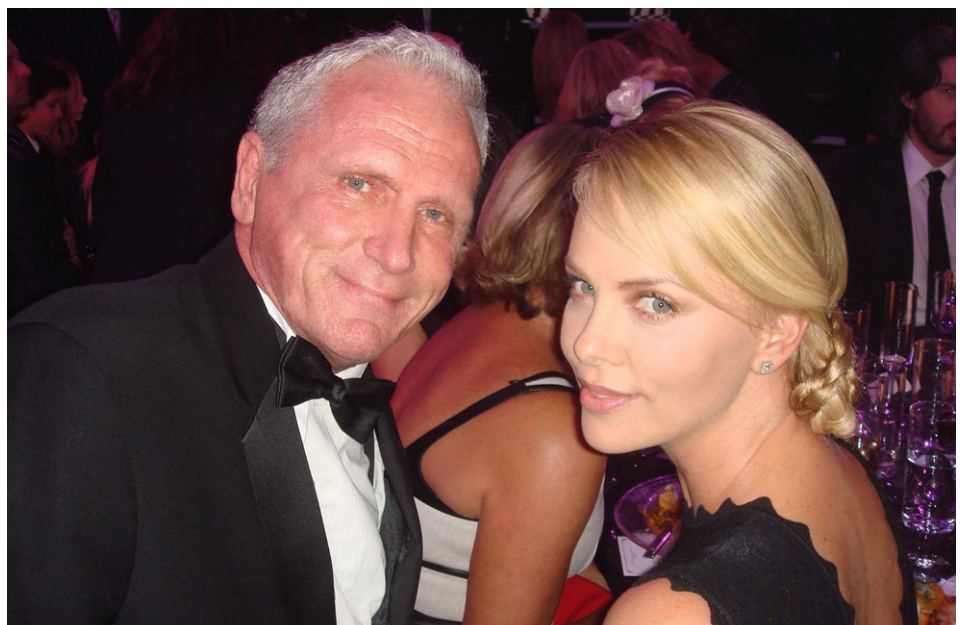
In the mid-70's, he moved to Las Vegas, Nevada to pursue a dance career where he successfully performed for 15 years in some of the most prestigious production shows in the world. As a successful Principal Dancer in Las Vegas, Vim re-discovered his love for photography by shooting all the "beautiful people" around him. He utilized his talent and show business connections to build a large celebrity portfolio. Vim became a self-proclaimed aesthete with a love of beauty, art and taste. It was that

innate interest in the creation and appreciation of beauty that naturally progressed him into beauty and fashion photography.

In order to spend more time with his parents, Vim moved back to South Africa at the end of the apartheid era. Vim rapidly became one of that country's most sought-after fashion and beauty photographers. His work has contributed to the editorials and covers of most of South Africa's major publications as well as those of

international magazines such as ELLE and Cosmopolitan. His advertorial clients have included such leading cosmetic and fragrance companies as Chanel, Lancôme, Dior and Estée Lauder. His consumer goods clients include renowned names like Tag Heuer, GOCK Men's Underwear, and Punchline Cocktail Mixers.

Today, Vim Kruger's photographs are exhibited around the world--from Cape Town to London and Miami



Did you always want to be a photographer?

I was given my first camera by my aunt when I was around 10 years old. It was a Brownie and I still have the very first photograph I ever took which was a landscape picture of Table Mountain in Cape Town, South Africa with a wave breaking in the foreground.

Who influenced you?

One photographer and one photograph in particular influenced what and how I wanted to photograph. It was by Richard Avedon and the famous picture he did of the model, Dovima, standing in front of two circus elephants as they reared up because of the flash that went off. I don't think she knew what they were doing behind her... luckily :)

What inspires you?

What inspires me is BEAUTY....in all its forms

To me, it's all in the angle and most importantly, you have to know when to push the button. In other words, you have to recognize when that split second of beauty appears in front of your lens and capture it. A BEAUTY PHOTOGRAPHER is the visual counterpart of a COMEDIAN. A comedian talks about very ordinary things which everyone has experienced or at least knows about. He just tells you about them from HIS point of view, which is usually the funny angle. It's the same with the beauty photographer. We don't photograph anything that doesn't exist. We simply photograph what is there for everybody to see. We just SEE it (our way) and then photograph it and present it to everyone else...

Beauty really does come from the



inside. Well inside, and maybe a little make-up and hair styling, as well. The rest is all angle and lighting and voila!!

Oh, and a wind machine helps. LOL

In the old days, a beautiful skin had you half way there, but that is not even necessary nowadays. Just click on a button on Adobe Photoshop and

FAR LEFT

Vim with actress Charlize Theron

ABOVE

Photograph of Judi Moreo by Vim Kruger

everyone has a flawless complexion. Personally, I prefer some imperfections and AT THE VERY LEAST...some lines to show. To me, that contributes a LOT to a woman's beauty...the life she has lived. That is why beauty is ageless...

When women are photographed they must make an important decision. Do you want to look YOUNG or do you want to look BEAUTIFUL? They are NOT the same thing.

Oh and I forgot....if possible, I prefer to shoot beauty in the nude!!! Not ME in the nude...the women in the nude..... that way they have no "uniform" to hide behind or adopt a certain attitude from (such as a woman wearing a fur coat automatically assumes a certain "look" and attitude....the same goes, for instance, if she is in a bikini, etc.) When she is naked, she is vulnerable and LISTENS to the photographer....she is dependent only on what he tells her and makes her feel.....and there you have it....BEAUTY....it's all manipulation. LOL

How important is it for you to "connect" with your subjects to bring out their real beauty?

Connecting with my subject is most important....I have always thought of myself as a Director more than a Photographer and therefore, I HAVE to connect with whomever I photograph.

What makes a good picture stand out from the average?

In faces, I look for the usual wide set eyes, full lips and small nose in women. In men, a smile is always what I find most attractive. Children are most beautiful when they are just being completely natural and unaffected.



When it comes to bodies the most important thing is perfect proportions and of course, someone who has a natural "line" and coordination... unfortunately it is something most models don't have and VERY frustrating for me to shoot with someone like that.....my first career was that of a dancer so I communicate from a dancer's point of view.

I've always admired the work you do in black and white. Many of your most beautiful photographs are in black and white. Why is that?

I love Black and White mainly as that is what I started in, but it all depends on the subject. Bodies I definitely like to shoot in BW.

What is one thing you wish you had known when you started taking photos?

I wish I had known how important it was to be good at business in order to be a success as a photographer and to

have a good manager!!!

Of all your works, do you have a favorite?

My favorite picture is a body shot I did of a friend of mine making circles in the sand and almost shot it by mistake. Meaning, I didn't think about shooting it or "setting" it up....I just instinctively pressed the shutter when the movement happened. It was the last picture on a roll of film and I didn't even expect there to be one left.

I love all the pictures you've done of me. Thank you for being such an incredible artist...and for making it so fun, as well!

You can view more of Vim's work at www.VimKrugerPhotography.com.



CHOICES

WITH JUDI MOREO



LIFE IS ABOUT
CHOICES. TUNE IN
AS JUDI PROVIDES
INSIGHT ON THE
ROLE **CHOICES**
PLAY IN OUR **LIVES**

CHOICES on BlogTalkRadio.com

With Judi Moreo

Life is about choices (professional, personal and emotional)! This groundbreaking show hosted by Judi Moreo gives us insightful and practical tips on how to recognize the power of choices and the role they play in achieving the full potential within each of us regardless of our life circumstances.

For over twenty years, Judi Moreo has studied the lives and habits of highly motivated and successful people. She has unraveled the mystery behind the illusion that only a chosen few are allowed success, and has become a respected author and radio personality discussing the subjects of personal development and self-esteem. Judi shares simple, usable techniques that you can apply to your every day world. Grab a cup of coffee or tea and listen as Judi shares such things as:

- * Recognizing and releasing the fears that are keeping you from finding your purpose
- * How to turn your thoughts, hopes, and ideas into positive action
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THERE IS A SPA HIDDEN IN YOUR KITCHEN

BY JASMINE FREEMAN

I love the spa! I love the scents of the products, and the relaxing atmosphere. The pure luxurious feeling of it all is so lovely. My pocketbook doesn't seem to feel the same way about the spa. \$40 for a fancy body scrub! My family is on a mission to become debt free over the next year and \$40 on a body scrub isn't part of that plan right now. That's why I am so thankful for Pinterest. My new love! I've discovered ways to make those body scrubs, face masks, lotions, cleansers and more with simple and natural ingredients that I already have in my kitchen at home. The cool thing is, I know there aren't any junk ingredients in these at home treatments (like chemicals, carcinogens or preservatives – or who knows what else)!

Before you begin, it's always a good idea to do a small test with homemade mixes on your skin to make sure you don't have a bad reaction to any ingredients. Do a quick patch test on sensitive skin, on the inside of your wrist, before applying any of the

following to your face or body.

I live in the desert and while I love the gorgeous weather we have year round, I don't love how dry my skin gets. That's why this moisturizing face mask with a zesty orange scent is just what my skin is asking for.

Created by www.foodpluswords.com and saved to my Pinterest Wellness Board.

Moisturizing Face Mask

Source: www.foodpluswords.com

Why it's so good: *"Freshly squeezed orange juice is packed full of zinc and antioxidants, which your face loves a lot. Oatmeal and dried orange peel are excellent for gently exfoliating the dead skin cells from your face. Honey is naturally antibacterial and is wonderfully cleansing, and also is good for tightening your skin. I've been washing my face with it for years! And yogurt? Yogurt is SO good for your face! It moisturizes, reduces the size of your pores, and even helps with break-outs."*

Ingredients:

- 1/2 cup steel-cut oatmeal (you can substitute instant unflavored oatmeal)
- juice from 1 whole orange
- 3 tablespoons plain yogurt with active cultures (Greek yogurt is great for this!)
- 2 tablespoons honey
- 2 teaspoons dried orange peel (found in the spice aisle of most grocery stores)

Directions:

1. Combine all ingredients in a small bowl.
2. Stir until well-mixed and combined. You're looking for a consistency that is thick, but not too runny so it will stay on your face. You can always add extra oatmeal to thicken.
3. Spread onto your freshly washed and dried face in an even layer, being careful to avoid the eye area. Leave on for 15-30 minutes.
4. Rinse this mask off with warm water.
5. Store any leftover mask in an airtight container in the fridge for up to one week.

Another and much more simple facemask recipe I really enjoy (just remember to wear a dark shirt when applying this mask because it does drip and stain) is the Miracle Mask. It's only 3 ingredients and it really does work miracles.

The Miracle Mask

Source: www.CollegeFashion.net

Why it works: *"Nutmeg and honey act as natural anti-inflammatories, which can reduce swelling and redness in skin. They're also great for soothing acne scars and preventing infection. In addition, the nutmeg and cinnamon also work to exfoliate your skin when you wash this mask off."*

Directions:

1. Mix 2 tablespoons of honey with a teaspoon of cinnamon and a teaspoon of nutmeg. The consistency should be like a thick paste.
2. After it's all mixed, apply the mask to your face and let it sit for 30 minutes.
3. Wash it off with warm water, scrubbing softly in circular motion for exfoliation.

That's it!

Body scrubs are wonderful for polishing and nourishing your skin. They also make wonderful gifts and are so quick and easy to pull together. I really love this simple Vanilla and Brown Sugar body scrub. It's a must have in your shower. Source: bystephanielynn.com with some minor tweaks of my own.

