

Health Publication

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NaturAlley

The Magazine of Inner Power and Science

A NEW PERSPECTIVE TO
DISCOVER OUR HIDDEN
HEALING ENERGY AND
UNDERSTAND THE
HUMAN MIND THROUGH
HEALTH ALTERNATIVES

TURNING 40 AT 60
The Migraine Monster

Family Stuff
EPIGENETICS
We can change our
Genetic Code

**ESSENCE
CONNECTION**
Discovering who
we really are

FOOD AND MOOD
Gut and Brain Connection

Is Music Therapy good for Mental Health?

Austin
Super Ager

Debra Snell
Inspiring Woman

HEALTH WITH
AYURVEDA
THE SCIENCE OF LIFE

The Paradigm of Illness
DEFYING DISEASE
SICKNESS
IS NOT
NORMAL!

You are a **SUPER AGER!**



Let's Feature your story

Contact us in writing telling us why do you consider yourself or a member of your family a Super Ager i.e., a person that is over 45 and have a routine of healthy habits which are prolonging her or his age and youth.

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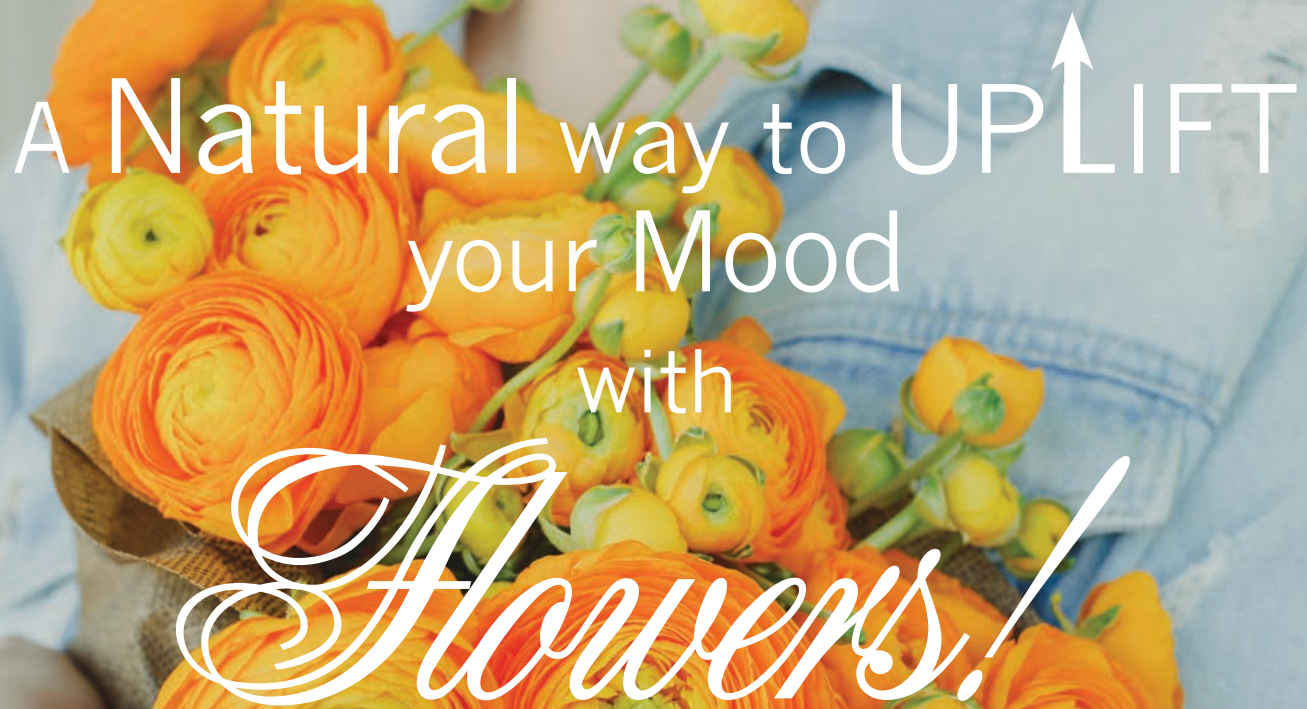
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A Natural way to UPLIFT your Mood with *Flowers!*

Photo by Nicolas Postiglioni

*W*hat would you choose? A basket of fruits and sweets, a bouquet of flowers or some other gift, to make someone you love smile?

Researchers at Rutgers University considered that the fruit basket would be the best way to lift their spirits, but they found a surprise. It turned out that the flowers attracted more authentic smile and more hugs and kisses, than the other gifts, according to the person in charge of the direction of the investigation developed by Dr. Jeannette Haviland-Jones.

"Common sense indicates that flowers make us happy," says Haviland-Jones. **"Now, science shows that these have strong positive effects on our emotional well-being."**

The women who participated in the study were told they would receive a gift, but they were not told what it would be. They were interviewed in the previous days to determine their general mood. The researchers

recorded people's reactions upon receiving the gifts, all of the same value and with similar packaging. Then, the researchers followed up a few days later to find out the duration of the impact the gifts had if there were any. While all women appreciated their gifts and showed a reduction in depression after receiving them, the flowers had the strongest and most lasting effect on happiness. Women reported feeling less depressed, anxious and agitated, and more satisfied with life. The results were the same for women of all ages.

The researchers noted that the women interacted more with their family and friends after receiving floral arrangements. They tended to place them in a place where they could share them with other people, in hallways, living rooms and their dining rooms.

Perhaps this women's response does not surprise you; But with men, you may say, it is another story.

Haviland-Jones doesn't think so. "When it comes to receiving flowers, men and women are on the same playground," She says, mentioning a studio by Holly Hale, one of Rutgers' graduate students.

Hale discovered that men equaled women in the expression of rejoicing and the increase in social interactions with researchers who gave them flowers. In fact, men who did not receive flowers while others did, demonstrated a more negative response than women who went through the same situation.

Haviland-Jones, which is conducting a follow-up study on the effects of flowers on older people, is impressed by the impact that flowers have on people's lives. They can be a healthy and natural way to control your moods day by day and intensify the way you enjoy life.

*Source: Manual del Médico Rural (Translated)
FC&A Medical Publishing*

Publisher's Note



Self-development means different things to everyone. For some it is the end of old habits and a fresh start to a new and a better self, a new place to live, a good book, new relationships and a mindful reflection. But for Austin it only means one thing and that is to look for the best sources to improve oneself either by finding places to workout, to eat well, to listen to the best music and an overall search for being fit and healthy.

I had the privilege to meet and talk to amazing people and connected with writers from local Austin, Spain, Costa Rica, Florida, Northwestern USA; who with their incredible stories inspiring and courageous, tell us how they have conquered health challenges and how over the years are defying age and staying active and focus on their mental, physical and spiritual wellbeing.

This is the original system of healing and medicine with its eight branches, which have become the main branches of medicine as it is practiced in modern times. Let's learn more about Ayurveda with Meena Vad on page 8.

He was between seven and eight years old, when a "monster" came to live with him and stayed with him for fifty years! Raimon Samsó tells us his story and how he defeated that "Migraine Monster" (page 12).

Many of us have heard that cells have memory. Basically, this is the core of Epigenetics. Even more recently research has proven that trauma has a profound impact on the generational genetic profile, read about it by our contributor Dayle Malen on page 16.

Read about our Featured Super Ager Debra Snell, she has embraced the same role model position over the years and now she works to encourage and empower women (page 20).

"Life is about Movement" and "Art with A Purpose", meet our Super Agers; Kirby Sams and Ilsa Weissfisch on page 22, and page 24 respectively.

Food influences mood and emotions, read about the Gut and Brain connection and how crucial is to have a healthy intestinal tract by Traci Vincent on page 28.

Many methods were instilled in us to gain knowledge, but they were distractions to not discover the energy that is within each of us. By Ivania Araya who tells us about connecting with the essence on page 30. Translated to spanish article on page 31.

