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Subject: News from Healing America!

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Healing HA America



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May 6th, 2009



**It's coming...
are YOU ready?**

Have you viewed www.BerryParty.com recently? We have updated the information and added more testimonials about our Groundbreaking NEW Product!

Share this website with all of your Team Members and Future Team Members to keep them up to date on all of the exciting news!!

Don't forget to join HA President, Rick Maiké, Monday night at 9:00pm CDT. Any new details pertaining to the new product will be released there first!

(507) 726-3335
PIN 8325#

(712) 338-8029
pin 3330#

BerryParty.Com

Don't forget to check back often!!

Product and Business Call

Dr. Brabham, HA President, Rick Maiké, and Field Leadership want you to join them every Monday to learn about your products and your business!

Training Schedule

Saturday, May 9
Getting Ready for the New Trainings!! 10:00am CDT

Monday, May 11
The Role of the Sponsor 7:30pm CDT

Tuesday, May 12
First 48 Hours 7:30pm CDT

Mastermind - How do I Approach Current Team Members 8:30pm CDT

Thursday, May 14
First 7 Days to 2 Weeks Q&A 7:30pm CDT

Saturday, May 16
Berry Bash Extravaganza - How to Party! 10:00am CDT

For Training Calls dial:
(712) 338-8029
PIN 3330#

Links

[Healing America Home Page](#)

[Detox Support Site](#)

From Dr Brabham's Desk



One of the areas in which Healing America excels is our cleansing and detoxification program. In the next several installments of this newsletter, I'm going to cover the need for regular cleansing and detoxification, ways to accomplish this, and how the Healing America Perfect Start products do this so well.

There is no doubt in my mind that of all the steps we can take to be proactive about maintaining health, regular cleansing and detoxification is the one that will consistently have the most impact. We regularly change out fluids and filters in our cars, but how many of us do the equivalent with our own bodies? Our bodies are vastly more complex than cars, and they are exposed to an alarming amount of toxicity.

The extent of this exposure is staggering, not only in its quantity, but also in its variety. There are some distinct groupings of toxic substances that we are exposed to. First, we have organic and inorganic pollutants, which are chemicals such as pesticides, herbicides, cleaning agents, petrochemicals, byproducts of manufacturing, and the like. Next are heavy metals, including mercury, lead, aluminum, cadmium, and nickel. More recently recognized as a growing threat is electromagnetic exposure. Finally, there are opportunistic pollutants such as bacteria, viruses, yeasts, and parasites.

The pollutants that typically come to mind for most

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Fitness Tip

Gradually warm up your muscles before you exercise. This will ensure better circulation to your muscles and connective tissues and reduce the risk of injury.

Leadership Quote

"If we did all the things we are capable of, we would literally astound ourselves."
Thomas Edison

Recipe of the Week

Turkey Salad

8 oz Grilled Turkey breast, shredded
2 Tbsp Craisins
1 Tbsp chopped Almonds, toasted
2 Tbsp Plain Lowfat Yogurt
3 Scallions, Greens only, diced
pinch of salt
1/4 tsp black pepper
1 Tbsp Veggie or Turkey stock
1 Tbsp White Wine Vinegar
1/4 cup finely shredded carrots

In a small mixing bowl, whisk Yogurt, salt, pepper, stock, and vinegar. Stir in remaining ingredients. Serve with Fresh Seasonal Fruit or on a bed of Spinach.

Serves Two

New Enews Archives!

Your Healing America Virtual Office now offers an archive of all of the 2009 Healing America Enews letters! You can view any Enews letters by date to find your favorite articles!

[View Archive](#)

people are the chemicals and heavy metals. I discuss these pollutants in detail in the next installment

Coaching Corner

Daily Activities To Help Change Habits

"I should change, but I've tried and failed." Does this sound familiar? Often, changing habits does seem insurmountable. Many of us simply don't have enough motivation to change our habits - all of our bad habits - in a way that would truly affect our health. We cling to them because we see them as rewards.

But your habits determine your life, all aspects of it. Below is a strategy and focus on daily activities to help you change and eliminate bad habits.