Vanilla and Brown Sugar Body Scrub

Source: www.bystephanielynn.com

Why it works: *"The sugar is the perfect exfoliate for your heels, knees and elbows and great for your tan legs in the summer time, too. When mixed with the oil, it provides a healthy amount of nourishment to your skin during and after exfoliation and you leave the shower with a healthy glow."*

Directions:

1. Begin by mixing 2 Cups of Brown Sugar and 1 Cup of Granulated Sugar together until there are no lumps.
2. Add in 1 Cup of Unscented Coconut Oil and 1 Tablespoon of Pure Vanilla Extract. (You can also use Olive Oil but the scent is a little more overpowering.)
3. Mix together well and scoop into a sealable glass container.
4. Apply once or twice a week during shower time for best results.

Easy. You have your scrub!

Next up, the Mud Scrub! This is my favorite scrub because I really enjoy the scent of coffee in the morning and this will leave your shower smelling like your favorite coffee shop. This Sugar Coffee Scrub or "Mud Scrub" is from lungesandlace.com.

The Mud Scrub

Source: www.lungesandlace.com

Why it works: *"Coffee is high in antioxidants. Coffee grinds are an excellent exfoliator. Caffeine increases blood flow to the skin, reducing the appearance of cellulite. It also constricts veins, reducing the appearance of varicose veins."*

Directions:

1. Combine 1/2 cup white or brown sugar (I use brown), 4 tablespoons

coffee grounds, 4 tablespoons baby oil or olive oil (My preference is olive or to substitute unscented coconut oil), and a little vanilla for scent in a bowl.

2. Scrub this all over your body in the shower once or twice a week. Your skin will thank you!

Enjoy trying these at home spa recipes and please join me on Pinterest, I have many more recipes saved for you to try! Follow my Pinterest Boards at: <http://pinterest.com/jasminefreeman8/>



ABOUT THE AUTHOR

Jasmine Freeman is a Wild Wonderful Working Woman. She runs the life and offices of a busy Executive while juggling motherhood of four; volunteers for Cupcake Girls & The Crossing Church; serving on the Advisory Council and Ambassador Chair for Vegas Young Professionals; wife to one patient man. Jasmine enjoys living life to the fullest and believes in taking care of yourself so that you can best take care of others and the world.

www.wildwonderfulworkingwoman.com

SLENDER IS A LIFESTYLE

THIN IS JUST A STATE OF BEING

BY JIM CATHCART, CSP, CPAE

Ogrew up expecting to be overweight. It was the South where the slogan is, “If it ain’t fried, it ain’t food yet.” Having never been an athlete nor worried about sugary tea, dessert at every dinner, fried chicken and fried eggs regularly, I was fat. Not huge, mind you, just ‘robust’ (about 20 lbs overweight.) Over time I accumulated more excess weight until finally I weighed 199.5 pounds. The thought of weighing 200 repelled me so I drew a line and made a change.

Then in 1972, I started setting goals, improving myself and taking control of my life. One of my obvious needs was improved health so I set the goal to become slender. Note: I did not say “to lose weight”. I had done that dozens of times successfully but always gained it back the next year. What I wanted was “To Become Slender.”

What’s the difference? Slender people don’t become fat (again).

I learned they don’t think about food the same as heavy people either. They see it as nutrition, entertainment and an energy source, not as comfort nor routine. They don’t ‘snack’ much either. The more I studied slender people, the more differences I found. Then I

started changing my own thinking and thereafter, my habits.

I included exercise, or at least more physical activity, into my days. I took the stairs more often, did pushups when I had a spare minute, drank water when I was hungry for a snack. I also reduced my TV time and moved around more. As a result, my life improved measurably.

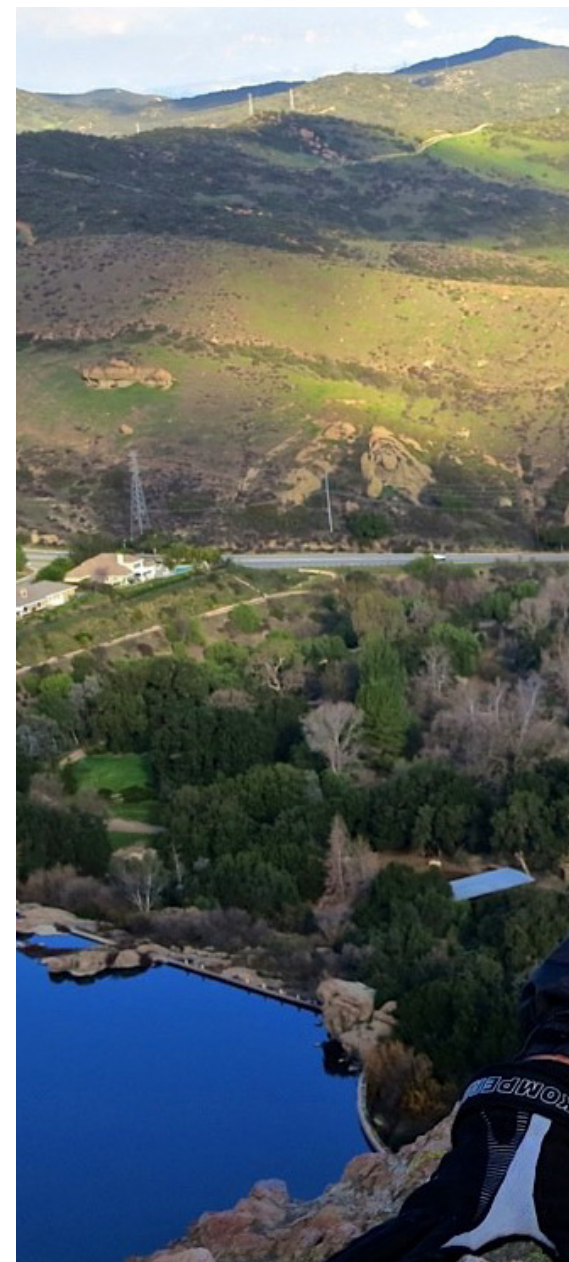
Over a six month period in 1976-77, I removed 52 excess pounds of weight and started jogging daily. Then completely replaced my wardrobe. I couldn’t wear any of my old clothes. So I gave them away. (Heavy people would keep them, just in case they gained the weight back. And then they would.) I stopped smoking, took up running, made new athletic friends, set physical goals and literally transformed my life. And so can you.

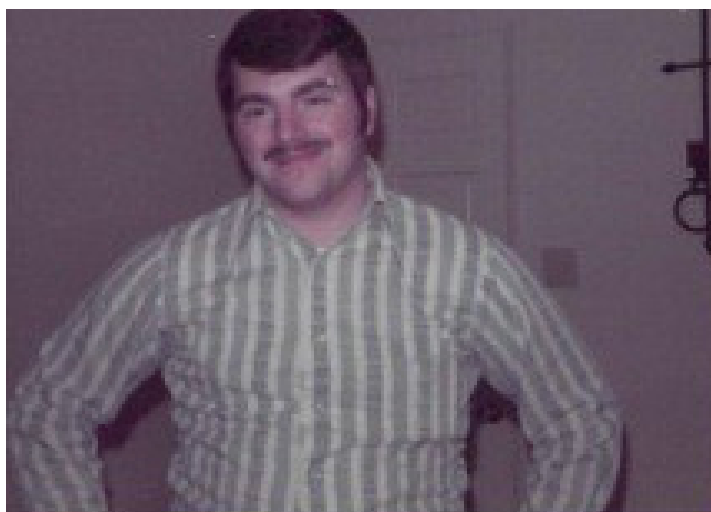
First, you have to decide to become slender, if that’s your goal. It’s like quitting smoking. Smokers quit and restart all the time. Non-smokers just don’t smoke. I decided to also become a non-smoker. I didn’t TRY to quit, I just quit, forever. I gave away my engraved gift lighters and fancy ashtrays. I got out of the smoking business for life.

All of this took place forty years ago. An

entire generation has passed by since then! Today at age 66 I’m a mountain trail runner (3 times a week), a lifetime non-smoker, of course, and I weigh about 52 pounds less than I once did.

You can change yourself, but first you have to decide what you want to change into.





LEFT:
Jim in 1974

BELOW:
Jim today.

ABOUT THE AUTHOR

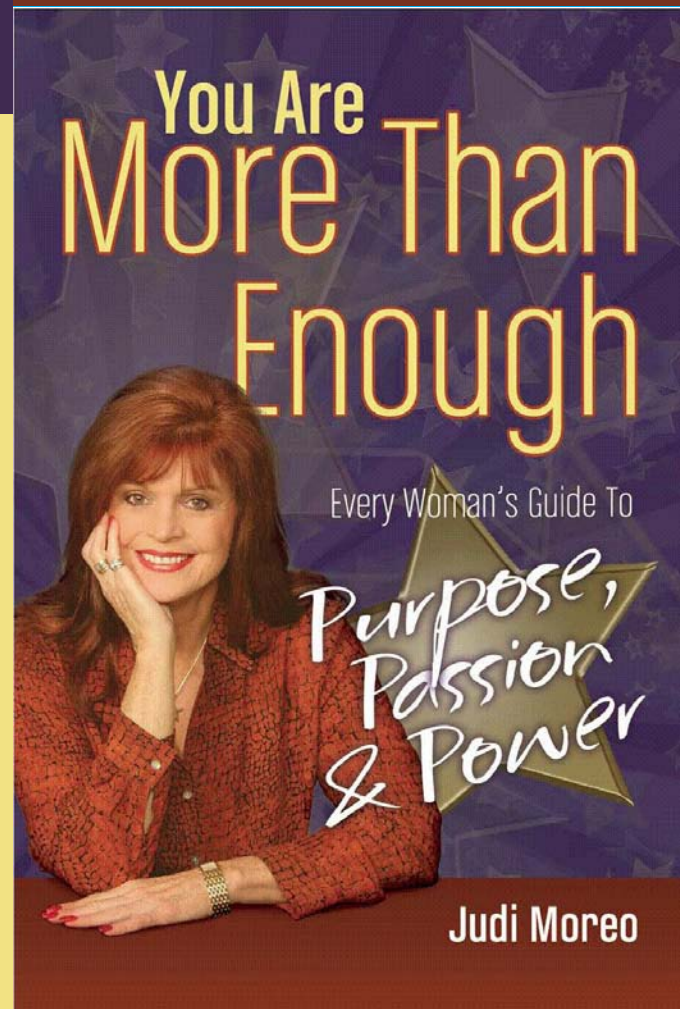
Jim Cathcart is a Hall of Fame professional speaker, author of 16 books and past president of the National Speakers Association. Contact him at www.cathcart.com



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ACHIEVEMENT JOURNAL

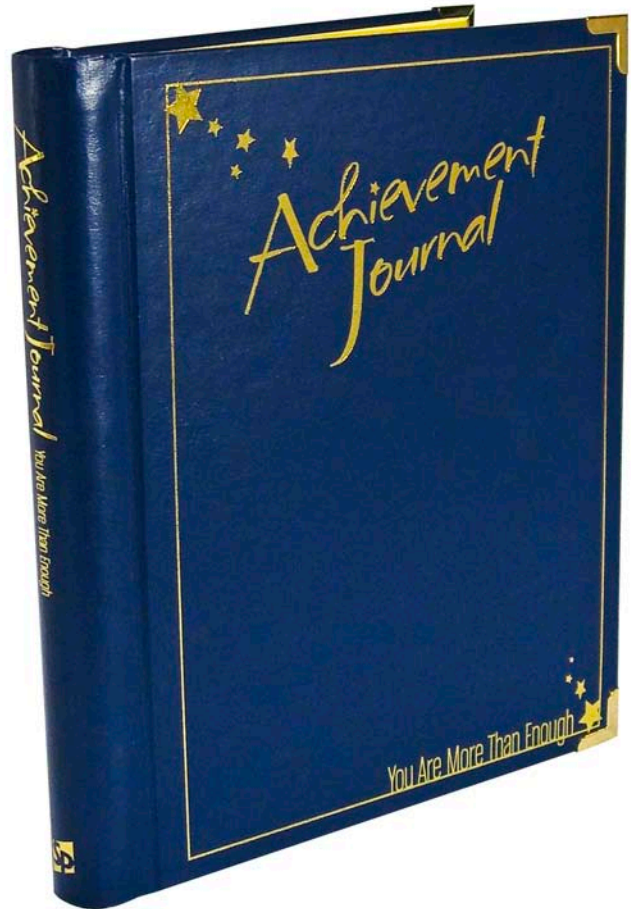
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- Education
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- Recreation

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**- Montel Williams, TV Host
The Montel Williams Show**



WHEN WE IMPROVE OUR THOUGHTS

BY PETER SHANKLAND

“When we improve our thoughts, we improve our feelings, which in turn improves our behavior, and leads directly to improved results.”