The Paradigm of Illness...our independent bodies can instantly transform to be healthy by only thinking on it. Our cells are capable of healing or make us sick because our DNA is undoubtedly influenced by our thoughts (page 15).

Jacquie Novoa
Publisher

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Featured Article



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Cover Photo: Debra Snell
Photography by: Lighthouse44

Super Ager
Debra Snell - Inspiring Woman



NaturAlley Health Magazine™

Inspired by the concept that we can live our life to the fullest by understanding where we come from... our "ORIGIN". Discovering and integrating our Essence and freeing ourselves and our physical bodies from all the ailments caused by entities from our own past existences and our generational links. Discovering a permanent sense of well being, becoming aware of our surroundings and pursuing an ultimate Ideal balanced body, mind, spirit and the resources nature provides for us. We offer you the latest local and national information on alternative & complementary health and personal issues for the development of an integral human transcendence.

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LET'S TALK NAD⁺

Nicotinamide Riboside

WE ARE ENERGY, when functioning optimally, the energy supply in our bodies is capable of providing electricity to an entire city! There are organelles inside the cell that are responsible for creating the energy to keep us both vital and active

You've probably heard of mitochondria because of the explosion of knowledge generated by exposing the makeup of our genetic code. Simply put, mitochondria are the energy-producing organelles in our cells. **WE CALL MITOCHONDRIA YOUR CELLS' POWERHOUSE OR BATTERIES**, providing energy to carry out biochemical reactions and other cellular processes in the body. Mitochondria make energy for cells from the chemical energy stored in the food we eat. Your mitochondria turn glucose and free fatty acids into heat and usable energy (adenosine triphosphate, or ATP).

ATP is the energy currency in the body, much the way the dollar functions as the exchange currency in the world economy. **You use ATP to fuel your cells, organs, muscles, and brain.** Virtually every biochemical reaction your body performs requires ATP.

Mitochondria are found in all body cells, with the exception of a few. There are usually multiple mitochondria found in one cell, depending upon the function of that type of cell. Mitochondria are located in the cytoplasm of cells along with other organelles of the cell.

NAD⁺ levels fall during aging, so that a middle-aged person may have one-half the intra-cellular **NAD⁺** levels they enjoyed in their youth. The loss of NAD⁺ may be a significant component of age-related disease, so nutritional strategies to boost levels of NAD⁺ may provide a hedge against the physical decline associated with age. Today, we understand that mitochondrial dysfunction is a factor in many symptoms, including body aches, fatigue, early aging, etc. to mention a few.



Michael A. Smith, M.D., Director of Education and Spokesperson for Life Extension, believes in the importance of good food, lifestyle and daily supplementation of essential nutrients in the maintenance of a healthy life-style.

In the United States today, we consume poor quality foods and most of the time our bodies can't obtain the necessary nutrients to produce energy and keep our bodies at its optimum.

A vital component of the energy transfer reactions in mitochondria is NAD⁺, or Nicotinamide Adenine Dinucleotide.

NAD is an electron shuttle that channels energy, and is critical in producing the chemical energy called ATP.

NAD acts as a "middle man" between the energy in food and the mitochondria to produce ATP. As we age, we start losing the ability to produce adequate amounts of ATP. One way to restore this ability is to consume supplements containing precursors of NAD⁺. The principle precursor of NAD⁺ in humans is a form of **Vitamin B3** called nicotinamide. A more effective nutritional form of nicotinamide, called Nicotinamide Riboside (NR) can boost the production of energy, and nutritional supplementation of NR may be of benefit in maintaining adequate levels of ATP production.

This supplementation might be beneficial in cases of Vitamin B3 deficiency.

LET'S TALK ABOUT SUPPLEMENTATION!

TESTIMONIAL

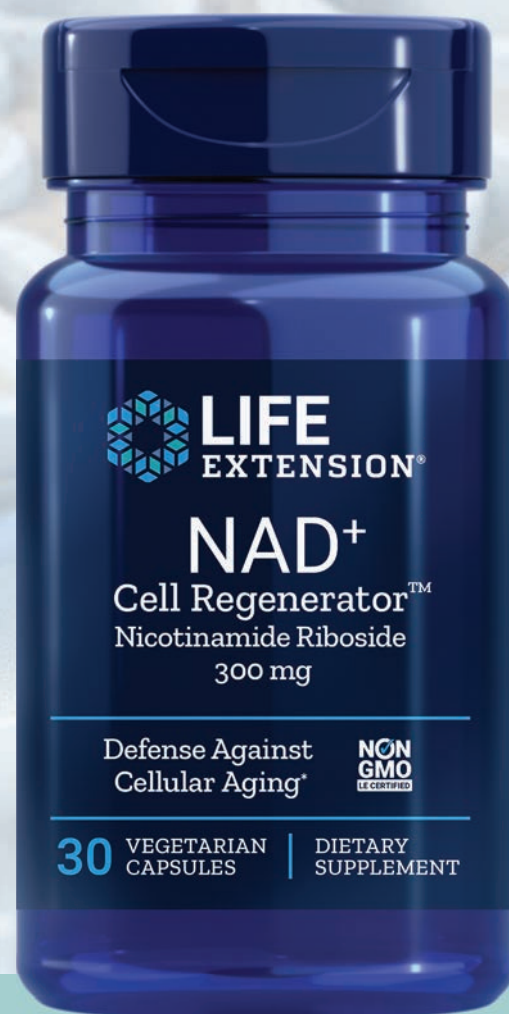
Old age surprised me on my 80-year Birthday with a health condition that lasted 3 years, which supposedly had no recovery or improvement, but every day was worse. At the same time my wife's health began to crack, since she spent nights without sleep and the tension of seeing me bad every day. One day in our prayer time I took a decision, to have faith. Immediately changed my attitude and started looking for alternatives, I remembered that I had read an article in a magazine called NaturAlley™ which enlightened me and we subscribed to it; I started to have a different picture about alternative medicine and put in practice many tips that I read in the articles which helped me. In my research for natural supplements, I found Life Extension,

contacted them, and was impressed with the attention I received and they gave me all the information that I needed about NAD⁺, a product that works to cellular level, I was surprised to see that without spending so much money I could have so many benefits with a single supplement! I immediately placed an order and in a few days we both were taking it. I began to see results at the end of the first bottle; I had recovered 85%, regained my legs mobility, general well-being, and mental agility. The pain and fatigue went away, and also now my appetite got better, I feel that my wife and I have a new life we can enjoy together, I am 84 now and she is 70 years old, my depression is gone and I feel very energetic".

- Albert W.

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HEALTH WITH AYURVEDA

THE SCIENCE OF LIFE

By Meena Vad

Creator of the book - *Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice At Home*

A Photo by Katherine Hanlon

Yurveda is getting more attention in the U.S. in the last few years. This science of living a healthy and balanced life is available to all of us. This word, "Ayurveda" consists of "Ayur" meaning "life" and "Veda" meaning "knowledge or science".

About three thousand years ago, two great sage-physicians, Charaka and Sushruta compiled all the knowledge of health and wrote the books called "Charaka Samhita" and "Sushruta Samhita". These text books contain a tremendous amount of knowledge about health and medical practice and are still used by students and practitioners of Ayurveda. This is the original system of healing and medicine with its eight branches which have become the main branches of medicine as it is practiced in modern times. The original system also included methods of surgery using a variety of instruments. The methods of Ayurveda are designed to promote human health, well being and creative growth. It is a systematical set of knowledge which promotes healing

at a deeper level and gets to the root of a health problem. It is available for all phases of life, every age group and every health problem. The aspect of prevention and the herbal remedies of Ayurveda are now considered as complementary medicine.

Ayurveda basically uses plant-based medicines and treatments.

