



# Everyday Health

## Small Changes That Yield Amazing Results

Too many people believe that the minor aches and pains they experience, like headaches or indigestion, are an inescapable part of life. They aren't. By cultivating healthy habits today, it's possible to live a life that's not only symptom-free, but is characterized by a vibrant feeling of wellbeing and high energy.

### Health is Created by Healthy Habits

Our lives are largely run by habit. Habits are the result of repeatedly thinking and behaving in a certain way until those behaviors become automatic. For example, when you learn to drive a car you have to focus on every step of the process. But with continued practice the required skills for driving become second nature and no longer require focused mental attention. They have become habitual.

Your level of health is dependent on your lifestyle habits. These include the way you eat, how much exercise you get, how you sleep and other factors that are mostly running on autopilot. Most people don't consciously create these habits. They are naturally acquired from family, friends, life experiences, media and society in general.

Despite desiring better health, many people struggle to achieve it because their current habits lead them to repeat the same poor health decisions over and over again. If you really want better long-term health you need to create better habits. Fortunately, there are simple things that done every day will yield amazing results for your health.

### Creating New Habits for Better Health

If you have poor health, or just want better health, there are many habits of health you can start that will increase your level of health and vitality. None of them individually are that difficult and most of them don't cost anything. The only reason they are difficult is because the momentum of your current habits make it easy to keep doing what you've always done. Changing directions means having to make an effort to shift this momentum.

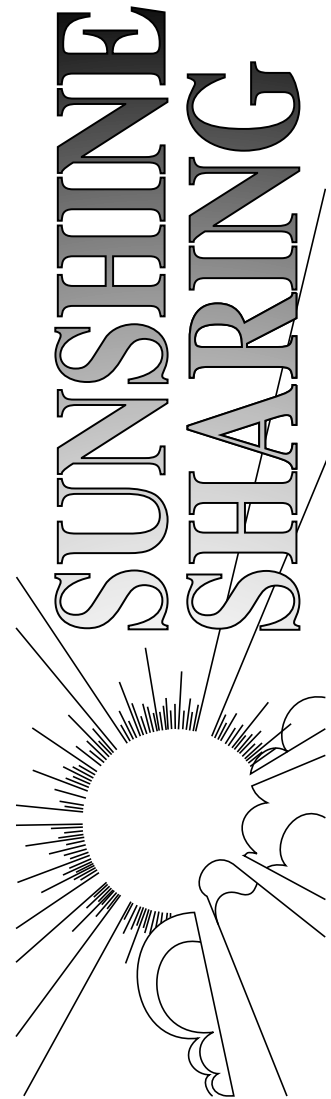


The good news is you don't have to face all that momentum at once. In fact, it's best to start by picking just one habit and focusing on doing it consistently. This is because after about three to four weeks of doing the same thing in the same manner every day the behavior will start to become automatic and won't take as much focused effort. And at the same time you'll feel better, both physically and emotionally.

Once a new habit has been established, you can pick another one and work on it for a few weeks until it also becomes habitual. Each habit you develop will help you feel better and it will become easier to develop momentum in the direction of a healthy life.

When you're building your habits of health don't worry if you miss a day, or need to revisit building a habit. Instead, think about how well you've done and keep moving forward. Any day you work on improving your health is a long-term win.

Positive changes don't require big efforts. They require many small ongoing efforts, but these small changes yield big results over time. With each small, positive change you make you'll feel better about yourself and find it easier to make the next positive change. Eventually, you'll have the force of habit working for you instead of against you.



Your guide to better health the natural way.

Vol. 32 No. 3

### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

*Sunshine Sharing* is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or [comments@treelite.com](mailto:comments@treelite.com).

Copyright © 2021 by Tree of Light (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne  
Editor: David Horne  
Associate Editors: Carolyn Hughes, Katie Horne

# Healthy Habits to Start Adopting Today

It's always better to prevent disease, but the best way to treat disease once you do have it is to do what you should have done in the first place to stay healthy. We call this treatment by prevention. This truth is summed up well in the anonymous poem found in the *Health Poetry Prescription* by Earnest Endeavor.

## The Six Best Doctors

The six best doctors anywhere—  
And no one can deny it—  
Are Doctors Sunshine, Water, Air,  
Rest, Exercise and Diet.  
These six will gladly you attend,  
If only you are willing.  
The mind they'll clear, your ills they'll mend,  
And charge you not a shilling.

Health is your natural state of being. If you aren't experiencing health, it's time to start making positive changes to create the health you desire. Here are eight habits you can cultivate to improve your health.

## 1. Program Your Mind for Health



The place to start is not with your physical habits but with your mental habits. The science of psychoneuroimmunology has shown that what you think has a profound impact on your health and on your immune system in particular. So, it's critical to change your thinking if you want to change your habits.

Start by noting the things you think and say about your health. Do you find yourself frequently thinking or saying things like?