- Judi Moreo, *Overcoming Cancer: A Journey of Faith*



Consciously, or unconsciously, life is about choices.

Everyday, we make thousands of choices regarding all aspects of our lives. The consequences of our choices, our decisions – our

actions – define what unfolds next. It is a constant, cosmic interplay between each moment being the fruition of all that has come before, and, concurrently, shaping the causes and conditions of what is yet to be.

While we are often aware of the reasons for what we do, many times we are not. Subtle mental and emotional sways guide us to what we feel is right at any given moment, though, many times, we are influenced by that which we have yet to realize, recognize, or understand about ourselves – the undercurrent of our subconscious.

I love Judi’s quote because it steers us to a starting point for making better choices- better decisions; it reminds us that our thoughts are the source for all subsequent feelings and actions.

When we gain insight into our thought processes through practices such as yoga and meditation, we better reveal the conscious and unconscious path from which our thoughts arise. Such self-knowledge is innately satisfying because it just “feels” right. We know that we are acting from a more genuine place within our being. We know that we are “being true” to ourselves. We innately resonate with a more pure light of our being that gives rise to, and attracts, positivity. Our beauty shines forth, originating from within.

Mediation, yoga, and similar practices link our minds and bodies; they habituate our mind to calmness and cultivate a greater awareness of how our thoughts arise, dwell and cease; they show us the workings of our minds and help dissolve the seemingly



endless stream of mental chatter we experience.

Meditation takes many forms and manners to address the differing needs and aptitudes of practitioners. All meditation, though, seeks to still the mind, calm one's thoughts, and allows us to glimpse our true nature. Meditation, as one Master shares, is finding the gap in your thoughts, and letting it expand.

This journey often begins with a simple practice of one-pointedness – focusing the mind on one thing, and watching as a myriad of other thoughts arise and break your focus, then, mindfully (with a smile on your face, and a sense of carefree dignity at the silliness of it all) returning to your original point and refocusing. Such a practice is often guided by attention on a sound, an object, or your breath. Breath is excellent because it is always present, in an endless ebb and flow.

Try this, sit comfortably in your favorite spot, relax, sit with a sense of ease and compassion, allow your breath to effortless and naturally inhale, then, on the exhalation, count one. Allow the breath to again enter, mind calm and without thought, and on the exhale, count two, focusing only on the word and sound “two.” Repeat with three, four, and five. Except, every time a thought arises between the exhalation and subsequent inhalation, return the count to one. See how high you can go. Be honest with yourself. Better not to cheat. Train in this way anytime and anyplace you may feel stressed or distracted. Cultivate a calmer, more aware mind – cultivate mindfulness.

From this vantage point of mindfulness, our ensuing behaviors unfold with much less effort, stress, or worry, and we create the causes and conditions for healthier consequences to occur.

A simple analogy to illustrate: if we

always strive to speak our truth – act properly through speech – not lie, gossip or intentionally deceive, then we never really have to remember what we say in the sense that we shall never be caught in a mistruth. We do not have to juggle the hassles of saying one thing to Joe and something different to Jane. At each moment, when our words arise from a more genuine place within our being, our words – our actions – will flow more easily, effortlessly.

The same applies to our physical actions – our behaviors. When they arise from a more aware mind and an improved feeling or sense of calm, the unfolding consequences as dictated by our actions, must, by definition, become healthier for us; they must yield improved results.

Let that marinate for a while, then test it out and see if it is not true in your life. Be peace.



ABOUT THE AUTHOR

Peter Shankland currently resides in Las Vegas, NV where he teaches massage therapy, and practices various complementary disciplines. See: www.peace.massagetherapy.com for more information.



Y

ou don't need to obsessively monitor your calorie intake to lose weight. Follow these four simple, yet effective, lifestyle strategies for weight loss success—no calculator required!

START WITH AN IDENTITY-BASED GOAL

Most people who want to lose weight start with a statement like "I want to be skinny" or "I want to lose 20 pounds." The reason why it's so hard to lose weight is because often we are trying to achieve the results before we ever believe that we own the identity of the person we want to become. Take your goal and ask yourself

who the type of person is who has the ability to reach it. Is he or she active every day, eating to fuel and nourish the body, feeling vibrant and alive? Restate your goal as an affirmation in the form of "I am the type of person who _____."

CROWD OUT PROCESSED FOODS

Processed foods are cheap and convenient, but they are also full of sodium, sugar, chemicals, and empty calories. Even packaged "health foods" that highlight less calories, less fat, or no added sugars create a misconception that the fewer "bad" nutrients a food contains, the healthier it is. Being hyper-focused on one specific aspect of the foods you eat steers

you away from the bigger picture: the total nutrient package and the overall diet are what matter. Crowd out processed foods by adding whole foods into your diet. They are nutrient-dense, and when your body gets the necessary nutrients, you will experience fewer cravings.

BUILD A BALANCED PLATE

Fill at least half of your plate with nutrient-dense, high-fiber, low-calorie vegetables, especially dark-green, orange, and red varieties. A quarter of your plate should include lean animal or plant protein sources to help you feel satisfied. Don't eliminate the fat! Reserve a sliver of your plate for healthy fats from foods such as olive oil, nuts,

LOSING WEIGHT WITHOUT COUNTING CALORIES

BY NATALIE MELCHIORRE



and seeds. Save your starchy carbs until after exercise, when the body uses them most effectively, and aim for whole grains over refined breads and pastas.

EAT INTUITIVELY

Many of us are habituated to our triggers and our schedules signaling that it's meal time. We have forgotten what it feels like to start a meal hungry and end a meal satisfied. First, begin listening for your hunger cues. Stomach growling, light-headedness, irritability, and headache are all likely signs. Once those hunger pangs have set in, it's time to eat. Don't wait until you turn ravenous! Second, observe the signs that tell you that you're comfortably

satisfied. Pause in the middle of your meal to check in with your body and your taste buds. Aim to stop eating when you've had just enough to fill your stomach comfortably without feeling

overfull.

These four strategies are easy to incorporate into your life and will put you on the fast track to a healthy body and lifestyle.



ABOUT THE AUTHOR

Natalie Melchiorre is an ACE-certified health coach and personal trainer and founder of BodyAide. Natalie empowers individuals to live healthy lifestyles and teaches them how to assess their health, develop goal-setting skills, and find pleasure in healthy activities to make positive change so that they may live the lives they desire. To get personal support from Natalie, reserve your complementary "Creating Space for Health" Strategy Session at www.bodyaide.com.



TAKE TIME FOR YOU

BY RIDGELY GOLDSBOROUGH

The woman shut the bathroom door behind her, took one glance at her worry lines and furrowed brow and turned away. She set her towels on the make-up chair, stood with her hands on her waist and paused.

“Can I really do this?” she asked herself.

She sighed, tugged the clip from her hair, reached down to turn on the hot water, remembered the candles she had saved.

She dug into the recesses of her middle drawer, extracted four flowered blocks and carefully placed one on each corner of the tub.

She lit the wicks.

A waft of gardenia filled the room.

A slight curl teased the corners of her lips.

She poured a capful of bath salts under the faucet and stood, in a stupor, staring at the bubbles that quickly formed a blanket of glistening bursts and pops.

“Wow,” she suddenly realized, “I’m watching bubbles grow.”

She shook her head.

She waited until the froth reached the rim, began to dip her toe into the heat, pulled back abruptly.

“My pillow,” she quipped. “Where’s my special pillow?”

It sat in its usual place on the shelf.

She took it down and hugged it to her breast.

“I guess I’m a little stressed,” she concluded.

Finally, she slipped below the bubbles into the steaming pool.

She lay her head back, closed her eyes, let herself drift.

Why do we fret so much over taking time for ourselves?

Who set up this paradigm?

Do we truly need to buy into it?

We feel guilty when we reward ourselves or try to find a small space in a harrowed schedule for rest or rejuvenation.

We conjure up images of selfish beasts that don’t care or do enough and face the wrath of family and friends if we can’t finish the task list, advance the



cause and put on a happy face in the process.

To make matters worse, we grapple with the impossible paradox of being our best at the expense of ourselves—a lose-lose proposition that erodes our youth and steals our joy.

Stop.

Your loved ones want all of you, not the leftover scraps.

Sometimes, they may have to wait a while.

What will it take for them to re-discover the real YOU, the one they fell in love with, shared so many treasured moments—the one hidden behind the inner angst and agitation?

Let me share a secret.

If you give them a chance, you'll find that they survive just fine without you while you mend and refresh.

Actually, it's up to you.

Claim a sacred interval.

Return to us whole.

We all win.

The woman's eyes opened softly. She rolled her neck and sighed a different kind of sigh—one punctuated by an easy, comfortable smile.

Funny how she didn't notice the streaks on the mirror or the toothpaste on the counter.

She saw only the soft candlelight and a warm terry cloth robe.

That's A View From The Ridge...



ABOUT THE AUTHOR

Author, speaker, and serial entrepreneur, Ridgely Goldsborough, has written nine books, produces a column entitled, "A View from the Ridge" and is the creator of Modest to Millions, a program that chronicles the principles of prosperity, success, and wealth accumulation according to successful self-made individuals.

Ridgely began writing as the publisher of the Upline Journal, a monthly periodical. He founded Network Marketing Lifestyles magazine, distributed by Time-Warner and Doman Street magazine, the first publication of the domain names industry.

Ridgely may be contacted via ridgelyg@gmail.com
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 (850) 291-6575

"Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it."

- M. Scott Peck

READY OR NOT

BY DEBORAH CLARK

W

ouldn't it be great if we could take every opportunity that comes our way, and put it somewhere

until we are ready. It's like when the kids call you, "wait a minute." Or when the phone rings, "wait a minute." Opportunities are the doors to the decisions we make that affect our lives. We are always waiting for the right time, the best time, or when we are ready to address it, open it, use it, share it, or show it to everybody else. How many times do we pack away stuff until the time is right, until the day arrives, or until we just can't take it anymore; even if we aren't necessarily ready? Let's take a minute to talk about how you get ready.

What are you doing?

You need tools to evaluate your current life position in relationship to the life you are living. Are you doing what you think you are doing, or are you really not doing anything at all? All you know is that you're not ready.