There is a renewed interest in herbal medicine today. In 2018, in the United States, the National Center for Complementary and Alternative Medicine (NCCAM) expended \$142 million annual budget on Alternative medicine, including research on Ayurvedic medicine. The herbal combinations are called "Rasayanas" which are used for healing purpose, for maintaining good health, for restoring the functions of organs and for longevity. These Rasayanas are carefully prepared to directly invoke the flow of inner intelligence in the cells of the body. These Rasayanas are gentle yet potent in their effect. They are curative and preventive, with no harmful side effects. It is in our best

interest to use this ancient wisdom along with modern science. Recent clinical studies show that Ayurvedic herbal formulations have been found to provide exceptionally powerful protection against free radicals which are considered to play a central role in the aging process and in many disorders, including coronary heart disease, cancer, Alzheimer's disease, diabetes mellitus, and inflammatory conditions such as rheumatoid arthritis.

AYURVEDA GIVES IMPORTANCE TO THE CHANNELS IN THE BODY THAT TRANSPORT FLUIDS FROM ONE PART TO ANOTHER. WHEN THESE CHANNELS GET BLOCKED, THE HEALTH OF THE BODY-MIND SYSTEM GETS AFFECTED.

The use of massage with plant-based oils is recommended for clearing the channels in the body. There are techniques of inducing sweat in the body in order to remove the toxins from the channels. It puts the responsibility of life on each individual through diet, exercise, relaxation, meditation,

relationships, work and daily routines. It shows us that we are related to the universe by the five forces of elements - space, air, fire, water and earth. These elements are outside of us and inside of us as certain energies. **We maintain good health when we balance these energies in the body-mind system. Ayurveda considers our body-mind-spirit as one whole system. Anything that affects one of the parts, affects the whole.**

As we know, each person is born with a unique constitution and with certain energy patterns. It is a combination of some physical, mental and emotional characteristics. Ayurveda calls it **"Prakriti" or nature of each person.** It is like a blueprint or a genetic code. It remains the same throughout our life. **It consists of three fundamental energies or "doshas", called Vata, Pitta and Kapha.** Each person has a unique combination of these doshas. If we want good health, we need to balance these three energies. Any imbalance in these energies affects the whole mind-body system. **Good Health is our natural state and ill health is unnatural. Our bodies are self correcting and intelligent systems.**

We are constantly bombarded by polluted air, impure water and food, stress of our daily life, tension, relationship problems and worries. They create illnesses, health problems, chronic pains and diseases. We need to take some steps to maintain our balance and keep good health in order to have the harmony of our body, mind and spirit.

We all feel some creative moments, some moments of intense joy and some time periods of peak experiences in life when we are focused and we forget everything else. At those moments, we are tuned to our inner self. The effect of these moments is that we gain some new found confidence, new creativity and some internal healing.

THE TECHNIQUE of being in tune with our inner self is called "Dhyana" or Meditation in Ayurveda. A DAILY PRACTICE OF MEDITATION CAN SLOWLY MAKE OUR MIND QUIET AND PEACEFUL. ALL THE STRESS AND TENSION MELTS AWAY AND THE MIND REMAINS IN ITS NATURAL STATE. THE DAILY ROUTINES ALSO INCLUDE A WALK IN THE FRESH AIR, GETTING SOME SUNLIGHT ON THE BODY, REGULARITY IN EATING, MODERATION IN ALL ACTIVITIES AND A POSITIVE OUTLOOK ON LIFE. As you practice these techniques, you will notice that your blocks are melting away, the impurities in the body and mind are getting removed and you are becoming self-confident, creative, loving, spiritual and happy. The results of many scientific research projects conducted on the effectiveness of these techniques show us that a person's IQ gets higher, creative ideas flow easily, relationships become harmonious and healing from even severe diseases can occur.

AYURVEDA RECOMMENDS 6 TASTES IN OUR MEALS – SWEET, SOUR, SALTY, PUNGENT, ASTRINGENT AND BITTER.

The natural foods that contain these tastes create chemicals in the body that are conducive to good digestion, good assimilation and elimination. This in turn, creates positive and beneficial thought patterns in the mind. Ayurveda recommends fresh and organic diet with Turmeric and Ginger in it every day. It recommends music (Gandharva music) which is capable to create happy moods. It also shows us the use of certain colors to raise peaceful feelings and certain aromas to uplift our spirits.

Today there are at least 15 Institutions that teach Ayurveda in America—from certificate level to the Master's degree level.

What a great gift we have in this wise guidance of Ayurveda!

1. PREVENTION – WHAT WE NEED FOR PREVENTING IMBALANCE:

- Nutritious food intake for specific body type (Vata, Pitta and Kapha or any combination of these).
- Daily exercise (a walk in the Sun, Yoga, Aerobics).
- Meditation and relaxation.
- Sound sleep.
- Satisfaction in life.
- Work that we like and are productive in it.
- Positive relationships and social connections.

2. MAINTENANCE – WHAT WE NEED FOR MAINTENANCE OF BALANCE IN PHYSICAL, MENTAL AND EMOTIONAL AREAS OF LIFE:

- Diet that includes organic whole grains, legumes, fresh fruits and vegetables.
- Normal range of BP, sugar levels, body-weight, digestion, elimination, breathing.
- Daily routines for strengthening our systems (Yoga, Meditation and breathing exercises).
- Peace of mind, Rest, playful time with loved ones.
- Creative, helpful and productive work, hobbies, volunteer work.

3. TREATMENT

- Plant-Based Medications (tablets, capsules, oils, powders)
- Panch-karma (a five-pronged session for internal cleansing)
- Pulse check, Tongue analysis and Nail analysis
- Marma points therapy for vital junction-points in the body.
- Diet modifications for specific body-type (Vata, Pitta and Kapha or any combination of these).
- Body massage to remove toxins.

What is ECOTHERAPY

Source: /www.goodtherapy.org

Ecotherapy is one of ecosystem services that nature provides and is based on the theories of ecopsychology. Broadly speaking it is an area of psychology that embraces ecology and aims to be holistic in theory and practice (Buzzell and Chalquist, 2009). Aug 3, 2018 Ecotherapy / Nature Therapy Ecotherapy, also known as nature therapy or green therapy, is the applied practice of the emergent field of ecopsychology, which was developed by Theodore Rozak. Ecopsychology is informed by systems theory and provides individuals with an opportunity to explore their relationship with nature—an area that may be overlooked in many other types of psychotherapy. While some professionals teach and practice ecopsychology exclusively, other mental health practitioners incorporate aspects of ecotherapy into their existing practices.

Ecotherapy, in many cases, stems from the belief that people are part of the web of life and that our psyches are not isolated or separate from our environment.

CONNECTION WITH EARTH: THE CORE OF ECOTHERAPY

Connection with the earth and its systems are at the core of ecotherapy. Many clinicians who practice ecotherapy believe that the earth has a self-righting capacity which operates through complex systems of integrated balance, and that if people can harmonize with these systems, they may experience improved mental health. Personal well-being and planetary well-being, as proposed in many tenets of ecotherapy, are not separate from each other. People's lives are therefore seen as part of a greater system of interaction.

NATURE AND MENTAL HEALTH

Ecotherapy is based on the idea that people are connected and impacted by the natural environment. A growing body of research highlights the positive benefits of connecting with nature. In one study conducted by psychologist Terry Hartig, participants were asked to complete a 40-minute cognitive task designed to induce mental fatigue. Following the task, participants were randomly assigned 40 minutes of time to be spent in one of three conditions:

walking in a nature preserve, walking in an urban area, or sitting quietly while reading magazines and listening to music. Participants who had walked in the nature preserve reported less anger and more positive emotions than those who engaged in the other activities. In a similar study conducted by Mind, a mental health charity organization, a nature walk reduced symptoms of depression in 71% of participants, compared to only 45% of those who took a walk through a shopping center.

While direct contact with nature has many benefits, individuals need not spend time in a green environment to experience the positive effects of nature.

Several studies have found that a mere glimpse of nature from a window or even photographs of nature can improve people's overall mood, mental health, and life satisfaction. For example, in a study conducted by Roger Ulrich, a prominent researcher in this field, heart surgery patients in intensive care units were able to reduce their anxiety and need for pain medication by viewing pictures depicting trees and water. Another researcher, Rachel Kaplan, also found that office workers who had a view of nature from a window reported higher job and life satisfaction than those who did not have such a view.