- “I don't feel well.”
- “I'm getting old.”
- “I'm always tired.” or “I don't have enough energy.”
- “I'm just not as healthy as I used to be.”

Since all actions are preceded by thoughts, negative thoughts like these actually prevent you from doing the things you know you could be doing to stay healthy. After all, if there's no hope of better health, you won't be motivated to even try.

When you catch yourself thinking things like this, replace them immediately with phrases like these:

- “I am a healthy person.”
- “My body is strong and healthy.”
- “Every day I'm getting healthier.”

Pick two or three times to say them out loud every day. For instance, when you wake up or before lunch. Do this for at least three weeks, until you change your thought habits.

You may be pleasantly surprised at how much better you feel just by telling yourself these things. Many people have made dramatic improvements in their health simply by changing their thoughts and controlling what comes out of their mouth. The existence of placebo effect suggests that believing you are healthy is enough to help you become healthy and stay healthy.

## 2. Walk or Exercise Every Day

Regular physical activity is one of the best things you can do for your health. It improves circulation, tones muscle, aids weight loss, improves your thinking and elevates your mood. Unfortunately, it is easy to put off when you're feeling busy or stressed which is why it is important to make it a habit.

There are many people who look forward to exercise, which illustrates that it can be developed as a good habit. Exercise can be as simple as going for a walk. Just pick a time you can dedicate for walking each day. If you walk outdoors, you'll also get the benefits of sunshine and fresh air.



Getting at least 30 minutes every day is ideal, but depending on your health you may want to start with just 5-15 minutes. Just do a little every day for a few weeks until it becomes an easy and automatic habit.

If you prefer some other type of exercise like running, swimming, or riding a bike, go for it. The most important thing is to make your exercise time pleasant and fun. If you're doing something enjoyable it will make it easier to motivate yourself until it becomes a habit. Finding someone to share these activities with can provide accountability and extra motivation.

If you feel tired and sore after exercise, you can aid recovery by taking an *Electrolyte Drink* or a *Nitric Oxide Boosting* drink afterwards. These can help you feel better, making it easier to keep going until you develop the habit.

## 3. Get an Adequate Amount of Sleep

Sleep is absolutely critical to health and generally speaking most people need between seven and nine hours of sleep per night. Unfortunately, many people don't get enough.



Adequate sleep is associated with a stronger immune system, a reduced stress level, a better overall mood and a reduced risk of accidents. Adequate sleep helps your body detoxify and reduces your risk of obesity, heart disease and depression. It helps your body heal from injuries and disease and also helps you perform better at work.

Sleep patterns are habit patterns. Set the habit of getting to bed at a regular time, preferably between 9 and 11 and also set

a wake up time 8-9 hours later. This cultivates a natural rhythm for sleep that makes it easier to fall asleep and wake up refreshed.

If you have trouble sleeping, try taking melatonin before bedtime each night to reset your biological clock. It also helps to completely darken your room or wear a sleep mask and avoid all stimulating activities a least an hour before bedtime.

To help your body adjust to a regular schedule of sleeping and waking you can also take a **Sleep Formula**, containing herbs like valerian, passion flower and hops, at bedtime. It may also be helpful to take 200-400 mg of magnesium with 500 mg of vitamin C, particularly if you tend to have tense muscles.

#### 4. Drink More (Water, That Is)

Many people drink a lot of milk, fruit juice, soda pop, energy drinks, coffee or alcohol, but often fail to drink plain water. Water is more important to good health than food and drinking an adequate amount of pure water every day is essential to health.



Every organ and tissue of the body needs water both to utilize nutrients and to flush irritants. Adequate intake of water can relieve pain, including headaches and joint pain, improve mood, aid digestion, reduce allergic reactions, aid in weight loss, reduce high blood pressure, aid memory and concentration and increase energy.

You can develop the habit of drinking more water by picking specific times to drink. Start by drinking a glass of water first thing in the morning and also drink a glass of water about 15-20 minutes prior to meals and again at bedtime.

You can also make it a habit to keep a glass or bottle filled with water handy for when you feel thirsty.

If you have trouble drinking plain water, try adding some lemon or lime juice, or putting a few slices of cucumber into it. You can also take a pinch of natural salt, such as Himalayan Pink, Celtic or Redmond salt. The salt will increase your thirst and help your body utilize the water. You may be surprised how much this simple habit will improve your health.

#### 5. Eat Fresh Fruits and Vegetables First

Diet is obviously important to health, but it's also subject to habit. You'll tend to adopt a diet based on your family and culture.



Many people try to change their diet by focusing on the negative, that is, what they should avoid or cut out of their diet, such as sugar, excess salt and so forth, but it's better and easier to change by focusing on the positive.

Most nutritional experts believe that many degenerative

diseases can be avoided by eating 5-7 one-half cup servings of fruits and vegetables everyday. This isn't that difficult to do if you eat the fruits or vegetables first, before you eat anything else.