Journals are very helpful in finding out what's going on with you. If you don't see what you are doing, then you don't know what to do. The journal is a great tool. You need to write it down, read it back, figure it out, or celebrate it. Who knows you could be doing better than you think.



I recommend The Achievement Journal companion to: "You Are More Than Enough: Every Woman's Guide To Purpose, Passion, And Power" Available @ www.judimoreo.com/products

How are you doing it?

The first journal, (blog if you prefer), is the best. The first time you read who you are is so enriching. You can be inspired to new heights or devastated to realize that you have not done any of the things you wanted to do. Please don't be alarmed. You have to acknowledge the situation for what it is, good or bad. This is the start of the beginning. This is how you figure out what you need to get ready. This is where all the stuff is. This is why you have the journal. Often, even in the worst case scenario people will

continue to proclaim, "I'm ok", (no you're not). I am sure your have seen, at one time or another, someone who is a total wreck. Their life is a shambles, but they continue to pretend they have it all together, when in fact they are so "Not Ready." If you can't honestly accept your life the way it really is, you will never have a better one. If you don't want to improve yourself, you will always be where you are right now.

How is that working for you?

I have no idea what you want to be when you grow up. Remember that question? "What do you want to be when you grow up?" That question is the number one childhood dilemma. The question asked by every aunt, uncle, grandparent, teacher, baby sitter, even strangers on the street. Tell



me, why was it not ok to just say. "I don't know"? It was not ok because as children we were expected to have a plan, or at least a dream. Fortunately, adulthood responsibilities gave us plenty of excuses for not getting it done. How convenient is that?! Well people ,the 'excused' hall pass has expired. You are about to report to the rest of your of life; ASAP!

Whatever is not working, let it go. If it is working, enhance it; see what else you can do with it. Many of you are probably half way there. I would venture to say most of you are in a much better place than you thought, and when you see it written down you will be very surprised. That is a very cool thing. Enjoy it. If you read your journal entries and start thinking, this is not good, then it probably isn't. No problem, you can fix it. You are going to take a long hard look at why you think it's not good, and you will clear some space, and work it out. You can do this, and you will succeed. You will be ready.

"Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."

- William Jennings Bryan



ABOUT THE AUTHOR

Deborah Clark is a contributing author to two of the books in the Life Choice series: Life Choices: Navigating Difficult Paths and Life Choices: Putting the Pieces Together. As a niche professional speaker, Deborah delivers programs that provide value to audiences. Deborah's Mentor Program works one-on-one with her clients to provide training development and feedback. You can reach Deborah at: (973) 735-4994
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KISS AN ANGEL GOOD MORNING

BY SUSAN HALLER

When I entered the “post modern” years and realized no matter how much sleep and exercise I get, “dark under eye circles” and “small lines around my eyes” never go away; I set out to find a solution that would allow me to look younger without the fuss and expense of visiting a botox needle and fillers every month.

I was fortunate to run into makeup guru, Judith August, of www.JudithAugustCosmetics.com who taught me tips and tricks that allow me to have a fabulous look throughout the day and with a “bit of a touch up” into the night.

Here is the one beauty routine I simply cannot do without... Every sunrise... or actually when “I rise” (which is more like 8:30 am); I “kiss an angel good morning” by applying the angel directly onto my face, right where the dark night still lives. Her halo is on my forehead, her wings surround my eye sockets and her gown enhances my nose and chin... divine!

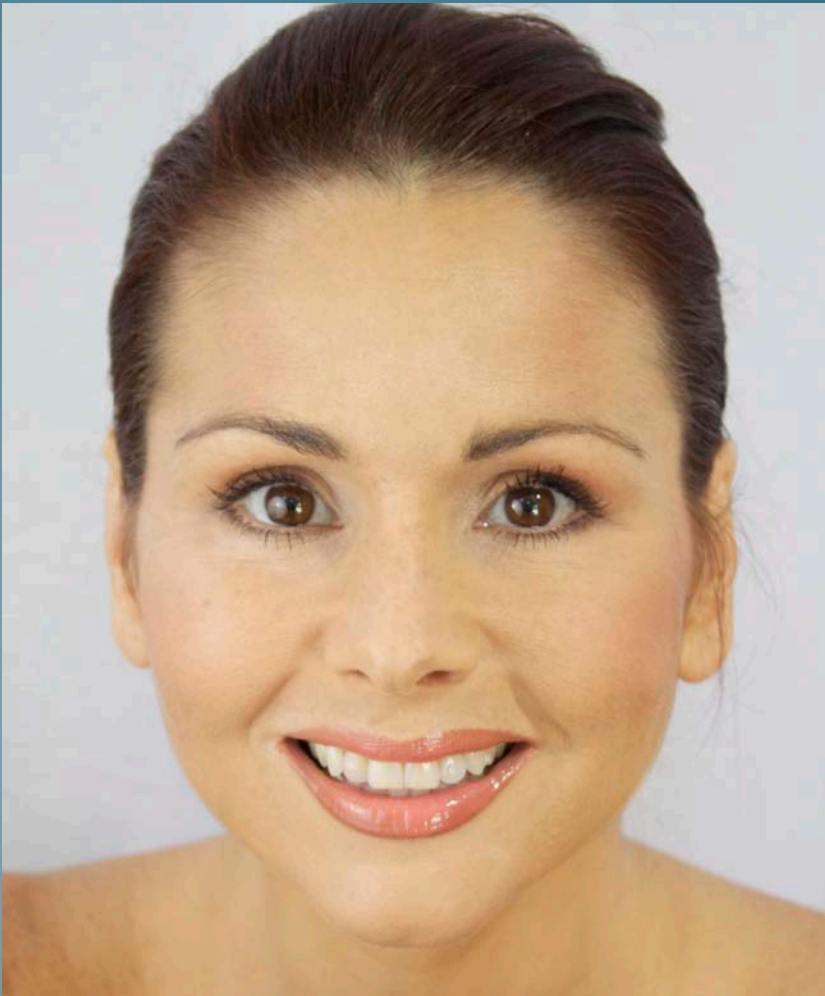
I wait at least a minute for it to sink into my own skin texture before I cover it with a light foundation, finishing it all off with a bit of setting powder. The angel hovers all day long

allowing for this little bit of heavenly bliss to illuminate my face and take years off of my look by camouflaging lines and dark spaces that surround my eyes and follow along my nose and lips. When I look into the mirror “voila!” years have been stripped away with the simple “kiss of an angel”.

It’s amazing what this bit of illumination can do for my mental health.

Camouflaging the parts on our face that drive us crazy, blemishes, roseacea, vitiligo, port wine stains, too many freckles... are simple ways to look better.





When we see ourselves in the mirror and look refreshed, we feel refreshed.

A big part of caring enough to stay young is not for others, but for me. It's really understanding, what goes in shows up on the outside...getting my skin and body in shape is directly associated with being an angel to myself and giving "me" the very best love I can.

It wasn't always easy when so much of my life has been dedicated to raising husbands and families and wondering what the future had in store. Truth be told, the future is here and now it is important that I treat myself to fine coffee, dark chocolate, bubble baths and wonderful friendships. I chase personal dreams because it gives me something positive to do and new people to meet along the way.

So the shoes got shorter and the cocktail dresses got longer...I drink less champagne and sleep more hours, and still I awaken to dark circles and crazy hair.... Alas... some things never change. Sometime I have to call in my personal cheerleaders for a reminder of all I have been through then we laugh at my life and realize, "it is only the calendar that marks my time". I am still 32 in my mind and if I suck in the right body parts, and look at myself at just the right angle in the mirror...

ABOUT THE AUTHOR

Susan Haller is the co-author of "Gotcha Covered The Compact Guide to Camouflage Makeup" written with Judith August of www.JudithAugustCosmetics.com Her writing includes a contribution in the original "Life Choices, Navigating Difficult Paths" with Judi Moreo and the musical comedy "A Dead Guy In My Daughter's Bedroom", based on a true day in Las Vegas. www.SusanHaller.com She can be reached at Susan@SusanHaller.com

Model: Jennifer Lier



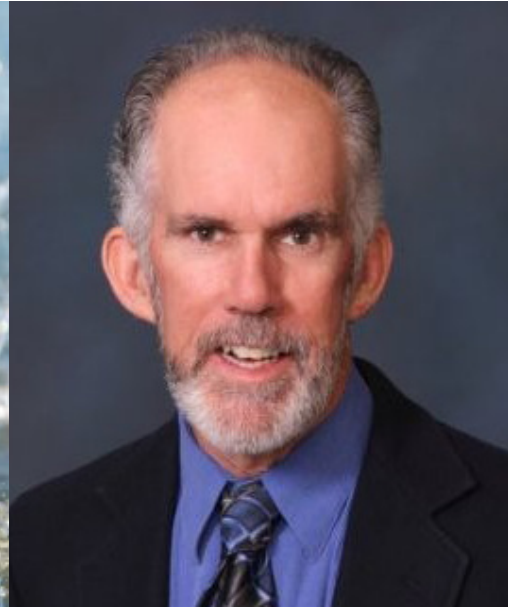
MOTIVATION FOR EXERCISE

BY KEVIN B. PARSONS

I've spent many a day at the fitness center and found it humorous to see people lined up and exercising in January. By March they've trickled away and we're back to the core group. The problem with exercise is it needs to be a priority and a lifestyle. Honestly, it didn't work for me either until I found out what motivated me to get and stay in shape.

A goal. I spent the years from age forty to fifty-eight racing motorcycles off-road. If I had a desert race coming up, I committed myself to be in shape for it. A person must be fit to race for hours at a time. After crashing too many times, I looked for a safer venue for competition and found sprint triathlons. What a great sport, as it encompassed swimming for a half mile, bicycling fifteen miles and running three miles. To train, I would exercise in each segment twice a week.

If the triathlon was over and nothing else loomed on the horizon, exercising suffered. I suppose my unconscious thought was, "What's the point?" For me, exercise doesn't make sense as an end in itself. I know, it keeps me healthy and



young, but I need a target, something to shoot for...a goal.

There are many types of competitions that pit one person against only himself. Obviously at sixty, I'm not going to be at or near the front of a triathlon. Or the middle, for that matter. And I don't pore over finishes to see where I finished in my age class either. I do like to check my times and see if I've improved from earlier events. The competition has changed from racing against others to racing for me.

Whether it's 5k runs, 10ks, half marathons, century (100 mile) bicycle events, or even ballroom dancing, competition brings out the best in us. Once during a triathlon I was near the

end and running, but slowly. I was about used up. People passed me and their age was written on their calves. A man passed me and I noted his age. Then I realized he was my age! I kicked it into gear and beat him to the finish. Perhaps I don't just compete with myself.

If exercising consistently doesn't work for you, consider entering some sort of competition. It doesn't have to be an Ironman Triathlon or the world's most grueling race. It could be a 3k fun run-or even a walk-to raise money for something, or a hike you've always wanted to try. It might just be what gets you in shape and keeps you there. And the bonus could be you'd find a passion.

Go on. Enter something.

ABOUT THE AUTHOR

Kevin B. Parsons is an entrepreneur, author, speaker and avid motorcyclist. He's written a Children's book, *Ken Johnson and Roxi the Rocker*, co-authored six anthologies and written numerous articles and stories.