The beneficial effects of nature result not only from what people see but from what they experience through other senses as well. In one recent study, participants recovered more quickly from psychological stress when they were exposed to nature sounds (from a fountain and tweeting birds) than when they were exposed to road traffic noise. In another study, food and fruit fragrances inhaled by hospital patients resulted in reduced self-reports of depressive mood.



BENEFITS FOR CHILDREN

Many other studies help to demonstrate the positive effects of nature on both physical and mental health. Studies have shown, that children who live in buildings with a nearby green space may have a greater capacity for paying attention, delaying gratification, and inhibiting impulses than children who live in buildings surrounded by concrete. Children who have been diagnosed with attention-deficit hyperactivity (ADHD) display fewer symptoms after spending time in a green environment than when they spend time indoors or in non-green outdoor environments. The addition of flowers and plants to a workplace can positively affect creativity, productivity, and flexible problem solving, while the presence of animals may reduce aggression and agitation among children and those diagnosed with Alzheimer's.

ECOTHERAPY ACTIVITIES AND TECHNIQUES

NATURE MEDITATION: This meditation takes place in a natural setting, such as a park, and is sometimes done as a group therapy. Members of the group may identify something in nature which attracts them and then spend a few minutes contemplating how this aspect of nature relates to them and what they can learn from it. For example, an elderly person struggling with feelings of worthlessness might develop greater self-respect after meditating on how the older trees in a forest provide shelter for birds and shade for younger plants. The activity usually ends with group members sharing what they learn.

HORTICULTURAL THERAPY: The use of plants and garden-related activities can be used to promote well-being. Activities may include digging soil, planting seedlings, weeding garden beds, and trimming leaves. This type of intervention may be recommended in cases of stress, burnout, and substance abuse, as well as in cases of social isolation among the elderly. Programs such as Thresholds, a Chicago-based mental health agency, has also helped military veterans experiencing posttraumatic stress through horticultural and ecotherapies.

ANIMAL-ASSISTED THERAPY: In animal-assisted therapy, one or more animals is introduced into the healing process. Some studies have demonstrated that petting or playing with a dog, for example, reduces aggression and agitation in some populations. Physical exercise in a natural environment: This can include activities such as walking, jogging, cycling, or doing yoga in a park. These types of activities foster increased awareness of the natural world and are sometimes recommended for reducing stress, anxiety, depression, and anger.

INVOLVEMENT IN CONSERVATION ACTIVITIES: The act of restoring or conserving the natural environment can assist in creating a sense of purpose and hopefulness. Since this activity is usually done in groups, it may also help foster a sense of belonging and connectedness while simultaneously improving one's mood.

TURNING 40 AT 60



YOUNG, HEALTHY AND FREE OF HEADACHES

Raimon Samsó is an entrepreneurial author. Bachelor of Economics, author of 30 books of personal and professional development.

He worked in 3 multinationals and 3 banks for 15 years. In a 180° turnaround, he resigned from employment that no longer matched his values and started from scratch in a new profession as: author and international lecturer.

Today he is recognized as the author of reference for entrepreneurs who want

to create projects with conscience. Write books and organize online courses on professional and financial success, and personal development.

RAIMON SAMSÓ



The Migraine MONSTER

My Migrainous Story

By Raimon Samsó, author of *TURNING 40 AT 60: Young, Healthy and Free of Headache*
Author and director of the Institute of Experts.

Between the age of seven and eight, something unexplainable occurred in my state of health. Suddenly a "monster" came and sat next to me and **stayed with me for fifty years. It was the "migraine monster."**

At that age, I started having episodes of severe migraines without apparent cause, which is known as migraine headaches (intense and lasting headache accompanied by other symptoms). The headache suddenly appeared in my life and without a known cause.

My headaches were intense and completely incapacitated me, usually appeared after noon, gaining in intensity unstoppably and sending me to bed in the middle of the afternoon. Until the next day, they were almost always accompanied by vomiting, sensitivity to light and noise. **For a child: the end of the world.**

I grew up with the "migraine monster" by my side. Knowing that at anytime my life as a child, as a young person, as a student and in my leisure activities ... I could enter a sudden standby, full of pain, with life postponed.

A day went by, I was not expecting anything (acceptance is also a medicine, at least for the ego), a copy of the

magazine, with an article that seemed to have nothing to do with it, fell into my hands: **the gluten**. That I did have with me; although at that time I did not know it. The magazine based his article on the experience of a US doctor (Dr. David Perlmutter) and, since this doctor had several books published, I read them. Reading has always helped me in all aspects of life, and once again I was about to solve my biggest challenge.

Discovering that gluten could be linked to headache lit the bulb. My research took a year and led me to eliminate many of the foods that are generally considered healthy and, in reality, were creating serious problems in my digestive system. Once the digestive system is affected, the symptoms are noticed, for example, in the head as was my case.

One test led to another, a sign became a revelation. Then I discovered, by my own means, the focus of the fire that consumed my well-being:

- Leaky gut syndrome.
- Gluten intolerance.
- Histamine intolerance.
- Chronic inflammation.

At last, I had identified the suspects that caused my problem. And apparently, I suffered from that, all at once.

THE 15 NUTRITIONAL CHANGES THAT HELPED ME OVERCOME THE HEADACHE:

You are about to read the guidelines that have helped me overcome my migrainous crises; but also to improve my physical condition. It's what worked for me and made a big difference:

1. Eliminate gluten / cereals
2. Eliminate foods with high histamine
3. Eliminate dairy products
4. Eliminate refined carbohydrates
5. Eliminate legumes and solanaceae
6. Eliminate ultra-processed foods
7. Eliminate the intake of sugars and sweeteners
8. Eliminate packaged and natural fruit juices
9. Adopt a Paleo diet, with Keto nuances
10. Adopt an adequate quality supplementation
11. Increase the consumption of vegetables
12. Increase the intake of healthy fats

Continue on Page 14

13. Balance the intake of quality animal protein
14. Repair the intestinal wall
15. Repair the microbiota with prebiotics and also probiotics.

Only with the first four, the quantum leap that my health gave was abysmal. If a diet follows these guidelines, the body will self-regulate itself.

And everything is put in order and adjusted in a magical way. **The feeding will be matched to the genetic programming, which supposes returning to the evolution and not deviating to the involution.**

Remember that the Great Problem begins with the consumption of refined carbohydrates that must be avoided at all costs. They suppose glucose and insulin in blood.

WHEN YOU GO FROM BURNING GLUCOSE TO BURN ACCUMULATED FAT AND ALSO EXERCISE TO ELIMINATE THE INEVITABLE RESIDUAL GLUCOSE, EVERYTHING IS FINE.

AND WHAT WILL ALSO HAPPEN:

- ✓ You will have less hunger between meal hours
- ✓ Accumulated fat will be reduced
- ✓ You will lose weight without effort
- ✓ The energy level will be increased
- ✓ Insulin level will be kept at bay
- ✓ You will look younger (and you will be)

HOW TO PREVENT MIGRAINE HEADACHES

Prevention is based on changes in diet, and certain supplements. In preventive supplementation, a combination of coenzyme Q10, magnesium and riboflavin (or vitamin B2) works very well. This cocktail is very popular and effective; and for that reason, several laboratories provide it in capsules. But I must emphasize that its effect is preventive in the medium term, not an instant remedy. What I want you to know is that **the headache has some triggers** and it is convenient to identify them in a process of **self-observation**. In each person can vary, there are no rules written in stone. **The triggers are usually: hormonal, atmospheric pressure, temperature, environmental, food and drink, noise and lights, medications, intense odors, dehydration...** When they are added and combined, the crisis is inevitable.

