



January 2013

As the New Year gets under way, consider making a commit to yourself to embrace positive choices on a daily basis. Let your journey to wellness begin in your heart and unfold as an everyday experience. Rather than making a New Year's Resolution which may be too hard to live up too, approach quality life style change in baby steps and ones that you can feel good about!

So here are some simple baby steps to consider...

Switch to butter, coconut oil or any of the wonderful natural fats and oils that are available and **DITCH THE MARGARINE!**

If you're really daring, start reading the food labels in your kitchen for the words 'hydrogenated fats and oils'. Make a list of what the foods are and 1 at a time find the replacement for that item **WITHOUT** those nasty fats and oils. We are happy to help you discover all your favorite foods made with safer ingredients.

If you're drinking commercial milk, consider going "organic"! All that simply means is that you are willing to purchase milk produced from healthy cows that are **NOT** being injected with toxic growth-enhancing drugs which are dangerous for them **AND** you and your family.

If you're already drinking "organic" milk, consider exploring other options like coconut, hemp or almond milk. Personally I'm not a fan of soy milk (for many reasons) but we'll leave that for another discussion!

Doing anything that says "diet" on the label? Consider this...aspartame, the common chemical in foods with that label, is toxic to human health and **VERY** addictive. So consider weaning off it and exploring other sweeteners like stevia, xylitol, agave, or others. We're here to guide you to the right one for your needs and remember...even though you've been promised that aspartame will help with your weight loss program, it was proven years ago by some really smart people that it really doesn't help with weight loss...those were just the commercials telling you that!

Drink more water and make it purified! We have offered 'reverse osmosis' water for 23 years now and our customers **LOVE** the taste...or rather...no taste! Just clean and thirst-quenching!

If you haven't explored natural, safe body care products, come on in and check out the many 'testers' we have around the store for lotions and soaps. There are no toxic chemicals like 'parabens' (petroleum-based chemicals) in any of our products so a little at a time, change what you've been using to wonderful safe products. Remember that whatever you put **ON** your skin goes **INTO** your body. So keep it safe, clean and natural...your skin will love you for it!



Consider doing the same with your everyday household cleaning supplies. All the ones we've been raised to know and use are releasing toxic odors into our homes so...a little at a time switch out some of what you've been using to something 'green' and safe. We have a great selection of cleaning products to explore. Many of our customers have started with changing their dish soap or laundry soap. You'll love it!

One more suggestion on your road to wellness...many commercial perfumes and colognes contain petroleum based chemicals too (yes, even the very expensive ones!) Exploring different essential oils/blends are a wonderful way to smell great AND be healthy!

Remember...you have to create your own good health and it's definitely worth the journey.

Cheer's to every ones good health for the New Year and beyond!

Blessings and peace,

Claudia