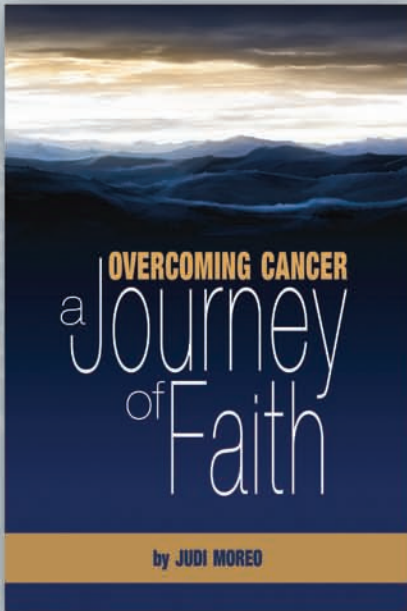
Kevin has ridden and raced motorcycles since age thirteen, and is two time *Best In The Desert* off road champion. Last month, he and his wife Sherri returned from their '50 States in 50 Weeks' adventure, riding a motorcycle with a pop- top tent trailer. He blogged every day during his adventure at www.50statesin50weeks.com www.kevinbparsons.com

“Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives.”

-- William A. Foster

Award Winning Author, Judi Moreo, knows what it is to travel the journey of cancer and shares that experience in this book.

Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes, and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work, and most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change, yet it is filled with excitement, experiences, and discoveries which can bring us to a new and better place, if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo "gets it." She understands that the question is not "what kind of treatment do I undergo?" but rather "how do I heal myself?" Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace, and courage, she addresses the physical as well as the mental, emotional, psychological, and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"This book is a must for those facing cancer and for those who have loved ones facing this fear-filled disease. Judi writes from the heart -- telling her story with truth and emotion. She highlights her course of action, not forcing her opinions on anyone but truly providing options to conventional cancer care that are sound and do-able. Her recommendations for nutrition therapy and exercise are quite impressive and fact-based."

- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine



This Book & Others Now Available Online!

www.JudiMoreo.com



SLEEP

BY ANNE DREYER

“If you can’t sleep, then get up and do something instead of lying there worrying. It’s the worry that gets you, not the lack of sleep.”

- Dale Carnegie

Recent research on people between ages 21 and 40 proves that sleep not only has incredible health benefits, but also keeps you young and healthy. The research also showed that the deprivation of sleep, besides making you look

older, leads to hypertension, diabetes and obesity!

The luxury of sleep

Sleep allows your brain a chance to regulate your immune, metabolic, endocrine and cardiovascular systems. It also replenishes your neurotransmitters and neural network, ensuring good memory and creativity

Eight hours - Your Passport to a Beauty Sleep

It is not a myth but a fact that the average person still requires eight-hours-a-night sleep. Most health benefits take place between the hours of 9 pm and midnight. These hours are

“ A good laugh and a long sleep are the best cures in the doctor’s book.

- Irish Proverb

also the most beneficial for getting your ‘beauty sleep’ and improving looks.

You may be able to get a full 8 hours of sleep if you go to bed at 2 am and wake up at 10 am, but research shows you will not be in tip top shape, compared to if you go to sleep before 10 pm and wake up at 6 am. It is crucial not only to have not only the right amount of sleep, but also sleep at the right time!

As people get older, they will tend to go to bed earlier due to their age and their lack of energy, which is normal. (Many celebrities have stated they go to bed early in order to restore and or keep their good looks!)

Your sleep pattern check list

If you answer YES to two or more of the following questions, chances are you need to seriously consider an early night!

- Do you feel drowsy after a heavy meal?
- Are you drowsy after a low dose of alcohol?
- Do you fall asleep instantly at night?
- Do you need an alarm clock to wake you up?
- Then, do you repeatedly push the snooze button?
- Do you feel tired, irritated or stressed during the week?
- Do you feel you need to ‘catch up on sleep’ over week-ends?
- Do you often fall asleep in front of the TV?
- Do you have trouble concentrating or remembering?

related, ever!

- Fitness always improves sleeping patterns.
- Try to go to sleep at the same time at night- routines are good.
- Lavender, soothing music, intimacy, and sounds of nature all add to a great night’s sleep.
- A ‘mind sweep’ is excellent. Write down all the things that are on your mind- get them all out of your mind onto paper, and know you can deal with them in the morning!



ABOUT THE AUTHOR

Internationally Acclaimed Author, Speaker, Image and Etiquette Expert, Anne Dreyer walks the talk, sharing her dictum ‘*Irresistible for the rest of your life*’- as she infects her audiences from all over the world with her warm personality and tangible style. Anne believes every person can blossom just where they are planted equipping themselves with ‘People Skills’ which never become redundant... and believing that every person can reach the pinnacle of their personal and business life....and be irresistible forever!

She leaves her mark on all who are fortunate enough to hear and meet her.

Magic tips for good night’s sleep

- Invest in an excellent quality bed and pillows.
- Test your pillow- fold it in half and if it doesn’t open by itself, buy a new one!
- Ensure your mattress keeps your back aligned.
- Natural fibres breathe, pure cotton percale bed linen is best always.
- Ensure your bedroom is cool and dark enough to ensure peaceful sleep.
- Sleep patterns are affected by caffeine, chocolate and alcohol – limit all to 3 hours before bed time.
- ‘Cat naps’ in the afternoon are wonderful, especially if you are planning a late night.
- A hot bath and some stretches before bedtime will relax the muscles.
- Reading good literature before bedtime is good, but nothing work-

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VITAMIN D3: A HEALTHY CHOICE

BY SUE REX RYAN

We have a plethora of choices in life. Our quality of life is a choice. Many of us seek to improve our quality of life. But what is the definition of “quality of life?” The answer varies from person to person. If I asked 100 individuals to define “quality of life,” I most likely would receive about 100 different responses. I would surmise, however, that the majority of the answers would be related to good health.

The state of being healthy is a key factor for maintaining or enhancing quality of life. Our health affects virtually every aspect of our lives, from sleeping well to getting up each day and making a positive contribution to ourselves, family, friends, and employers. Yet our bodies are constantly subjected to millions of microbial invaders, attempting to challenge our immune system. So how do you Defend Your Life? Empower your health with vitamin D3.

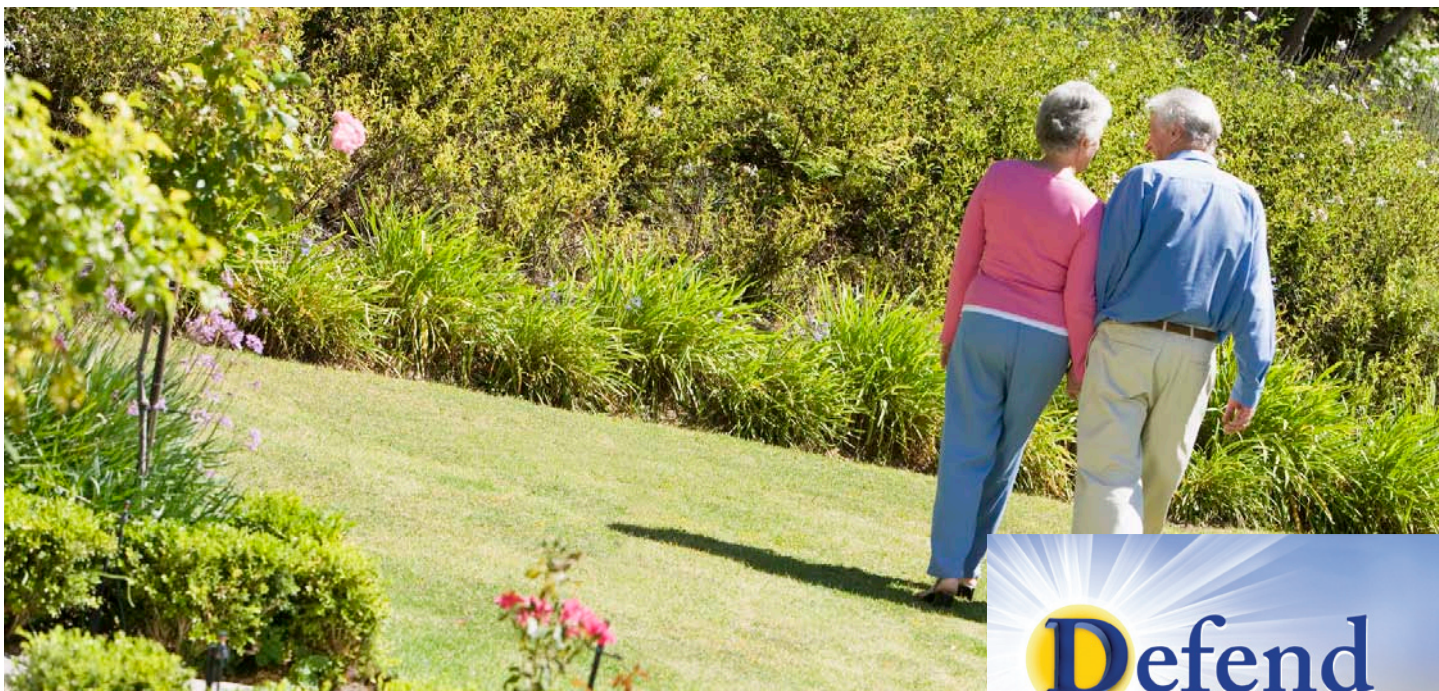
Vitamin D3 is actually an essential steroid hormone produced in our bodies when we have: been exposed to solar ultraviolet B rays under optimal conditions; consumed large quantities of fatty fish and vitamin D-fortified foods; or taken vitamin D3 supplements. Compelling medical evidence has determined that adequate amounts of vitamin D3 in our body may significantly reduce the risk of developing a wide range of serious medical conditions.

Many Americans—across generations, genders, and geographic locations—suffer from deficient levels of vitamin D3 because our lifestyles do not typically include consumption of large quantities of vitamin-D rich foods or unprotected sunbathing. Almost half of the American adult population suffers from at least one of these major chronic diseases: arthritis, cancer, cardiovascular disease, diabetes, or pulmonary disorders.

DID YOU KNOW?

Medical studies suggest that adequate vitamin D3 levels can protect against a variety of autoimmune diseases.





The correlation between vitamin D3 deficiency and burgeoning incidences of chronic diseases in the U.S. is real. Convincing medical research indicates a connection between one's vitamin D3 status and the risk of developing persistent illnesses. In addition, medical studies also suggest that adequate vitamin D3 levels can protect against a variety of autoimmune diseases as well as some contagious illnesses.

How can you enhance your quality of life with vitamin D3? The approach is safe, easy, and relatively inexpensive. Consult your healthcare practitioner to understand your vitamin D3 status by taking a simple blood test called 25(OH) D. (Home test kits are also available online.) In concert with your medical professional, adjust your daily dose of an oil-based vitamin D3 supplement, widely available in retail stores, pharmacies, and online. Consider another blood test in six months. Monitor your progress and adjust accordingly. That's it.

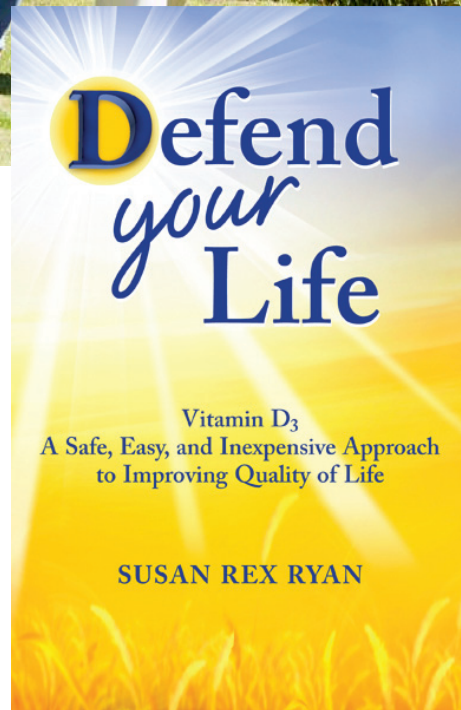
The information about, and benefits of, vitamin D3 extends well beyond

this article. In fact, I was so impressed with vitamin D3's health benefits that I recently published a book called *Defend Your Life* to encourage people to improve their health by taking vitamin D3.