I PROPOSE TO COMBINE THE 15 NUTRITIONAL CHANGES THAT I HAVE DESCRIBED ABOVE WITH THESE 5 SOLUTIONS:

1. Change of radical food
2. Smart exercise
3. Improve sleep / rest
4. Minimalism to reduce the level of stress
5. Quality nutritional supplementation

With these 5 solutions I have obtained a spectacular change in my condition, my body's inflammation went down, literally the swelling went down, it detoxified... and laid the foundations of health previously unknown to me.

TO BE HEALTHY AND LOSE WEIGHT THERE IS ONLY ONE NATURAL WAY:

Lower the level of insulin by reducing carbohydrates.

This is the **error** that has made so many people sick:

Diet rich in carbohydrates and low in fat.

And this is the **SOLUTION**:

Diet rich in healthy fats and low in carbohydrates.

Additionally rebalancing the immune system will make a huge difference, applying these three summarized strategies:

"THE 3 R'S":

1. **REMOVE** foods (which damage the intestine).
2. **REPAIR** the bowel (with supplementation).
3. **REBALANCE** the microbiota (with probiotics).

In short: reduce inflammation, reduce accumulated toxicity and heal the digestive tract. With a simple nutritional adjustment. NO SIDE EFFECTS. NO THERAPIES OR MEDICINES.

The book / ebook: **TURNING 40 AT 60** is available on [amazon.com](https://www.amazon.com) in English and Spanish. For those who want to know more and deepen.

WEBS:

www.cumplir40alos60.com
www.raimonsamso.com
www.elcodigodeldinero.com
www.institutodeexpertos.com
www.tiendasamso.com

Follow the author (raimonsamso) in his social networks:

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The Hungry Connoisseur talks about:

THE PARADIGM OF ILLNESS

Sickness is NOT Normal!

We are all wrong!

By Jacquie Novoa

CEO and Publisher of NaturAlley Magazine

We realistically are the most powerful creation on earth. We are capable of creating illness or creating health, And to some this may sound a bit quantum or impossible. But getting sick is not the normal, we are capable of making ourselves sick, or healing our bodies of any disease!

And when I say this I refer to my own experience with illness. I am undoubtedly referring to the power to make us sick or stay healthy forever. That authority, energy, drive, that has been carefully hidden from us is the power of our extraordinary and brilliant minds.

We are constantly creating realities that only exist in our subconscious minds, and then we reproduce those realities to our outside world in the form of illnesses that suddenly appeared. This disease can be a simple cold or a rare cancer. But if we believe in the manifestation of that cold or cancer, and give the mind that power and focus on that disease, we will produce that cold or cancer and all the indications and symptoms of it.

Otherwise, when we focus on being healthy, we invariably respond (our body) to a different command by staying away from sick bodies and this is just positive thinking. Even if we are in a hospital bed in intensive care or in a wheelchair and if

this sounds too fanciful when you cannot even think and the whole body is in a state of emergency due to the critical state, THINK THAT THESE ARE ALTERNATIVE AND PREVENTIVE MEASURES FOR "STAY HEALTHY" AND DO NOT TAKE IT AS THE ONLY WAY, IF YOU NEED THE DOCTOR AND THE ESSENTIAL CARE OF A SPECIALIST, PLEASE TURN TO THEM.

However, our creative minds are able to get us out of that state in a natural way if we really and miraculously want to recover and be healthy. Focusing on that thought correctly is the key, visualizing yourself healthy and getting out of that disease state you are in is important because it puts your cells in motion to start producing everything you need to make you healthy, it is as if the ability of the cells listening to our command to be healthy was heard and understood and sent as an order to your

whole body to carry out that order given by your mind in the form of positive thinking and a GREAT DESIRE TO BE WELL.

Every specialized cell in our body is capable of regenerating itself, the subconscious mind naturally has the capacity to produce a new cell favorably influenced by our conscious thoughts of health, love, joy, radiant happiness and high energy. Our independent bodies can instantly transform to be healthy just by thinking about it. Our cells are capable of healing or instantly make us sick because undoubtedly our DNA is influenced by our thoughts. When we appropriately understand triggers and learn to control our minds to give the correct commands to our bodies, that's when we manage to conquer any illness and thus manifest healthy bodies inside and out. AND THAT'S NORMAL!



You CAN Change Yourself... How EPIGENETICS Proves It

by Dayle Malen, LCSW, M.Ed.



Image Credit: Ramachandra Babu/©Gulf News

MAny Bel ievE THAT THE WAY We ARe CAN'T Be CHAnge D. WHEn ASKeD, "WHY Do yo U ACT THAT Way?", mAny WIl l RePlY, "THAT'S JUST THE WAY I Am.". THE foll oW-UP qUeSTIo n SHo UI D Be, "BUT IS THAT THE WAY yo U WANt To Be f oRever? "WHAT If yo U WeRe Tol D yo U CAn n oT onl y CHAnge THE WAY yo U ACT, BUT yo U CAn CHAnge yo UR THo UgHTS, yo UR Bel ief S, yo UR Cell S, AS Well AS ACTIvATe PARTS o f yo UR gene TIC CoDe THAT IS WAITIng fo R yo U To CHAnge yo URSelf ? WHAT If yo U fo UnD oUT THAT SClenCe HAS PRoven yo U CAn CHAnge Al l o f THo Se THIng S?

In 2003, the genome Project was completed, and it allowed us to be able to read our genetic blueprint.

I like any blueprint, however, the final outcome can be modified. **The blueprint of our genes can not only be altered from within, but more importantly, from other sources – our thoughts, our interpretation of our experiences, our actions and the environment.** The study of those forces is called epigenetics. "epigenetics is the study of how variation in inherited traits can originate through means other than variation in the genes in our DnA" (Habashi J, and Whitlock k. "genetics and epigenetics in the Psychology Classroom: How to Teach What your Textbook Doesn't". Psychology Teacher network, february 2013. (<https://www.apa.org/ed/precollege/ptn/2013/02/genetics>) These

modifications affect how the cells "read" the genes.

many of us have heard that cells have memory. Basically, this is the core of epigenetics. Conrad Waddington proposed the idea of epigenetics in the early 1940s. It was rediscovered and the intense research began around 30 years ago. even more recently research has proven that trauma has a profound impact on the generational genetic profile. A study of trauma on Confederate prisoners of war and their children and grandchildren showed that sons of Confederate PoWs had an 11% higher mortality rate than sons of Confederate non-PoW veterans. (Henriques, martha. **"Can the legacy of trauma be passed down the generations?"**).

BBC Future. March 26, 2019) A 2015 study analyzed the stress hormone cortisol in the survivors of the Holocaust and their descendants. While cortisol levels increase when immediate stress occurs, the body uses healthy levels of cortisol to help the body return to normal after trauma. This study found that survivors of the Holocaust had lower levels of the

The consequences of passing down the effects of trauma are huge, even if they are subtly altered between generations.

hormone, while those suffering from post traumatic stress disorder had even lower levels. (Rodriguez, Tori. "Descendants of Holocaust Survivors Have Altered Stress Hormones". Scientific American Mind. March 1, 2015) Low levels of cortisol can result in fatigue, low blood pressure, Addison's disease or damage to the adrenal glands. In 2017 researchers used Brain Imaging and **epigenetics to assist in predicting symptoms of PTSD** with the intention of diagnosing and treating the disorder more effectively. (Ferrunfino, Estephany. "Researchers Combine Epigenetics and Brain Imaging to Help Combat PTSD". Diseases and Disorders, News and Reviews. 2017).

The consequences of passing down the effects of trauma are huge, even if they are subtly altered between generations. It would change the way we view our lives in the context of our parents' experience, influencing our physiology and even our mental health.

One may ask, why is this important to the topic?

The answer is, while our genes give us the outline of who we are, **WE have the ultimate power of CREATING who we are – our thoughts, our beliefs and our actions. Our DNA and genes do NOT determine who we are,** instead they are affected by how we interpret and respond to our perception of the world around us.