So, for example, try eating an apple, orange, banana or a cup of berries for breakfast. That's your first two servings. Then, eat some carrot or celery sticks or a salad at the start of lunch. That's one or two more servings. Then, put a cup of vegetables like broccoli, cauliflower, green beans, zucchini, or squash on your dinner plate and eat them first. Right there you'd have five or six servings.

When you eat the fruits and vegetables first you not only have less room for other, often less healthy, foods, but you train your body to crave natural foods. After a few weeks you'll find that your appetite changes and you'll naturally enjoy eating healthier. You'll also experience fewer cravings for the foods you shouldn't be eating, because your body is getting what it needs.

#### 6. Enjoy Food, Eat Less

As important as diet is to health, you can improve your health without changing what you eat. You simply change your approach to eating.

In laboratory experiments scientists have found that reducing caloric intake is the best and only consistently effective way to improve the general health and longevity of laboratory animals. The simple fact is that eating too much food shortens our lives, and with the abundance of food in modern society, it's easy to eat more than we need.



To help you eat less, make a habit of slowing down when you're eating. Chew your food well enjoying its flavor and texture. Stop when you don't feel hungry anymore. That's not the same as stopping when you are full. The idea is to eat just enough to satisfy hunger. Most children do this automatically, but unfortunately many of us have to be taught to clean our plates.

Slowing down while eating and paying attention to what you're eating also helps you make better food choices. When you really take the time to taste and smell what you are eating it allows you to get in better touch with what your body really needs.

**Continued on page 4**

#### Additional Help and Information

For more information about creating daily habits of health contact the person who gave you this newsletter. You can also consult the following resources:

- The Health Poetry Prescription* by Earnest Endeavor
- Success Habits: Proven Principles for Greater Wealth, Health, and Happiness* by Napoleon Hill
- Atomic Habits* by James Clear

This issue of *Sunshine Sharing* is provided by:

# AskMara.com & Energy Wellness Products

Mara Gerke

9898 N 200 E, Decatur, IN 46733

**Phone:** 800-728-2425

**Website:** <http://www.askmara.com/>

**Email:** askmara@gmail.com



**Notice:** This issue of *Sunshine Sharing* has been created for use by **AskMara.com & Energy Wellness Products** to send to their customers and NSP down-line. Printing for personal use is allowed. It is not permissible to modify this document or distribute it.

## Continued from page 3

### 7. Take Some Basic Supplements Each Day

One of the simplest habits you can make is to take out some nutritional health insurance in the form of a basic supplement program. This helps ensure you're getting the nutrients your body needs every day.



This is important because the vitamin and mineral content of modern food is much lower than it was a hundred years ago. That's partly due to agricultural practices and partly due to

the lengthy storage time and processing most food undergoes.

Start with a basic daily vitamin and mineral supplement. You may also want to add some individual vitamins and minerals on top of this. Most men can benefit from taking zinc regularly and many women need extra iron during their childbearing years. Much of the population is also deficient in Vitamin D3 and magnesium.

In addition, you may find it helpful to take a **Colloidal Mineral Supplement**. Vitamin and mineral supplements mostly contain macro minerals, but almost everyone is also deficient in trace minerals, which are important for healthy bones, teeth and immunity.

Another key supplement is omega-3 essential fatty acids. Most diets don't have enough of this healthy kind of fat, which can reduce levels of inflammation, protect your brain, nerves, heart and cardiovascular system.

### 8. Keep Your Bowels Working Properly

It's not the nicest subject to talk about, but many years ago people understood that staying regular was important to health. Unfortunately, many doctors today don't recognize the

importance of regular elimination and GI tract health, but many natural healers recognize that you should have at least one and maybe two or three, bowel movements every day and this should



happen without having to strain to pass them.

Traditional healers have long asserted that if waste stays in the body too long it creates a problem called autointoxication. This is where toxic materials, the body should be eliminating, are being absorbed into the body creating irritation, brain fog, reduced energy, congestion and other health problems.

If your bowels aren't moving every day, start by doing a Colon Cleansing Program, such as **Ivy Bridge's Cleansing Program** or the **Chinese Balanced Cleansing Program**. After you get your colon working better, you can keep your system regular by taking a **Fiber Blend** each morning with a large glass of water about 30 minutes prior to breakfast. You can also take **Gentle Bowel Cleansing Formula** to help your intestinal health and motility. A good **probiotic** supplement may also help.

## Make Health a Priority

Each day you have many priorities competing for your time, but making time to adopt healthy habits should be at the top of that list. Why? Because a healthy body and mind give greater energy and mental clarity to do everything else you have to do.

So, no matter how busy you are, start today because as wellness educator Joyce Sudana has said, "If you don't take time for your wellness, you will be forced to take time for your illness."

So take the time and make the effort to develop these simple daily habits of health.