Happy summer, and happy health!

Defend Your Life

Want to be healthier? *Defend Your Life* explains how you can empower your life by taking a safe and inexpensive daily dose of vitamin D.



ABOUT THE AUTHOR

Susan Rex Ryan is the author of the Amazon bestseller, *Defend Your Life*, about the health wonders of vitamin D3. She holds B.S. and M.S. degrees and has earned scores of Continuing Medical Education credits from accredited U.S. medical programs.

Follow Susan on Twitter @VitD3Sue.

Visit her website at www.susanrexyan.com to learn more about her impassioned knowledge of vitamin D3.



TRUE BEAUTY

BY REV. CHARLOTTE FOUST

For most of my life I have heard the phrase, “Beauty is only skin deep.” It is usually said to someone who would not be considered a Vogue model in a misguided attempt to help her feel better about herself. It is meant to imply that surface beauty – beautiful skin, hair, nails, figure, features – are only as important as a layer of skin. While true, the phrase is not helpful to someone whose self-image has already been battered by magazine and television ads, movies and comments from the adoring fans of skinny supermodels and celebrities.

“Beauty is in the eye of the beholder”

is equally damaging to the already insecure. It says, “You’re not beautiful, but I love you anyway.” Far from being comforting and uplifting, it can feel condescending and belittling.

We are bombarded every day with ads for things to make us look better and smell better. The ads imply that we are simply not good enough if we don’t have intense white teeth, minty fresh breath, perfectly smooth, unblemished skin and the newest fragrance. We won’t even be looked at, much less spoken to by the person of our dreams. Nothing about us, we’re told, is good enough just as it is. Our hair must have more shine and bounce, our clothes must have the proper designer label

True beauty is the way we speak to ourselves and each other, the way we treat one another, and letting our inner being shine brightly into the world.

and we must, of course, be the perfect weight – whatever that is as seen through the eyes of the creator of the ad. False attitudes on beauty permeate our culture.

There is more to us than skin, hair and designer clothing. We are so much more than what can be seen from the outside. We were not born to be something we are not. We were born to be exactly who we are. From the moment of our birth, we had within



us the seeds of our greatness. For most of our lives, we are conditioned to conform, learn what we are told, be who we are told we can or should be. Our parents, teachers and peers shape our beliefs about ourselves. We come to believe we are too short, too tall, too emotional, too fat, too thin...not pretty enough, not smart enough to do whatever it is we want to do. It doesn't take long for us to begin turning down opportunities offered to us. All too often our response is, "Who, ME? Don't you know I'm too....and not...." Worst of all, we don't even try to do the things we desire most because our head overrules our heart and asks us who we think we are to want that. We allow ourselves to live from the outside, in.

Inside of us is a wealth of knowledge, common sense, and beauty. The person we were born to be waits in the darkness, nurturing the tiny spark of self. There are lessons to be learned on the outside, but there is the wisdom within that helps us understand the meaning of the lesson. When we begin to look at the person within and peel away the layers of conditioning and false belief, we see beauty. As we express that inner beauty, we see the world differently. We see more beauty in the world.

The truth of who and what we are is

beautiful. The more we live from the inside out, instead of the outside in, the more beautiful we are in our own eyes. As that confidence bubbles to the surface, it spills out into everything we do. Not only do we see ourselves as capable, beautiful and amazing, others see it as well. People look at us differently and then remark, "What have you done to yourself? You look great."

True beauty has nothing to do with the kind of makeup or shampoo we use or the clothes we wear. True beauty is the way we speak to ourselves and each other, the way we treat one another, and in letting our inner being shine brightly into the world.



ABOUT THE AUTHOR

Rev. Charlotte Foust is senior minister of Community Spiritual Center in Las Vegas, NV. Her messages and meditations inspire thoughtful reflection and positive actions. Rev. Charlotte's essays and affirmations can be found at both www.communityspiritualcenter.com and at www.whispersfrommyheart.com

“ Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself.

- Joanne Kathleen Rowling

HOW DOES A HEALTHY PERSON LIVE?

BY MITZI REED

In the world today, it seems there is a huge emphasis on how one looks, however looks can be deceiving. Being thin does not necessarily mean a person is healthy and being overweight by society's standards does not necessarily mean a person is not healthy.

“ Find ways that will inspire you to live healthy and take back your power over your own health.”

The media would like to make us think that unless we buy and use their advertised products, we aren't good enough. They are always manipulating consumers to buy into this unrealistic version of what a perfect person should look like.

So what makes for a healthy person? What kind of lifestyle does a healthy person live?

A healthy attitude is the first thing that healthy people have. They wake up happy, positive and looking forward



to the new day and the endless possibilities that await them. They love life and are grateful for each moment they are alive. They surround themselves with other healthy minded, positive people. They make conscious choices to live a healthy lifestyle. They choose healthy foods at least 90% of the time and indulge only now and then. They eat in moderation. They educate themselves about being healthy but aren't obsessed by it.

Supplements are usually part of the healthy lifestyle regime. Most foods today lack the vital nutrients due to processing, the degrading of the soil, etc. Quality supplements are a good addition.

Healthy people are physically active. They don't necessarily go to the gym every day, but they look for ways to enjoy recreational and leisure type of activities that will move their bodies. Walking, dancing, yoga, stretches, hiking, and bicycling are just a few.

Nurturing oneself is very important. Smooth on some moisturizing lotion, get a massage now and then, sip a cup of herbal tea, sit by a waterfall, buy something that is within your budget that will make you feel special and alive.

This week, find ways that will inspire you to live healthy. Take back your power over your own health.



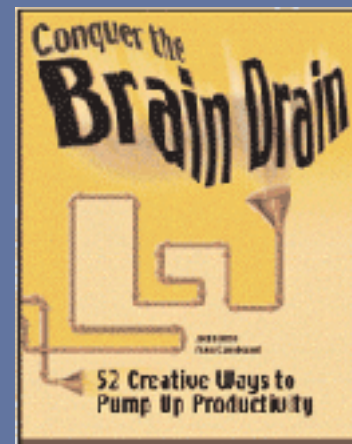
ABOUT THE AUTHOR

Mitzi Reed is the founder of ASPIRE Conferences, llc.™ and is dedicated to raising awareness of and promoting healthier lifestyles as well as empowering people in all aspects of their personal and spiritual development. She is also the founder of SpiritDove, a ministry dedicated to being a messenger of Love, Peace, and Happiness. Mitzi's passion and purpose is inspiring others to tap into the power and beauty of their souls.

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“ If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is compromise.

— Robert Fritz



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For more information, call Turning Point International at (702) 896-2228 and speak with Judi personally about the possibilities for you.



As an international business leader, Judi knows first-hand what it takes to be successful. She has owned and operated businesses in both the United States and South Africa. In addition, she has spoken, consulted, and presented both keynote speeches and training programs in 28 countries on four continents.

Judi is an accomplished author with 10 books to her credit, several of them award-winning best sellers. She has been a journalist, model, finishing school and model agency owner, a professional speaker, a corporate executive, an entrepreneur, a consultant, and a cancer survivor.

Around the globe there are many men and women whose lives are a testimony to Judi's personal and professional success. It is no wonder that she has a collection of awards, but to her "life is not about awards. It is about the reward of making a difference in another person's life." And that she has done over and over and over again.





WHAT'S HOLDING YOU BACK?

BY MELANIE HOPE

The only thing that can hold you back is your own imagination... So stop using it to dream up ways to fail!

We all have a list of things that are in our way, all those things that – if we could only overcome or remove them – would enable us to succeed. Are you being held back by your finances, kids, weight, wardrobe, skin, inexperience ...whatever? If you were richer, single, thinner, more fashionable, better looking or smarter would you be more successful?

Probably not. You created those excuses, and you would find more. No matter what

other people tell you, you are ultimately the one in charge of your destiny.

The only thing that can hold you back is your own imagination. Stop using it to dream up ways to fail, and start using it to conjure ways around your weaknesses. Easy? Not at first, but it sure beats the alternative – waiting.

You can wait for nothing for the rest of your life, or, like many who found wild success before you, you can forget what the critics say, get off your tush, toss the excuses aside and move

towards your dreams.

As a fledgling speaker, I was met with severe family and financial issues that halted my growth and severed my business prospects. Being very creative, I came up with a hundred thousand excuses to give up – and then erased them from my mind. Failure was an option. Giving up was not.

I couldn't afford a webmaster, a graphic designer, advertising, a coach, new clothes, or even makeup. I did not have the resources to travel or launch a business. So, I made it up. I taught myself coding, designing, social media, sewing – and then hired myself out doing some of those things so that I could pay for the others.

Even with some success in the speaking world, I was met with severe criticism for my appearance. "No one will take you seriously if you're fat," one particularly influential person told me, "It would be best to lose the weight before you try to make it as a speaker."

Should I have put my dreams on hold and gone on a crash diet? Should Oprah? Should Roseanne? Should Dr. Phil get hair plugs, or Barbara Streisand a nose job? Who has overcome color, size, shape, or other such silly things to go on to success? What makes them any different than me or you?

I am a big girl. I make no apologies or excuses for it.

If that is all someone can focus on, that is their problem – not mine. I’m known for my enthusiasm and wild storytelling. I bounce around the stage with the energy of a ten year old. Let’s see some anemic supermodel do that. My beauty is so much deeper. Where is yours?

How do you move forward when it seems “they” are out to get you? Ignore them. They’re not your problem. You are. You may fail, but you cannot give up. Focus on your strengths and your weaknesses will become insignificant.

No matter how advanced or skilled you may be, continue to learn more. Set yourself so far apart from the others that when they try to pull you back down, they can’t even reach you. Dive under the wings of anyone who offers advice from experience. Listen to those who have done or are doing what you want to do. They come from all walks of life, in all shapes, sizes and colors. Walk away from anyone who discourages you.

Don’t wait. Do it now, as you are, with what you have. Don’t let anything hold you back!



ABOUT THE AUTHOR

Mélanie Hope is an award-winning speaker, author and personal coach known for blowing the audience’s hair back with her bouncing enthusiasm and wild storytelling. She speaks (and often sings) at conferences worldwide and is the author of several workshops and books, including *Get Over It & Get Started* and *The Sniper’s Guide to Leadership*.

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DO YOU BELIEVE WHAT YOU MISCONCEIVE?

BY D'ARCY BURKE

As a child, I would anxiously wait for the fair to come to my hometown because overnight, the grounds transformed into ironscape wonders and fanciful flashing lights. It was a world of wonder. My favorite amusement of all was “The House of Mirrors,” with its myriad maizes of moving walls, floors and doors. My friends and I would launch into gut wrenching laughter at the reflections of our humanly distorted proportions. Wave rendered mirrors have a way of making tall people

look short, thin people look fat and distorting every known misperception possible to the naked eye, making the distortion appear as though it were REAL. Upon exiting this world of fun and fantasy, I knew the distorted images of myself existed only within the four walls of the legendary and Illusionary House of Mirrors.