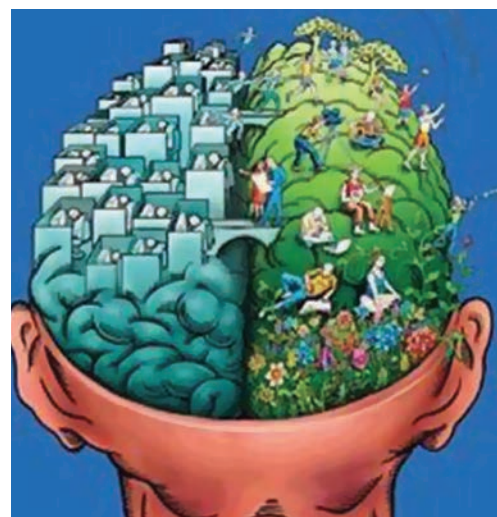
SO, HOW DO WE CHANGE?

To change ourselves, the first step is to change all that programming in our brains. It's a good thing, then, that our brains are wiring themselves all the time through neuroplasticity, and all that wiring can be rewired through three crucial steps: intention, instruction and insight. When it comes to changing our behavior, we must first want to – that's intention; second we must be given a design on how to do that – that's instruction; then we must keep looking inside, staying conscious about doing the homework and creating that design – that's in-sight. If you've tried so many times before to change your behaviors or even yourself, nothing worked and you really want to change, get instruction! How are you suppose to know how to change those things you inherited or learned subconsciously from others?

Remember: change does not happen first; shifts happen first. At first we will "default" to old behaviors; however, over time, the frequency, intensity and duration of our behaviors will change.

If you've seen others change their behavior patterns, or you have done so yourself, you have seen the proof that our thoughts, our interpretation of our experiences, our actions and the environment have an impact on our lives. What is not so obvious is the effect it is having on our genetic profile. The old adage of "when I see it I believe it" definitely applies here. However, Dr. Wayne Dyer said "When you believe it, you'll see it". Believe it. **YOU CAN CHANGE YOUR THOUGHTS. YOU CAN CHANGE YOUR BELIEFS. YOU CAN CHANGE YOUR ACTIONS. YOU CAN CHANGE YOUR LIFE, AND POSSIBLY THE LIVES OF GENERATIONS TO COME.**

Dayle is a licensed clinical social worker who lives in Austin, Texas. While having presented at many workshops and seminars for local, regional and national organizations, she has also been a columnist and contributor for numerous magazines, including NaturAlley Magazine. She can be reached by calling ReDesigning Lives, PLLC at: 512-387-0587.



Images by: Flickr.com

FOOD OF NATURE

Citrus Fruits Help reduce the risk of Stomach Cancer and Fight Ulcers.

Multiple studies have determined that eating citrus fruits will help ulcers and reduce the risk of stomach cancer."

A study from South Korea's Jeju National University School of Medicine analyzed five large population studies that tracked stomach cancer. The studies were from the U.S., the Netherlands, Europe, China and Japan. These five studies followed a combined total of over 1 million people.

The combined data from these studies lead researchers to state that **"eating fresh citrus fruits significantly decrease the incidence of stomach cancer."** They determined that eating just 100 grams of citrus per day lessens the frequency of cardia stomach cancer by 40 percent. And the risk of any type of stomach cancer was reduced by 13 percent by citrus consumption.

An average orange is about 131 grams, so by **eating one orange a day, you can dramatically reduce the risk of stomach cancer.** Another benefit is that by eating just one orange you can reduce the risk of infection by *H. pylori* a bacteria that often infects the stomach wall and is associated with ulcers in many cases. Most people have *H. Pylori* in the gut, however the more destructive type of *H. Pylori* is called CagA-positive and is highly resistant to most antibiotics.

Researchers from Italy's University of Messina have determined that **the following citrus fruits FIGHT Helicobacter Pylori that causes ulcers:**

- MANDARINS (CITRUS RETICULATA)
- ORANGES (CITRUS SINENSIS)
- GRAPEFRUITS (CITRUS PARADISE)
- LEMONS (CITRUS LEMON)
- SATSUMA MANDARINS (CITRUS UNSHIU)

The research shows that the fruits above inhibit the growth of *H. pylori* as well as other bacteria including *E. coli*, *Pseudomonas* and *Salmonella*.

Therefore; prepare for summer with your daily dose of citrus to fight off ulcers and stomach cancer the natural way!

Article Excerpt by <https://askjoedimatteo.com/citrus-fruit-and-stomach-cancer/>



Photo by Anna Tukhfatullina Food Photographer/Stylist from Pexels

Researchers from Italy's University of Messina have studied the relationship between ulcers and the *H. Pylori* bacteria infections.

FOOD FOR HEALTH

Elderberry contains antioxidants, and it can relieve Colds and fight the Flu.

People have used elderberry for its health benefits for hundreds of years. There is little scientific research into the effects of elderberries on people's health. The National Center for Complementary and Integrative Health (NCCIH) state that more research is needed to confirm the truth of these possible health benefits.

What are elderberries?

Elderberries are **the fruit of the Sambucus tree**. The most common type is the *Sambucus nigra*.

The tree has clusters of small white or cream elderflowers and bunches of small blue or black elderberries.

Native Americans and European herbalists have long used elderberries for their supposed range of health benefits. These include **boosting the immune system to help the body fight off colds, flu, and other respiratory infections**.

Evidence-based health benefits of elderberries: The elderberry contains certain compounds and substances that might have a beneficial impact on health.

Fighting colds and flu

There is some evidence to support the claim that elderberry can help treat colds and flu, though the available studies are small.

A systematic review from 2010 concluded that elderberries might have antioxidant and antiviral effects, though the authors state that more research is needed.

In another study, 32 people with flu-like symptoms took lozenges containing 175 milligrams (mg) of elderberry extract four times a day for 2 days. After 24 hours, they reported an improvement in symptoms, such as fever, headache, muscle aches, and nasal congestion.

Reducing wrinkles

Elderberries contain high levels of vitamin A. The ANA also say that elderberries may soothe the skin, help ease the appearance of age spots, and prevent or lessen wrinkles.

Article excerpt by www.medicalnewstoday.com



Photo by Elina Sazonova from Pexels

In one study, 60 people with flu-like symptoms took 15 milliliters (ml) of elderberry syrup four times a day. Their symptoms improved 4 days before than the people who took a placebo.



Debra Snell

To Debra being 61 years "young" and taking care of herself is the normal!



Debra Snell is a respected Wellness Coach, & Owner of Artisan Salon & Spa.

As a young child, Debra's Father was a Sergeant in the United States Army which gave her and her family the opportunity to live in several cities and states including Kentucky, Colorado, Wisconsin, San Antonio, Texas, and also Germany. Debra currently resides and operates her successful business Artisan Salon & Spa in Austin, and has been a proud resident for almost 26 years. Ms. Snell has been featured in numerous local and national health magazines over her career, and we are pleased to feature her in this month's issue of NaturAlley Magazine.

Prior to opening Artisan Salon & Spa, Debra previously owned three Gyms, and one of her business partners was former Texas Governor Mrs. Ann Richards. Prior to becoming business partners, Debra trained Mrs. Richards who quoted in one of the books "Debra in some ways saved her life by inspiring her to become physically fit". Debra stated that the former Governor was an amazing mentor, role model and instrumental in her business success, which encouraged and empowered her. Debra has embraced the same role model position and now works to encourage and empower women. Debra considers her customers as friends and inspires them by earning their trust and building their confidence.

Because of the trust earned, Debra has received countless thank you letters which she keeps to this day as a reminder of being a positive role model to other ladies desiring to become physically fit & mentally healthy. She has been featured in several National magazines, including "Austin Fit".

Debra as Personal Trainer

Debra was previously a competitive bodybuilder & weight lifter, and was 25 years old when she became inspired to be a Personal Trainer. She feels resistant training such as weights are extremely important for females of all ages, including cardiovascular exercise & Yoga. Debra is considered a high energy lady and an avid racquetball player. Because of her high energy level, she believes hydration & proper supplements are also necessity in maintaining health, including daily meditation.

