




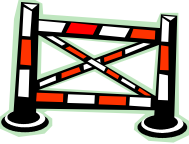






Steps to True Health

TOTAL SUCCESS MEMORY GAME



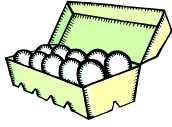







By Brent Evans

<p>1. Sun</p> 	<p>Key Spiritual/Physical Question: Who is in charge? Me or my body?</p> <p>If you are in charge, you can learn and use powerful principles to achieve your goals. If your body is in charge, then ...</p>	<p>6. Sticks</p> 	<p>Make healthy, deep breathing a habit.</p> <p>Make sure you breathe deeply & have plenty of fresh air so you can provide your body with the amount of oxygen it needs. Dr. Andrew Weil, author of <i>Healthy Aging</i>, claims this is the most important of all health principles.</p>
<p>2. Shoe</p> 	<p>Key Spiritual Questions: Who am I? What do I want? (Power of Aladdin's Lamp)</p> <p>Identify who you are & commit to your 3 most important wishes makes <i>the 25 powers of the lamp</i> work for you.</p> <p>http://www.learningsuccess.com/power_of_aladdin.htm</p>	<p>7. Heaven</p> 	<p>Exercise: flexibility/balance, aerobic, resistance/strength.</p> <p>Sample Games to Develop Balance & Coordination from Learning Success: http://learningsuccess.com/sample_games_to_develop_balance_and_coordination.htm</p>
<p>3. Tree</p> 	<p>Use positive intention & commitment & the power of faith.</p> <p>This is the most powerful way to learn & apply true principles in your life. Decide what you want, become aware of principles involved, and then act on them.</p>	<p>8. Gate</p> 	<p>Regularly get quality sleep.</p> <p>Important restorative processes occur during sleep. Lack of enough sleep can lead to chronic fatigue, reduction of mental abilities, and weight gain.</p>
<p>4. Door</p> 	<p>Take a balanced nutritional supplement for essential cell support and nourishment.</p> <p>You have about 100 trillion cells in your body. Making sure each of them has all the nutrients & antioxidants they need is vital to your optimum health.</p> <p>http://www.learningsuccess.usana.com</p>	<p>9. Dine</p> 	<p>Keep the quantity & type of stress at healthy levels.</p> <p>There is a big difference between unhealthy stress that lingers and periodic tension involving increased energy to reach valued goals or experience temporary recreation.</p>
<p>5. Hive</p> 	<p>Drink enough pure water.</p> <p>Even a tiny shortage can disrupt your body chemistry, and lead to fatigue and overeating.</p>	<p>10. Hen</p> 	<p>Schedule regular vacations, recreation, weekly spiritual renewal, & daily re-energizing breaks.</p> <p>The Importance of Power Rest Cycles & Keeping the Sabbath Day Holy: http://learningsuccess.com/the_importance_of_power_rest_cycles_and_keeping_the_sabbath_day_holy.htm</p>

Steps to True Health

TOTAL SUCCESS MEMORY GAME

By Brent Evans

<p>11. Goal Posts</p> 	<p>Maintain a well-functioning energy system. Avoid sugar spikes caused by high glycemic foods resulting in excess hunger, insulin resistance, and danger of diabetes. Play the Learning Success <i>Reset Your Health Game</i> to revitalize your life! USANA Reset: http://www.learningsuccess.com/reset_your_health_game.htm</p>	<p>16. Dance</p> 	<p>Do no harm, such as smoking (average 7 year reduction in life) and unprotected sun exposure.</p> <p>USANA Sense Daytime Protection: http://www.learningsuccess.usana.com</p>
<p>12. Egg Carton</p> 	<p>Regularly eat whole grains, fruits, & vegetables.</p> <p>Avoid highly refined grain products which cause sugar spikes. Eat 5 or more servings a day of fresh fruits & vegetables.</p> <p>http://www.mypyramid.gov/</p>	<p>17. Dice</p> 	<p>Keep weight within normal limits, but avoid yo-yo dieting & frequent changes in weight.</p> <p>Obesity has as much harm as smoking. Frequent gaining and losing weight is perhaps more harmful than being overweight.</p>
<p>13. Witch's Broom</p> 	<p>Regularly eat protein foods: meats, fish, dairy, vegetarian</p> <p>25 grams of soy protein reduces chance of cancer by up to 1/3.</p> <p>USANA Soymax or Nutrimeal, soy milk: http://www.learningsuccess.usana.com</p>	<p>18. Vote</p> 	<p>Head off problems early with regular physical exams & knowledge of your family health history.</p> <p>Disease or problems caught early have the best chance of successful intervention.</p>
<p>14. Floor</p> 	<p>Understand the key role of antioxidants in protection from cellular inflammation, environmental pollutants, and free radicals.</p> <p>USANA supplements Sense for Beautiful & Healthy Skin: http://www.learningsuccess.usana.com</p>	<p>19. Protest Rally</p> 	<p>Keep a positive, appreciative attitude and maintain & nourish friendships.</p> <p>This makes for a better and longer life.</p>
<p>15. Bottle</p> 	<p>Special foods & supplements to meet special needs.</p> <p>Examples: arthritis, osteoporosis, macular degeneration</p> <p>USANA optimizers: http://www.learningsuccess.usana.com</p>	<p>20. Twins</p> 	<p>Benefit from spiritual strength & support.</p> <p>There is strength and vitality in finding and achieving meaning, vision, and value in life.</p>