Through the years, I find it perplexing how many people can look into a mirror, and, like the experience of the fun house, see only distorted images of themselves. They focus on what they don't like and carry with them

a misconception of themselves. I see beautiful people, inside and out, drawing attention to features or scars that no one else notices.. The problem is that misperceptions, real or unreal, are being programmed into their minds, and reinforced to become their realities.

Negative misconceptions and twisted distortions about ourselves are destructive. They will eat away at our sense of confidence, worth, state of mind, sense of well being, quality of life and enjoyments. Furthermore, negativity pushes people away. There

Many people can look into a mirror, and, like the experience of the fun house, see only distorted images of themselves.



are two types of people in this world: basement people who are down about most things and balcony people who are up about most things. You get to choose what your tongue professes. Ultimately, this influences your entire being, and, how other people respond to you.

For many years, I served as council to a non-profit organization that specialized in "Renewing the Mind." A strategic process that helped countless people across the Globe unlearn negative behaviors and negative self-talk; or, a negative dialog that goes on within a

person's mind. Some people are not even aware that the dialog takes place and they don't know they have the tools to stop it.

The good news is that you can and must stop negative self-talk. Replace condemning and negative chatter with genuine and positive affirmations. With discipline and practice, it gets easier and more automated. You will begin to recognize chatter for what it is...a lie.

To begin renewing your mind, honestly appraise how you talk to yourself. Pay attention to what is being said and how it is said. Look for patterns and repetitions; if it isn't edifying or, if it makes you feel bad about yourself, STOP this toxic thinking dead in its tracks. Instead, focus on at least, one thing, you like about yourself. Transformation and greater confidence will come as you practice saying what you like instead of magnifying what you don't. Everyone has attributes. Yours could be your smile or your compassionate eyes. Remember, attributes are not limited to appearance. An attribute could also be your ability to get things done, your dependability, or your ability to take responsibility. You get the idea.

Like the popular action for kids to take in the event of fire...stop, drop, and roll: you can use this same action to stop, drop negativity, and roll compliments off your tongue. Practice being kind to yourself! Misconstrued thinking magnifies over time; so, starting today, diligently enforce kindness and appropriate positive self-feedback. In doing so, you will manifest a renewed way of how you look, think, and feel. Confidence properly placed is powerful and beautiful.

A carnival mindset plays games you can never win. Your truth is staring you in the face. Take control of your life by taking control of your mind! Your mirror doesn't have the power to distort your perception of yourself. Only YOU have the authority to stop believing an illusion and embrace your TRUE AUTHENTIC self. When this happens, you will walk in the light of your own beauty.



ABOUT THE AUTHOR

D'Arcy Burke is an entrepreneur and says she wouldn't have it any other way. She has done many things..nutrition, owned a commercial design firm and even built and ran an amusement park. She presently lives 6 months of the year in the beautiful northwestern United States and 6 months in El Salvador, where she has five beautiful beachfront rental homes and a luxurious bed, breakfast, and spa. Trip advisor awarded her premier property, Beach Bella Vista the prestigious award, "Property of the Year," along with Excellence recognition. D'Arcy can be contacted at info@dulcevilla.com or in the US at 509-662-4253. On the web: www.dulcevilla.com & www.beachbellavista.com



TAI CHI STANDING FOR RELAXATION

BY DALE NAPIER

Are you looking for an easy way to introduce relaxation and de-stressing into your life, but don't have time to learn an entire discipline?

A Are you looking for an easy way to introduce relaxation and de-stressing into your life, but don't have time to learn an entire discipline? By looking to some of the simplest lessons of Tai Chi, you can learn deep relaxation and centering through an easy standing technique. Unbelievably, you can improve your aerobic condition at the same time. For once, a method that sounds too good to be true actually is true – if you do it.

Let me tell you how.

Tai Chi teachers know this method as zhan zhuang, or standing post meditation. To perform this exercise, you need no special rooms, equipment, or clothing.

Begin by finding a quiet, undisturbed place. Turn off all video and audio devices, as even meditation music is not your friend when you seek true stillness. Loosen your clothing. Remove all belts, necklaces, bracelets,

and rings, as they are all sources of tension. Remove your shoes, if possible.

Stand straight, feet parallel, shoulder width apart. Raise your head through the crown and pull in your chin, but not enough to introduce tension in the neck. In the crown, imagine you are being held by a thread and almost dangle from it.

Don't lock your knees; relax them very slightly, but don't sink. Let your arms

drop naturally, but have your palms face the center line of the side of the leg, fingers lightly extended. Allow a slight space beneath the arm pits, to ensure the arms don't collapse, but keep your arms slightly bowed and relaxed.

Breathe naturally as you begin a self-examination for tension. The method is to find the tension and let it go. You will find this becomes easier when you initiate deep breathing.

Start with the neck. Is it tense? Turn your attention to the tension, and let it go. Do this repeatedly for each source of tension. Drop the shoulders. Hollow the chest inward; don't stick it out. Relax the ribs and feel them sink. Relax your elbows, wrists, and fingers. Relax the waist, abdomen, and hips. Relax the knees. Relax the ankles. Relax the bottoms of your feet.



When you achieve such relaxation you will feel a quiet softness inside your body. If the tension was severe, you may even feel the buzzing of improved blood circulation as your body opens up. Some say you also feel circulation of a natural energy, or chi, but that is a matter of interpretation: No matter what you call it, you will notice changes.

You will not achieve instant relaxation with those steps, but they are the beginning of creating awareness of your body, especially the internal function. When you are constantly on the move, activities in and around you go unnoticed. As you achieve relaxation and stillness, you start noticing everything.

Now begin the deep breathing. Your goal is to take long, slow, deep breaths. You breathe to completely fill your lungs AND your abdomen, and then to completely empty them. You never want to hold your breath, as that creates tension.

How long should your breaths be? I prefer four breaths a minute, which is 7-1/2 seconds on the inhale and 7-1/2 seconds on the exhale. Beginners find this a challenge at first, so you may wish to start with 5 seconds for each, then work your way up.

While this brief encapsulation is only a starting point, it is enough to get you going, to good benefit, without formal training.

The next time you feel stressed, give yourself at least five or ten minutes to stand, relax, and achieve some stillness. Do it regularly and it can change your life.



ABOUT THE AUTHOR

Dale Napier is a long-time writer and teacher of Tai Chuan and Asian martial arts. He has written on subjects as diverse as statistical methods, Russian history, and Tai Chi, most recently for *Kung Fu Tai Chi Magazine*.

His most recent book, *Tai Chi In Your Life*, and his CD, *Tai Chi Meditations* (whose first track corresponds to this article), are available on Amazon and at: www.MasterSoftMedia.com

Read his Tai Chi blog at: www.ElementalTaiChi.com

"It's not hard to make choices when you know what your values are."

- Roy Disney

SETTING YOURSELF UP FOR SUCCESS

BY ANTHONY ROCCHIO

P

When it comes to your health, do you set yourself up for failure? Or do you set yourself up for success? Over

one third of Americans are overweight and another one third are obese. Yes, two thirds of Americans are overweight or obese. We are the fattest country in the world. In many ways, the environment in the United States sets us up to be overweight. Now, when I say our environment sets us up to be overweight, I don't mean the birds and trees, etc. I'm talking about our food environment; there are thousands of fast food joints. It seems like there's one (or more) on every corner. America is the home of supersized portions. Our portion sizes dwarf the portion sizes in other countries. Also, throw in 24 hour convenience stores, pizza delivered to

“

We are all see-food eaters. We see food, we eat. There are many studies and experiments which have shown that the more food we have around us in our environment, the more we will tend to overeat.”

your door, and did I mention the great American invention, the ALL YOU CAN EAT BUFFET? Americans are faced with a gauntlet of food every day.

Ok, so that's the overall food environment in our country. And you may have little to no control over that, but what is your personal food

environment? If you went into your pantry, cupboards, or refrigerator right now, what kind of food would be there? Healthy food that fuels you to be lean & healthy? Or chips, ice cream, and crap that makes you feel good for a moment, and then makes you feel guilty, sluggish, and weak later?

We are all see-food eaters. We see food, we eat. There are many studies and experiments which have shown that the more food we have around us in our environment, the more we will tend to overeat. The chocolate kiss experiment was conducted in an office environment during a typical work day. For one group, chocolate kisses were placed in an open glass container on their desks. For another group, chocolate kisses were placed in a tin and set on a table a couple of

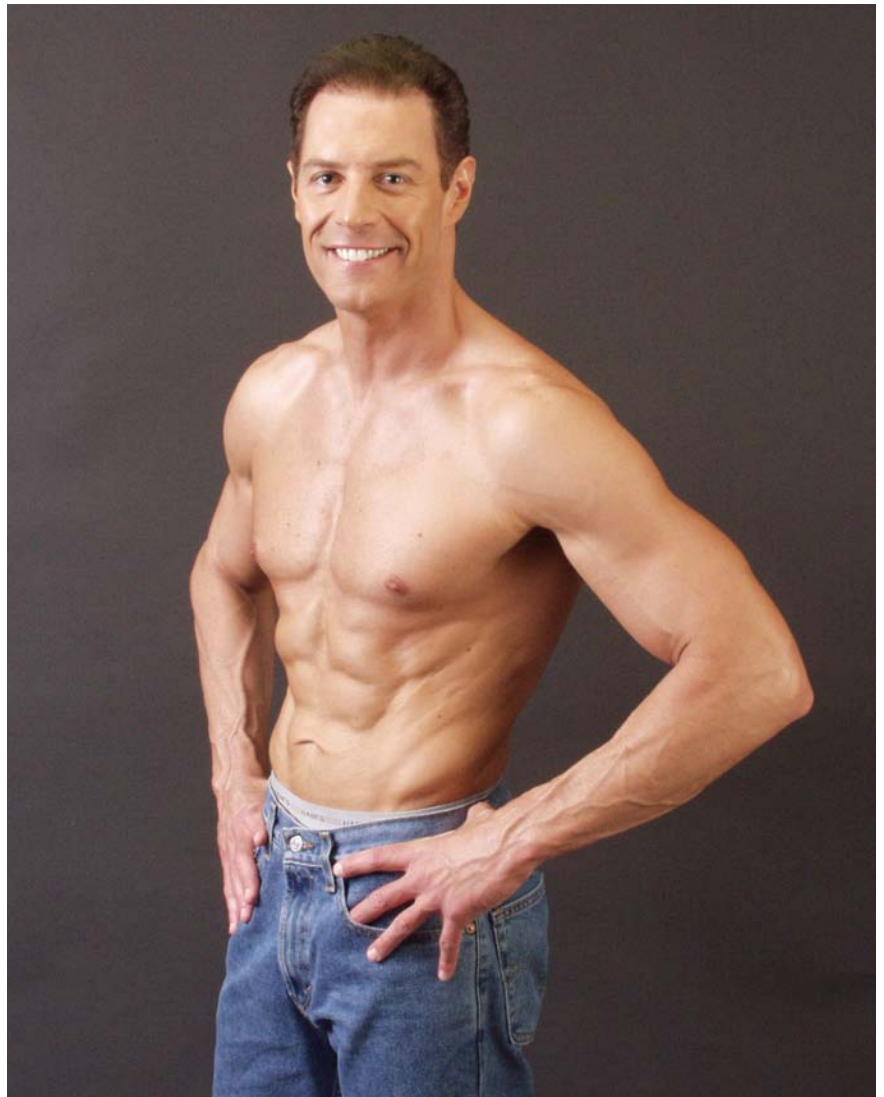


ABOVE

Anthony at age 36

RIGHT

Anthony today



“Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.