Her Nutrition Factors:

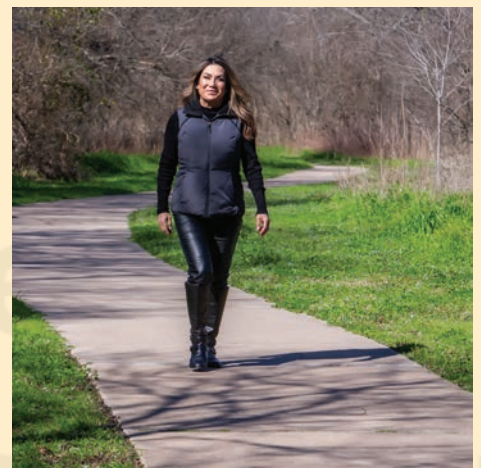
In regard to diet, Debra states "You can't have a cookie cutter diet". A good balanced diet is critical in maintaining good physical and mental health.

Debra personally avoids processed foods, dairy products, sugar & fast food. Debra's diet leans toward more whole foods and she prefers intermittent fasting 8:00AM to 1:00PM before having her first meal of the day.

Debra's as a Businesswomen & Entrepreneur:

Debra's advice to female entrepreneurs over the age of 40 is to know & understand your profession, and make sure you are passionate and willing to constantly learn and evolve. If there is a business need or opportunity, do your due diligence and fulfill it. Debra believes in making a sound business plan, and then implementing the plan realizing hard work and dedication is critical in order to be successful. - "focus on the end result, plan it out and follow your own plan".

She is focusing in evolving spiritually, physically and mentally to continue inspiring others.



LIFE IS ABOUT MOVEMENT!

Interview by Jacquie Novoa

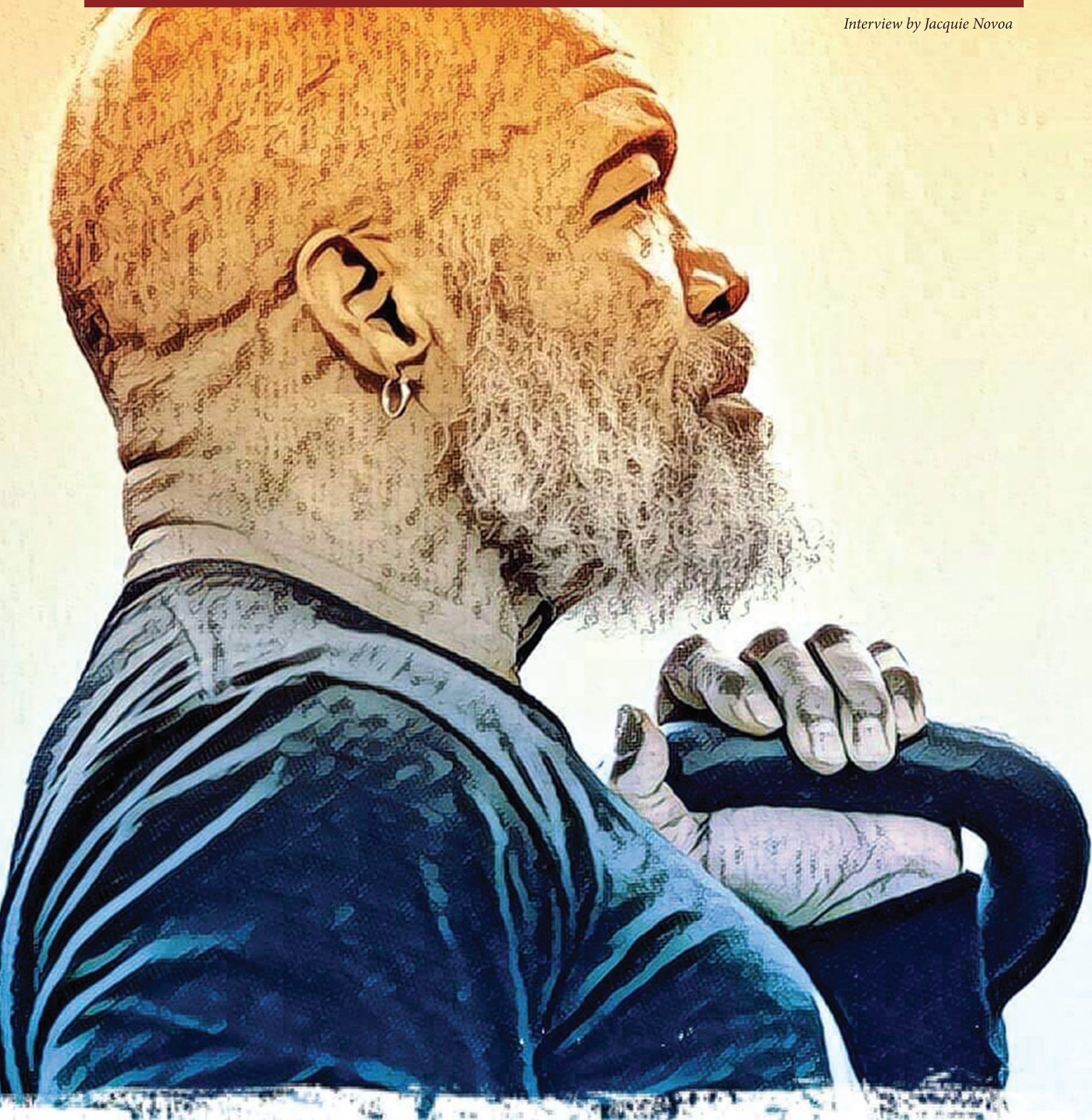


Photo by: David Stocco



photo by: Patrick Larson

- Have a smile in your face, sweat on your brow and a skip in your step.

Super Ager Kirby D. Sams

Strength Coach, specialized in mature adults, a technique he supports is the rolling on the floor and getting-up in 5 minutes to get your flexibility going.

Raised in a church environment with what he called "Church Ladies". Faced with emotional dilemmas and raised to learn to understand his own emotions or react to situations that are within his control. This has shaped his life and personality thru the years. He was injured, partially paralyzed, at age 19. . . Kirby taught himself to walk again by a series of movements that he created, these methods helped him to recover mobility at 100%.

We met with Kirby and engaged in a series of questions on a very pleasant interview...

What is the biggest concern of an adult when he or she is starting a new exercise routine and Workout?

People come to me with big expectations about losing weight, I tell them it's important to walk before you can run. "Know your limits... Start where you are, Use what you have and Do what you can".

How do you train a 70 plus year old woman or man and if you distinguish between the genders when you create your workouts?

The number 1 rule is nobody gets hurt! Every person is able to Squat, Hinge, Push, Pull, Carry and Get Up and Down Off the floor safely. I customize to their specific need and we begin the workout according to the speed and mobility of each person. Each person learns to know their physical limits so they can do what they want to do without fear. "

Can you tell us what type of food you enjoy?

The basic food! "It is the amount of food and quality, eat plant and food in its natural state. I enjoy cooking food that is fresh with a mix and match of tastes and types such as fruits, vegetables, nuts, grains and salmon/beef.

What foods to avoid to be nutritionally healthy and balanced but not deprived of nutrients?

Avoid processed meals and foods that contain preservatives and additives. Some foods to avoid are the ones that you know will upset your body and metabolism. Listen to your body.

What supplemental habits do you recommend to gain more energy?

Lack of sleep is the worse drain of your energy. Keep yourself hydrated. People over-schedule themselves and forget that they are the priority. Reduce stress by moving more!

Kirby is 71 years young, and trains people who are 50 plus or minus 40., He believes that we all are born Designed to move.

You can contact Kirby at:

512-452-6533

Gym address:

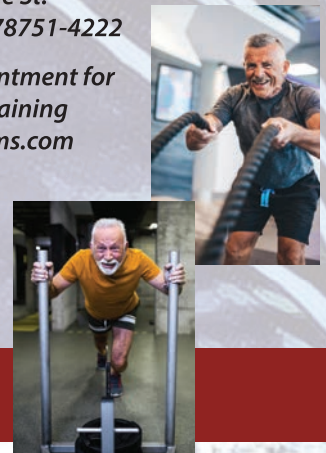
4121 Guadalupe St.

