

## Wise Choices

Wise Choices: The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower view points. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values.. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. Remember; spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, 'I love you' to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

### AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away. Life is short. And uncertain. It is like a drop of water skittering around on a leaf. You never know when it will drop off the edge and disappear. So each day is far too precious to waste. Each day that you are not radiantly alive and brimming with cheer is a day wasted. Look at the current economy. Many economists are calling it a depression. Even the word implies a disempowering feeling. If people are afraid to borrow to buy products and worry about spending money, there will be more business closures and job losses. In essence, focusing on the problems can become a self-fulfilling prophecy. When people are complimentary and nice they make other people feel good too. Take out your journal. Put a line down the middle of the page. Consider the following life events: - Someone criticized you or you criticized someone else - You complimented someone or someone gave you a compliment - The NEWS reported a downturn in the economy - You or someone you know received a less than flattering result on a test or review On the left hand side record all of the times you witnessed these external events trigger people's moods immediately. Include yourself, your family and friends and people you have read about. Then in the right-hand column, record all of the times you remember people not being affected by external events or other people - good or bad. You or they seemed to be able to rise above the situation or at least remain neutral to the event. Did you notice any pattern emerge? If you are like most people you will notice the reactions to the events in the right- hand column contained circumstances where people had a better understanding of themselves and the situation at hand. If they made a mistake they admitted it. If they got a poor result on a test or a project they looked for ways to learn from it. They knew their weaknesses and strengths. If someone pointed out their weakness, they did not have to fall apart because they already had insight into this. Conversely, if someone pointed out their strengths, they didn't get a swelled head and become overly ecstatic because they understood themselves. Don't get me wrong. We are all affected by other people. If I had to choose to be with a group of people all day I would pick the optimists over the pessimists. But neither group should be able to drastically change my mood if I know myself well enough. It is an inside game Nothing illustrates this better than an account from Victor Frankl, author of the epic book, *Man's Search for Meaning*. In it he said, "The consciousness of one's inner value is anchored in higher, more spiritual things, and cannot be shaken by camp life. But how many free men, let alone prisoners, possess it?" He was speaking

about how he was able to rise above the atrocities of the concentration camps of Nazi Germany that he had suffered through and give meaning to his life and hope for the future. If he could do that under those horrible circumstances, surely we can all learn to focus on our own "inner value" in our current situation. Know yourself better Discover your strengths and allow those to flourish. Your Dream Career is found in this fertile soil. Know your weaknesses and delegate these or get help with these or shore them up in some way. Understand that life is going to have its ups and downs so expect it and don't be thrown by them. Know others better Start to look at the reasons other people behave the way they do. When they criticize you or compliment you it says more about how they are feeling that day than anything about you. Know the world better Face it. You are rarely going to go through a week – or even a day – without something going awry. That is life. Instead of worrying about what is or is not happening, think of what you can do about it. Take action. The world is comprised of six billion different people. They each have their way of doing things and their way of looking at and reacting to their environment. It would be impossible to control all of the events and people in your life so don't even try. Instead, it is a lot easier and more practical to focus on what you do have control of - Yourself . Romans 12:12"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."You become what you think about most of the time. And the most important part of each day is what you think about at the beginning of that day and at the end of the day. Start and end your day with positive thoughts and avoid listening to the news which most likely leave you depressed!Start Your Day Right  
Take 30 minutes each morning to sit quietly and to reflect on your goals. You'll find when you read the biographies and autobiographies of successful men and women that almost everyone of them began their upward trajectory to success when they begin getting up early in the morning and spending time with themselves.

#### Feed Your Mind With Positive Ideas

This is called the Golden Hour. The first hour sets the tone for the day. The things that you do in the first hour prepare your mind and set you up for the entire day. During the first thirty to sixty minutes, take time to think and review your plans for the future.

#### Use Your Quiet Time Effectively

Here are four things that you can do during that quiet time in the morning. Number one is to review your plans for accomplishing your goals and change your plans if necessary.

Number two is think of better ways to accomplish your goals. As an exercise, assume that the way you're going about it is totally wrong and imagine going about it totally differently. What would you do different from what you're doing right now?

Number three, reflect on the valuable lessons that you have learned and are learning as you move toward your goals."Great spirits have often encountered violent opposition from weak minds." Albert Einstein

'The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time, for the clock may soon be still.'

"Live so that if people get to know you, they will get to know Jesus better."

"Live so that when you tell someone you are a Christian, it confirms their suspicions instead of surprising them."

"Live so that the preacher won't have to lie at your funeral."

"Live as if Jesus died yesterday, rose this morning, and is coming back tomorrow."

