


From: Healing America <support@healingamerica.com>

Subject: News from Healing America!

Reply: support@healingamerica.com

Healing **HA** America

Health
eNews



In This Issue

Fitness Tip

Leadership Quote

Recipe of the Week

From Dr Brabham's Desk

Coaching Corner

Love Letter

Product and Business Call

Dr. Brabham, HA President, Rick Maike, and Field Leadership want you to join them every Monday at 8pm CDT to learn about your products and your business!

(507) 726-3335
PIN 8325#

Training Schedule

Saturday, July 18th
Womans Point of View 10:00am CDT

Monday, July 20th
Power of Duplication 7:30pm CDT

Tuesday, July 21st
Role of the Sponsor 7:30pm CDT

Mastermind -Self Testimonial Workshop 8:30pm CDT

Thursday, July 23rd
Berry Bash Training 7:30pm CDT

Saturday, July 25th
Berry Consultant 10:00am CDT

For Training Calls dial:
(507) 726-3335
PIN 8325#

Links

[Healing America Home Page](#)


[Detox Support Site](#)

[BerryParty.com](#)

Fitness Tip

July 17th, 2009

From Dr Brabham's Desk



In the last installment I discussed the numerous forms of toxicity that people are exposed to in ever increasing amounts. As I noted there, it should be clear that anyone living on this planet cannot consider them self to be safe from toxin exposures, but it gets even worse.

In July of 2005, the Environmental Working Group published a paper titled "Body Burden - The Pollution in Newborns." This paper states that "not long ago scientists thought that the placenta shielded cord blood - and the developing baby - from most chemicals and pollutants in the environment. But now we know that at this critical time when organs, vessels, membranes, and systems are knit together from single cells to finished form in a span of weeks, the umbilical cord carries not only the building blocks of life, but also a steady stream of industrial chemicals, pollutants, and pesticides that cross the placenta as readily as residues from cigarettes and alcohol."

The paper goes on to say that researchers at 2 major laboratories found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of 2004 in U.S. hospitals. Tests revealed a total of 287 different chemicals in the group. The umbilical cord blood of these 10 children, collected by the Red Cross after the cord was cut, harbored pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage.

Of the 287 chemicals detected, 180 are known to cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests. While the number of babies evaluated was small, it is disturbing that the findings were present and quite uniform in all of them.

All of these numbers may make you inclined to hide away at home, but, unfortunately, there are also problems with that as well. More on that next time.

Dance! Dance! Dance! If you don't want to do your standard work out just put on some upbeat music and Dance! You'll burn calories and feel happier and energized after.

Leadership Quote

The task of the leader is to get his people from where they are to where they have not been - Henry Kissinger

Recipe of the Week

Berry Salad

2 ounces Maqui Juice
1 sm container key lime flavor yogurt
2 cups fresh mixed berries
1 Tbsp chopped fresh Mint
2 Tbsp Slivered Almonds

In a small mixing bowl, whisk yogurt with Maqui Juice and Mint leaves. Toss berries into Maqui mixture and top with almonds.

Serves Two

All You Want is Within Your Reach

by Chris Widener

If there is one thing that I believe with all my heart it is that you can have any life you choose. You can live the life you have always dreamed of.

We live in a period of unparalleled opportunity in human history. Think about it: Just one hundred years ago, most people really only had five or six options when it came to deciding what they would do with their lives. For most, they didn't even have the knowledge that they could do anything other than take over their father's farm when they turned eighteen!

But today a person living in the western world (and many other areas of the world as well) can choose to do virtually anything they want to! The key is the word "choose."

You see, the world is within your reach. Any job you want can be yours if you decide. All of the opportunities are there for the taking. The question is whether or not you will take.

You say, "But Chris, you just don't understand. I'm 38 years old with two kids and I have bills to pay. I make \$28,000 a year. I can't just go become a doctor and make big money!"

And I say, "Yes you can! If you decide to. If you will take action, you can become a doctor or anything else you want to. We live in a day and age when virtually anything is possible."

For the sake of highlighting this principle, let's look at the above example. How would this person change careers? Simple. Here is the process in specific action steps:

1. Find out from a medical school what classes you would need to take to get in. Chances are your college major would need some rounding out or if you didn't go to college, you would need to do so. Maximum time to do this: 3 days.
2. Now, go to school. Maximum time to do this: 4 years.
3. Now, medical school and residency. Maximum time to do this: 6 years.
4. Begin practicing medicine.

At this point you would be 48 years old. That leaves you 17 years to practice. Now, let's see the impact it has on your life:

1. You get to pursue your dream, making you and your family MUCH happier.
2. You will make, on average, \$100,000 more per year. The difference here is manifold! If you stayed where you were, you would have

earned \$28,000 a year for 27 years and would earn \$756,000. If you left and pursued your dream, you would earn \$128,000 for 17 years (that's if you took 10 years to make the transition; most would be less.) and your earnings would be \$2,176,000! This is a difference of \$1,420,000! And this doesn't even take into consideration the amounts you would earn on investments with the difference in incomes.

So is it possible? Yes. Does it take time? Yes. Is it hard? Yes. Is it scary? Yes, and that is why most people won't do it.

It isn't for lack of opportunity. It is usually because of one of the following:

- Lack of vision
- Lack of tenacity
- Fear

The truth is that you can do anything you want to. Stop telling yourself excuses! Go to battle against a lack of vision! Pick yourself up and get tenacious! Look fear in the face and stand up to it! Your whole life depends on it, my friend!

The choice is yours. Will you continue to limp along in life because you don't have the courage to run for your dream? Will you continue to allow the fear of poverty keep you from pursuing the riches, both materially and emotionally, that lay within the vision you have of what your life could be?

You CAN live the life you have always dreamed of. All you want is within your reach. But to pick it up, you must first empty your hands of what they already hold. Then you must reach for it, take a hold of it, and possess it!

Patagonian Maqui Story

I used to have a bad craving for chicken and stop for it just about every night but since I started taking my Maqui juice those cravings changed and I don't stop any more. And I noticed the swelling in my feet has gone down and my energy has really gone up a good example is that I can walk more now. I can tell such a difference that I talk to everyone I know about my maqui juice. The bottles are already sold before I even get my next order.

Marcia N.
Lumberton, NC

[Forward email](#)

 SafeUnsubscribe®

Email Marketing by

This email was sent to angela@scalarcare.com by support@healingamerica.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Healing America | 102 West 9th Street | Owensboro | KY | 42303