It Takes 21 Days To Break A Bad Habit

To begin with, choose one unhealthy habit you wish to eliminate or change. Or, choose a healthy habit you want to adopt as part of your behavior. If it is a habit to eliminate, you may wish to go "cold turkey" or have a gradual tapering off.

Caution: If it is a drug or chemical habit you are planning on eliminating, be sure to obtain an expert's opinion as to whether you need to taper off usage as opposed to quitting cold turkey.

Now that you have decided which unhealthy habit to eliminate, or new habit to adopt, decide on the date you will begin your behavior change. Give this date a good deal of thought and then write it down. For example, "On February 15, 2010, I will become procrastinator."

In order to ensure behavior change, experts agree that it takes a minimum of 21 days to change a behavior. Again, look at the date you are planning on changing your habit. Count ahead 21 days and mark that date down. Now, make a commitment that you will follow your plan for 21 days.

Helpful Suggestions

Your target date has arrived. It is the first day of your 21-day cycle. Here are some helpful suggestions for habit change:

Write down your goal. There is magic in the written word when it applies to you. Experts recommend stating your goal in positive terms, such as "I want to be lean and physically fit," instead of "I've got to get this flabby body out there huffing and puffing." So, begin with writing down, as a positive goal, the habit you will change.

List your reasons for changing or eliminating your habit. Writing it down will force you to think out in specific terms what this habit represents in your life and the meaning you believe your life will hold for you upon changing the habit. This will also help with your commitment toward taking positive action.

Find substitute routines. For example, if you are changing eating habits and you have identified a particularly difficult time of the day when eating habits are poor, create an activity, a new routine for that time.

Talk to yourself. Tell yourself you're making progress. Remind yourself that you are moving closer to your goal.. Talk to yourself throughout the day about how you are going to avoid triggers that can get you off track and make healthy substitutes.

Recruit helpers for support. Explain to them why you are making this change. Ask for their support. Their support may be needed encouragement. Be prepared for people who may sabotage your change. Be assertive and tell them what they are doing.

Sustaining Motivation

The following are some suggestions to follow each day in order to sustain motivation and determination:

Review your list of reasons for quitting or changing.

Create mental pictures of yourself as having already succeeded with your habit change. Make affirmations, positive self-statements about your habit change. For example, "I am filled with so much health and vitality now that I exercise four times a week."

Reward yourself. Make up a list of self-rewards.

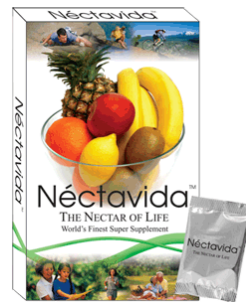
Reward yourself verbally.

Remember to take one day at a time. If you do backslide, don't label yourself as having failed. Get out your list or reasons for quitting or changing and begin again.

Fatigue, boredom, depression, stress can all make it difficult to stick with your program. But having a relapse isn't as important as how you deal with the relapse. If you are so devastated by failure that you call your good intentions into question, that will make habit change harder for you. But, if you allow for an occasional relapse and treat it as nothing more than a slight misstep that teaches you something, then you're on the right track.

Follow the suggestions in this article, adopt the more helpful attitude of evaluating your progress and accepting relapses, and you will find yourself reaching many of your goals. You will have achieved true behavior change.

Love Letter



The Nectavida Product has become part of my life through, like many things in life, sort of the trial and error method. Like many in this fast paced world I was very excited about the all-in-one approach to a drinkable multi-vitamin supplement that I could drink and run on. At first I didn't "feel" the big boost or lift that I had anticipated. So I didn't replace it. I

stopped my Autoshipment for a couple of months, during which time I just happened to get attacked by a cold, flu, sinus', or some kind of bug. I didn't like it at all and thought "Hey, I haven't been sick for a long time." I put some more thought into it and remembered I had stopped taking Nectavida. Now I don't stop taking it. I believe it boosts my overall immune and health system and is just more added backup to all the other HA products I have come to trust and rely on since I began in 2000. Thanks Healing America!

Tim Ditzer



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