- William Jennings Bryan

steps away from their desks. There were an equal amount of chocolates in every container. Both groups knew the containers had chocolates in them and they were free to eat them. At the end of the work day, the containers were collected and the chocolates for each group were counted. The results... the group that had the open glass containers on their desks ate twice as many chocolates. There are many triggers to eating & overeating. This study is a simple example of how having food in our environment affects our eating behavior, and underscores

the importance of creating a healthy food environment for ourselves.

Creating a healthy food environment in your home is key to setting yourself up for success. Go into your kitchen right now, take an inventory. Food is you body's fuel. Food provides the building blocks to your body's cells. Look at each item in your refrigerator and your cupboard. If it serves you and who you want to be, keep it. If it doesn't, throw it out! Go ahead and take the first step to creating your healthy environment that will set you up for success.



ABOUT THE AUTHOR

At 36 years old, Anthony Rocchio looked in the mirror and thought “Who’s that fat guy staring at me?” At that time he weighed 268 lbs and had had enough. Over the next 9 months, Anthony lost 88 lbs and has kept it off for over 10 years.

Anthony lives in Henderson, Nevada, where he writes and speaks about becoming lean and healthy for life.

HOW TO MAKE THE MOST OF YOUR NEXT SALON VISIT

BY KATHY JONES

Hair is an amazing accessory! Finding the right style and cut can really enhance and accentuate your best features. It is always so exciting to see all the latest styles and trends! You really can choose almost anything; short or long, straight or curly, thick or bald and almost any color of the rainbow.



Unfortunately, finding the right cut, style and color is not always an easy task. Many things factor into the right style for you. Some of these things include the texture of your hair, the shape of your face, and the amount of time you have to spend styling your hair every day. Another important factor is the amount of money you want to spend to maintain the style and color you choose.

Your hairdresser is your most important partner in creating your look. Let's face it. She wants you to leave the salon with that "perfect look" almost as much you do! Have a frank discussion with your stylist. Let her know what you really are willing to do or not do with your hair on a daily basis.

If you see someone with a hairstyle you would love for yourself, don't be afraid to walk up and talk to that person. Let her know that you love her hairstyle and ask if you can use your phone to take a picture of the front, sides, and back. This really accomplishes two purposes. First, it is paying the person

a great compliment and boost of self-confidence. Second, it gives you the perfect picture to take to your stylist so you can decide together whether this is a style that will work for you.

Pictures are the very best tool you can use to let your stylist really understand how you want those bangs, layers, and colors! Be realistic in what you are asking for; remember your stylist is a beautician, not a magician!

Be willing to hear that a certain style may not work well with your face shape or hair texture. If your stylist knows you are going to be unhappy with a style that is not going to work for you, she will want to be honest and upfront so that you don't spend more time growing out lengths and colors and taking even longer to find something that is perfect for you.

Once you have chosen the perfect style, be willing to work toward the look you want. It almost always takes more than one appointment to achieve the style you're working toward. Maybe you need to grow out a certain area or grow into a different color. Patience is the key!

If patience is not your strong point and you need length, hair extensions could be the answer. The quality of extensions has really come a long way over the last few years but remember, extensions are expensive to purchase and to maintain. You and your stylist can decide if this might be a good option for you.

Sometimes, your new "do" is something that can be accomplished in one appointment and once you and your stylist understand each other, the fun begins. Pay attention to what she is

cutting! If you feel more comfortable with a certain area staying longer or shorter, don't be afraid to speak up and let her know! After all, it is your hair and since your stylist is not usually a talented mind reader, communication is important!

Watch her every step of the way from the cut to the products she uses right through the blow drying and styling process. Make sure you take advantage of the time you spend in the stylist chair.

Ask questions about your color and most times, if it isn't quite what you are envisioning, it can be fixed right away. It's amazing how a highlight here or a lowlight in just the right spot can brighten your face or bring out your eyes! Ask for styling tips you can use to make things easier for you when you get home. Talk about the products she is using and why she has chosen them for you.

Once your hair is "perfect," consider some beauty services that can make a difference. One of my favorites is coloring and waxing your eyebrows. This simple service doesn't take a lot of time but really opens up your eyes and makes a beautiful frame for your face.

Lash extensions are another big trend right now. They require a little more financial commitment and time to maintain but are a great way to draw attention to your eyes and help achieve that over all "perfect look."

If you don't have the time and money to do lash extensions, Le Lash is one of my favorite products on the market. It is a liquid that comes in a mascara-like tube and is applied to the lash line every morning before your make up.

Within two weeks; you can see longer, thicker lashes that will remain as long as you continue to use the product.

Remember when working for that "perfect look," it is the little things that can make the difference. Bringing in pictures of what you want is the best thing you can do to help a stylist help you. Be willing to hear suggestions about what will and won't work for your hair/face type.

Don't skimp on products which the stylist suggests to help you continue to maintain your look at home. I truly love and appreciate my clients and I always want them to look and feel their best. Nothing makes me feel more successful than watching my clients leave the salon feeling beautiful and confident. Working together as beauty partners is the best way to make this happen!



ABOUT THE AUTHOR

Kathy Jones has been a hair stylist for twenty years and is the co-owner of the Tease Salon in St. George, Utah which offers all styling services including sculptured nails, manicures, pedicures, lash extensions, and permanent makeup.

LOOKING FOR THE RIGHT PRACTITIONER

BY NANCY HALLER



In the medical and healthcare arenas, there are many options to matching the issue with the correct

practitioner. With the acknowledgment of the Complementary and Alternative Medicine Practitioners, there are many different avenues to pursue when seeking advice for a condition. Finding an appropriate practitioner based on the severity of the issue is a search that occurs with each situation.

Research is necessary when making a decision. Usually the first resources are friends and family, then to the internet for discovery in order to be more informed about the modality, and then, to the association site to find a practitioner in your local area. Be sure to interview potential practitioners with questions regarding:

- Education Information
 - Hours/Years
 - Institute
 - Continuing Education
- Length of time in practice
- Description of a typical appointment
- License or Certification
- Liability Insurance
- Payment information

Choosing a Primary Care Provider (PCP), provides an overview of your medical situations, oversees the course of action observing the whole picture, examines and assesses, writes referrals, prescribes and maintains records.

Education for a Medical Doctor is:

- 4 years of Medical School
- Graduate Medical Education

- Specializes in a field of medicine
- Residency of 3-7+ years
- Fellowship of 1-3 years
- State Medical Licensure Board Exam

“Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health.

Chiropractic care is used most often to treat neuro-musculoskeletal complaints, including but not limited to back pain, neck pain, and pain in the joints of the arms or legs, and headaches. Chiropractors practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment.

Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.” American Chiropractic Association

Education for a Doctor of Chiropractic is:

- 2 or 4 year Undergraduate Degree
- 4200 hours of Chiropractic School
 - Included are 1000 hours supervised clinical training
- Chiropractic National Board Exam

“Naturopathic medicine is a distinct method of primary health care, an art, science, philosophy and practice of diagnosis, treatment, and prevention of illness. Naturopathic physicians seek to restore and maintain optimum health in their patients by emphasizing

nature’s inherent self-healing process, the healing power of nature. This is accomplished through education and the rational use of natural therapeutics.” American Association of Naturopathic Physicians

Education for a Naturopathic Physician is:

- BS or BA Undergraduate
- 4 years Naturopathic School
- Naturopathic Physicians Licensing Examination

“Traditional Chinese Medicine or Oriental Medicine practice is a unique view of the world and the human body that is different from Western medicine concepts. This view is based on the ancient Chinese perception of humans as microcosms of the larger, surrounding universe—interconnected with nature and subject to its forces.

The human body is regarded as an organic entity in which the various organs, tissues, and other parts have distinct functions but are all interdependent. In this view, health and disease relate to balance of the functions. Practitioners traditionally used four methods to evaluate a patient’s condition: observing (especially the tongue), hearing/smelling, asking/interviewing, and touching/palpating (especially the pulse). The most commonly used therapies are Chinese herbal medicine and acupuncture.” National Center for Complementary and Alternative Medicine

Education for a Doctor of Oriental Medicine is:

- BS Undergraduate

- MS in Acupuncture and Oriental Medicine
- Clinical Doctorate Degree
 - 1,232 curriculum hours
 - 562 didactic hours
 - 570 clinical hours
- National Certification Commissions for Acupuncture and Oriental Medicine (NCCAOM) Certification Exam

“The *Feldenkrais Method* is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning.

Through this Method, you can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. These improvements will often generalize to enhance functioning in other aspects of your life.

The *Feldenkrais Method* is based on principles of physics, biomechanics and an empirical understanding of learning and human development.” The Feldenkrais Guild of North America

Education for a Feldenkrais Practitioner is:

- Undergraduate Degree or life experience
- 3-4 years training
- 800 hours
- Practicum Exam

“Massage therapists work in a variety of settings, including private offices, hospitals, nursing homes, studios, and sport and fitness facilities. Some also travel to patients’ homes or workplaces. They usually try to provide a calm, soothing environment. Therapists usually ask new patients

about symptoms, medical history, and desired results. They may also perform an evaluation through touch, to locate painful or tense areas and determine how much pressure to apply. Typically, the patient lies on a table, either in loose-fitting clothing or undressed. A massage session may be fairly brief, but may also last an hour or even longer.” National Center for Complementary and Alternative Medicine

Education for a Massage Practitioner is:

- High School Diploma or GED
- 500 hours massage training
- National or State licensing/certification exam

“Reiki is a spiritual healing art. It is not massage nor is it based on belief or suggestion. A Reiki session usually is between 60 and 90 minutes in length. The session is performed by a Reiki Practitioner (RP or RMT) using specific Reiki hand positions.

During a Reiki session, the client is fully clothed while comfortably reclining on a massage table or seated in a chair. A Reiki session aids in stress reduction and it is almost always a very relaxing experience. Reiki sessions or classes are a great investment in you.” International Association of Reiki Professionals

Education for a Reiki Master is:

- No Prerequisite
- Level 1 and Level 2
 - 20 hours
- Master Level
 - 30 hours to 1year

Each of us is responsible for our own medical and health care. Research and interview the practitioners and their modality for the best personal

outcome. Many of these practices can be combined and integrated for positive results. Asking questions and finding practitioners who are educated and qualified will provide confidence in any decisions made toward a total individualized healthcare program for life.



ABOUT THE AUTHOR

Nancy Haller has developed a practice working within the Medical Community. She is an insurance provider for most of the health insurance companies in Washington and works with MVC and Labor and Industries injury clients. She is a NCBTMB Certified Continuing Education Provider developing and presenting seminars in medical massage and Neuromuscular Connections. She is presently sitting on the clinical review board for a national health insurance group and on a task force to write the new board certification exam for the National Certification Board for Therapeutic Bodywork and Massage. Her office is located in the Seattle area in a Neurology/Pain Management clinic where she operates a full time business. She is the author and publisher of the award winning book, *I Don't Know How Long My Short Term Memory Is... Strategies for People With Brains.*



A FINAL NOTE FROM JUDI MOREO

CHOICES MAGAZINE
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Choices. We have choices. They are the source of the successes in our lives. When things happen to us, we can choose to believe they happened for a reason. We can discover opportunities in the most difficult experiences if we are willing to look for them. It is

what we choose to think about each experience that determines how we respond to it. How we respond determines whether or not we find richer, more purposeful, more joyful lives. We are the only ones who can choose our attitudes and the principles

that we live by. Choose well, my friends. Choose well.

From *Attitude is a Choice*

Judi