- \* If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep ... you are richer than 75% of this world.
- \* If you have money in the bank, in your wallet, and spare change in a dish someplace ... you are among the top 8% of the world's wealthy.
- \* If you woke up this morning with more health than illness ... you are more blessed than the million who will not survive this week.
- \* If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation... you are ahead of 500 million people in the world.
- \* If you can attend a church meeting without fear of harassment, arrest, torture, or death ... you are more blessed than three billion people in

the world.

- \* If your parents are still alive and still married ... you are very rare, even in the United States.
- \* If you hold up your head with a smile on your face and are truly thankful ... you are blessed because the majority can, but most do not.
- \* If you can hold someone's hand, hug them or even touch them on the shoulder ... you are blessed because you can offer healing touch.
- \* If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Always Be Thankful & Grateful

"Life is not easy for any of us. We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained"

Do you have too much stress in your life? Do you ever find yourself lying awake at night, unable to fall asleep, because you're worrying about one of the zillions of things you have to do the next day? Do you ever wake up bone-tired on a cold, dark morning... not wanting to get out of bed and face the day ahead of you?

Do you wake up in the middle of the night, not able to get back to sleep.

Do you sometimes feel overwhelmed by your busy schedule ... your huge to-do list ... and all you have to do at your job and at home? Do you crave sweets, carbohydrates, and salt for no apparent reason, especially at night? Do you notice that your short-term memory is starting to falter on you ... you enter a room can't remember why you went there to begin with? If so, you're not alone... In today's fast-paced society, more folks are suffering from stress overload, insomnia, and their debilitating effects than ever before. Instead of using medications, try our creative visualization techniques, natural supplements, deep breathing, biofeedback device and other natural methods to help you cope and thrive during stressful times. Please read the chapter on " from stress to success" By Dr. George Grant 101 ways to improve your life with 100 authors including Mark Victor Hanson and Les Brown. Please visit: This website <http://drgrant.thepec.hop.clickbank.net> for wise choices.

We all have 24 hours/day; 1440 minutes, and 86400 seconds.. making a wise choice in our food & life style every waking second will determine our state of wellness or illness. Are you making a wise choices for food / exercise / sleeping / meditation / relaxation? Using Stumbling Blocks as Stepping Stones

By: Brian Tracy

Everyone makes mistakes and the busier you are, the more mistakes you will make. The only question is "How well and how effectively do you deal with the inevitable ups and downs of life?"

In this newsletter, you learn the difference between a positive and negative worldview. You learn how to benefit from your mistakes and how to remain positive in the face of adversity.

Let the Light Shine In

This is achieved through the simple exercise of self-disclosure. For you to truly understand yourself, or to stop being troubled by things that may have happened in your past, you must be able to disclose yourself to at least one person. You have to be able to get those things off your chest. You must rid yourself of those thoughts and feelings by revealing them to someone who won't make you feel guilty or ashamed for what has happened.

Using Stumbling Blocks as Stepping Stones

There are two ways to look at the world: the benevolent way or the malevolent way. People with a malevolent or negative worldview take a victim stance, seeing life as a continuous succession of problems and a process of unfairness and oppression. They don't expect a lot and they don't get much. When things go wrong, they shrug their shoulders and passively accept that this is the way life is and there isn't anything they can do to make it better.

On the other hand, people with a benevolent or positive worldview see the world around them as filled with opportunities and possibilities. They believe that everything happens as part of a great process designed to make them successful and happy. They approach their lives, their work, and their relationships with optimism, cheerfulness, and a general attitude of positive expectations. They expect a lot and they are seldom disappointed. Wise Food Choices to prevent Heart Attack & Stroke: LIKE a cut apple that browns or an iron nail that rusts, your body also undergoes oxidation and breakdown. When this oxidation proceeds faster than it should, you age faster. One of the effects of this oxidation is the blockage of arteries that cut off blood supply to vital organs like the brain as in the case of a stroke. The carotid artery is an artery that supplies the head and neck with oxygenated blood. The carotid ultrasound provides physicians with valuable information on the health of carotid arteries. With this relatively inexpensive ultrasound technology, physicians can detect the degree of blockage in the carotid arteries and measure the thickness of the intima-media. The well-known Rotterdam study

showed that if carotid intima-media thickness is greater than 1 mm, the risk of a stroke is increased even if no arterial plaque is present. Ultrasound screening can be used to identify people at high risk of atherosclerosis. Many studies have found that a diet high in fruits and vegetables lowers risk of cerebrovascular disease and stroke. Two major reviews recommended increased dietary intake of antioxidants like vitamin C, beta-carotene, vitamin E, vitamin B (including folate), potassium, calcium, magnesium, vitamin D and omega-3 fatty acids to reduce risk of stroke. Large long-term studies have found that daily dietary intake of beta-carotene plays a protective role against atherosclerosis and stroke. Rich sources of beta-carotene include carrots, squash, green leafy vegetables, milk, lean meat, fish, and poultry. Vitamin E is an antioxidant. It regulates oxidation reactions and protects polyunsaturated fatty acids and vitamin A. A large study supplying people with foods that have high levels of vitamin E (plant oils, green leafy vegetables, whole grains, butter, liver, egg yolk, milk, nuts, and seeds) found that higher intake of vitamin E helped reduce risk of death from stroke. Reduce your daily intake of salt. You need only half a gram daily which is a quarter of a teaspoon. The average person consumes over 5 grams daily if they consume processed foods. Increase salt consumption may cause electrolyte [minerals] imbalance which may lead to fluid retention, high blood pressure, heart disease and stroke. Using diuretics or water pills is counterproductive which leads to severe mineral's imbalance and potassium deficiency. Positive Focus will create the life that you want to live!

Negative people are like human black holes. They drain your energy. They keep you from reaching your goals. They stop your life!

The question becomes...

Would you like to know how you can stay positive, energized, and powerful?

Would you like to accomplish all of your goals?

#### Flex Your Mental Muscles

When you develop the skill of learning from your mistakes, you become the kind of person who welcomes obstacles and setbacks as opportunities to flex your mental muscles and move ahead. You look at problems as rungs on the ladder of success that you grab onto as you pull your way higher.

Two of the most common ways to deal with mistakes are invariably fatal to high achievement. The first common but misguided way to handle a mistake is the failure to accept it when it occurs. According to statistics, 70 percent of all decisions we make will be wrong. That's an average. This means that some people will fail more than 70 percent of the time, and some people will fail less. It is hard to believe that most of the decisions we make could turn out to be wrong in some way. In fact, if this is the case, how can our society continue to function at all?

#### Cut Your Losses

The fact is that our society, our families, our companies, and our relationships continue to survive and thrive because intelligent people tend to cut their losses and minimize their mistakes. It is only when people refuse to accept that they have made a bad choice or decision and prolong the consequences by sticking to that bad choice or decision that mistakes become extremely expensive and hurtful.

#### Learn From Your Mistakes

The second common approach that people take with regard to their mistakes, one that hurts innumerable lives and careers, is the failure to use your mistakes to better yourself and to improve the quality of your mind and your thinking.

Learning from your mistakes is an essential skill that enables you to develop the resilience to be a master of change rather than a victim of change. The person who recognizes that he has made a mistake and changes direction the fastest is the one who will win in an age of increasing information, technology and competition.

By remaining fast on your feet, you will be able to out-play and out-position your competition. You will become a creator of circumstances rather than a creature of circumstances.

#### Action Exercises

Now, here are three steps you can take immediately to put these ideas into action.

First, imagine that your biggest problem or challenge in life has been sent to you at this moment to help you, to teach you something valuable. What could it be?

Second, be willing to cut your losses and walk away if you have made a mistake or a bad choice. Accept that you are not perfect, you can't be right all the time, and then get on with your life.

Third, learn from every mistake you make. Write down every lesson it contains. Use your mistakes in the present as stepping stones to great success in the future.

Here your keys to Success:

A: Attitude of gratitude

B: Belief

C: Comitment

D: Determination

E: EnthusiamGod left us a great clue as to what foods help what part of our body! God's Pharmacy! Amazing! Stop right now and evaluate your life. YOUR LIFE. As it is right now. Are you, by and large and daily variations aside, happier now than you have ever been? Do you have the inner conviction that you are on the path that is just right for you, the one that is transparently leading you to fulfillment in many dimensions – in your career, in relationships, in spiritual development?

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries.

Oranges , Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Wise Choices to prevent Breast Cancer:

Every three minutes a woman is diagnosed with breast cancer in the United States. Four women die from breast cancer every hour. But despite these scary statistics, there is good news. Research shows that lifestyle plays the biggest role in your risk for cancer. Genes account for only 5 percent of cases.

The food you eat, the pollutants you're exposed to, and your level of physical activity impact the production and function of your body's hormones, inflammatory substances, and immune factors that have the power to promote - or prevent - cancer.

Here are two things you can do to help guard against breast cancer:

\* Increase Antioxidants. Every day, every cell in your body is attacked 10,000 times by free radicals. These rogue molecules damage DNA and can set the cancer process in motion. That's why it's important to enjoy foods that are naturally rich in antioxidants, including organic berries, spices, herbs, cocoa, and nuts.

\* Avoid Toxins. Rachel Carson pioneered an awareness of how environmental toxins promote breast cancer in her award-winning book *Silent Spring*. We now know that the body's hormonal harmony can be affected by such things as PCBs in farmed fish and conventional meats; bisphenol-a (BPA) and other hormone-like substances in plastic bottles, can liners, and food wraps; pesticides on conventionally grown produce; and even food additives and artificial sweeteners.

Ready or not, some day it will all come to an end.

There will be no more sunrises, no minutes, hours or days.

All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations and jealousies will finally disappear.

So too, your hopes, ambitions, plans and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from or what side of the tracks you lived on at the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin colour will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought but what you built,  
not what you got but what you gave.

What will matter is not your success but your significance.

What will matter is not what you learned but what you taught.

What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence but your character.

What will matter is not how many people you knew,  
but how many will feel a lasting loss when you're gone.

What will matter is not your memories but the memories of those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstance but of choice.

Choose to live a life that matters.

This is Wellness by Choice not by Chance!

1. Life isn't fair, but it's still good. 2. When in doubt, just take the next small step. 3. Life is too short to waste time hating anyone... 4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch. 5. Pay off your credit cards every month. 6. You don't have to win every argument. Agree to disagree. 7. Cry with someone. It's more healing than crying alone. 8. It's OK to get angry with God. He can take it. 9. Save for retirement starting with your first pay check. 10. When it comes to chocolate, resistance is futile. 11. Make peace with your past so it won't screw up the present. 12. It's OK to let your children see you cry. 13. Don't compare your life to others. You have no idea what their journey is all about. 14. If a relationship has to be a secret, you shouldn't be in it. 15. Everything can change in the blink of an eye. But don't worry; God never blinks. 16. Take a deep breath. It calms the mind. 17. Get rid of anything that isn't useful, beautiful or joyful. 18. Whatever doesn't kill you really does make you stronger. 19. It's never too late to have a happy childhood. But the second one is up to you and no one else. 20. When it comes to going after what you love in life, don't take no for an answer. 21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special. 22. Over prepare, then go with the flow. 23. Be eccentric now. Don't wait for old age to wear purple. 24. The most important sex organ is the brain. 25. No one is in charge of your happiness but you. 26. Frame every so-called disaster with these words 'In five years, will this matter?' 27. Always choose life. 28. Forgive everyone of everything. 29. What other people think of you is none of your business. 30. Time heals almost everything. Give it time. 31. However good or bad a situation is, it will change. 32. Don't take yourself so seriously. No one else does. 33. Believe in miracles. 34. God loves you because of who God is, not because of anything you did or didn't do. 35. Don't audit life. Show up and make the most of it now. 36. Growing old beats the alternative -- dying young. 37. Your children get only one childhood. 38. All that truly matters in the end is that you loved. 39. Get outside every day. Miracles are waiting everywhere. 40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back. 41. Envy is a waste of time. You already have all you need. 42. The best is yet to come. 43. No matter how you feel, get up, dress up and show up. 44. Yield. 45. Life isn't tied with a bow, but it's still a gift.

"Be joyful in hope, patient in affliction and faithful in prayer."

We retain 10% of what we read. We retain 20% of what we hear.  
We retain 30% of what we see. We retain 50% of what we hear  
and see. We retain 70% of what we say. We retain 90% of what  
we do. If you consciously do a wise choice frequently.. You are in the wellness zone. Reading this section will help a little  
but doing it will help a lot.....

Because we are human, it is easy for us to let our choices be ruled by our emotions or to become impatient with God's  
timing. Many times we are even tempted to compromise what we believe in just because it feels good. It takes  
tremendous courage to choose what is right. But  
that's the great thing about it--God can give us all the courage we need for those important choices!

Secrets for Total Wellness:

Change Your World by Changing Your Words. Meditate daily before rising on a positive thought and be thankful  
regardless of your circumstances. End the day with the same rituals and focus your mind on positive thoughts every  
waking moment and you will find your thoughts manifest to reality. The ABCD secrets for Total wellness is:

- Attitude of gratitude
- Belief in God, yourself, and others;
- Commitment to program your subconscious mind for total health & wealth habits & choices.
- Determination to follow through. Your words have incredible creative power! God says, "Let the weak say, 'I'm strong.'  
Let the poor say, 'I'm rich.' Let the troubled say, 'I'm free.'" Get your words lined up with God's Word. When you learn to  
think and speak about your future like God does, you can't help but be excited and hopeful! If you have a lot of obstacles  
in your path today, say, "I am strong in the Lord and the power of His might. No weapon that is formed against me is  
going to prosper. God always causes me to triumph." When you speak the words of victory, you'll live a life full of victory.  
And when you're faced with something that is bigger than you, just remember how small it is compared to God! That will  
give you a positive and powerful word to speak throughout the day. Serenity Prayer: Grant me the serenity to accept the  
things I cannot change, courage to change the things I can, and the wisdom to know the difference.