Austin, Texas 78751-4222

***Make an appointment for personalized training
kirby@kirbysams.com***



Photo by: David Stocco





FOCUS AND CONCENTRATION TO ACHIEVE MIND ACUITY

Ilsa Weissfisch



When I reached the age of retiring and stop working at the Mount Sinai, my mind began to think how I could disconnect and forget the concerns that age brings, I started doing some crafts and realized that I had creativity and felt that doing those crafts could help me relax and disconnect from daily routines.

Suddenly it felt like perfecting the crafts which required painting and drawing, so I began to inform myself about how to draw better, day by day my paintings improved more and more, and began to observe in detail everything that surrounded me, for example: the trees, the flowers, the sea; and I realized that to paint them I had to observe the direction of the light, the light and dark, the dark and bright colors. Also reading about some famous painters and the techniques they applied gave me more information and a lot of

inspiration for nature paintings, also learned the use of brushes by studying different techniques.

The realization that came to mind was that the result of my new dedication made my family and friends happy and they liked my works of art very much. **I also noticed that in spite of the years, my mind is active and I know it is because of this painting activity to a large extent.**

I feel that having started this hobby in my life has contributed to keep me mentally healthy, my mental acuity has increased due to the fact that I learned to look for information on the internet, that had made me think and keep my mind more awake, and by concentrating and focusing I have sharpen my mind more as time goes by.

Never thought that I could manage to paint as I am doing now, I think it is never too late to achieve a dream and feel good about oneself.

Her name is Ilsa Weissfisch, for almost 30 years she worked at the Mount Sinai Cancer Center in Miami Beach, Florida; now she is 70 years "young" and retired along with her husband in Punta Gorda, Florida on the West Coast.

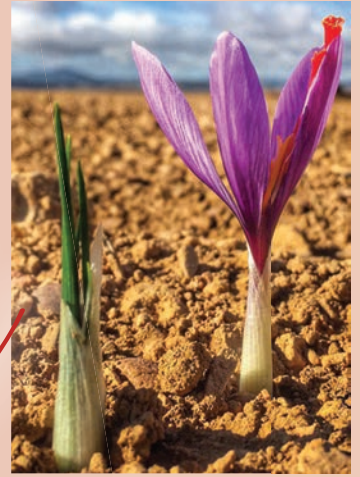
She always played with Art and admired artists and how they painted and expressed their creativity on canvas, but never had a clue as to how they did it. We had the opportunity to inquire on her new life adventure...



Health Benefits of

Saffron

AZAFRAN



THIS CENTURIES-OLD
FLOWER EXTRACT,
IS ONE OF THE MOST
EXPENSIVE SPICE
ON THE MARKET.

It's made from three tiny
red stamens plucked
by hand from the center
of the flower:

Crocus sativus plant.

Saffron has a distinctive
taste and aroma, along
with a lovely yellow color.
Can be added to rice,
soups and teas.

Researchers found that
saffron lifted depression in
25% of people, which was
as effective as fluoxetine
(Prozac). So if you have mild
depression, give it a try.
It shouldn't interact with
medicine, but you'll need to
consult your doctor.

Benefits:


Saffron is a super-strong
antioxidant that has
numerous health benefits.

It has anti-cancer effects,
enhances male fertility,
helps relieve anxiety
and tension, and eases
premenstrual syndrome
(PMS).

Saffron lifted depression
in 25% of people,
which was as effective as
fluoxetine (Prozac).

One clinical trial found that
saffron extract may have
a therapeutic effect in the
treatment of mild to
moderate Alzheimer's.

Saffron is a spice commonly known as the "saffron crocus". The vivid crimson stigma and styles, called threads, are collected and dried for use mainly as a seasoning and colouring agent in food. Saffron has long been the world's most costly spice by weight.



**TEXAS RESEARCHERS
REPORTED THAT SAFFRON IMPROVES
CIRCULATION TO THE RETINA,
WHICH MAKES IT A PROMISING
TREATMENT FOR MACULAR DEGENERATION,
A MAJOR CAUSE OF BLINDNESS.**

Food and Mood

Many of us were taught that the brain is the control center of the body. We thought that the brain was dictating what actions and reactions occurred and that our moods and emotions were **"JUST THE WAY WE ARE"**...



However, scientific research has now shown that the gut or intestinal tract is very much involved in producing many chemicals necessary for brain function and regulating our emotional health.

Did you know that foods actually have the power to calm the brain and produce positive moods or they can stimulate the emotional center in the brain? Overactivity in this emotional or limbic brain has been directly linked to depression.

RESEARCHERS ARE CONCLUDING THAT MENTAL HEALTH ISSUES LIKE DEPRESSION ARE FOUND IN PEOPLE CONSUMING FOODS THAT LACK KEY NUTRIENTS FOR BRAIN HEALTH. IN FACT, NUTRITIONAL INTERVENTION MAY HELP PREVENT, TREAT OR IMPROVE DEPRESSION, ANXIETY, ADD/ADHD AND BIPOLAR DISORDER.

With so much compelling research that strongly links food to mood and to the brain's health; let's consider some nutritional information that is beneficial to the gut and brain;

Written by Traci Vincent - Traci Vincent is a Certified Brain Health and Wellness/Nutrition Coach and registered Physical Therapist.

What are some key foods for brain and gut health?

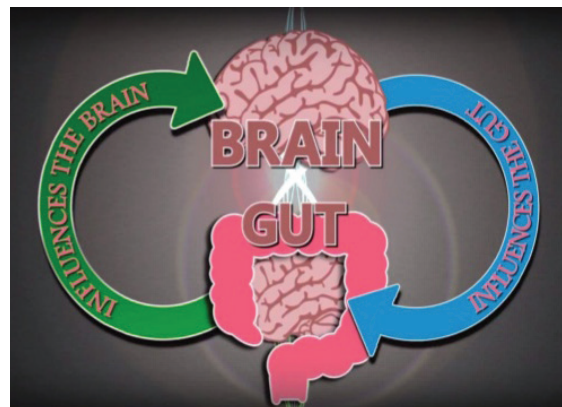
- **BLUEBERRIES, RASPBERRIES AND BLACKBERRIES** are loaded with antioxidants and key nutrients that help balance your blood sugar and curb food cravings.

- **DARK LEAFY GREENS** are packed with vitamins and minerals and fight inflammation which according to research is linked to depression.

- **AVOCADOS** contain healthy fats like oleic acid. This fuels your brain and studies show people who consume high amounts of oleic acid were 50% less likely to suffer from depression.

- **SAFFRON** is a powerful spice found to be as effective as antidepressant medication.

- **KIMCHI** is a robust probiotic food and helps support the healthy bacteria in your gut. Your GI tract has a powerful influence on your brain and mood because 75% of your neurotransmitters, including serotonin, which is the brain's feel good chemical, are produced in the gut. Existing research suggests that probiotics can reduce symptoms of depression.



• **WILD CAUGHT SALMON** and its healthy omega-3 fats are powerful in reducing symptoms of depression in adults and children. EPA which is a form of omega-3 is critical for the brain since 60% of the solid weight of the brain is fat. If you have grow up thinking low-fat diets were best, think again.

• **WATER** is not technically a food, but it is crucial for your brain and body functioning.

EVEN MILD DEHYDRATION CAN IMPACT YOUR COGNITION AND ENERGY LEVELS AND MAKE YOU FEEL MORE ANXIOUS, ANGRY, DEPRESSED, TENSE OR TIRED. BECAUSE 80% OF YOUR BRAIN IS MADE OF WATER AS WELL AS ALL THE CELLS OF THE BODY, ADEQUATE HYDRATION LEVELS

ARE A MUST. AIM TO DRINK 50% OF YOUR BODY WEIGHT IN OUNCES OF WATER DAILY.

I often hear people say that they know what they are “supposed to eat”, but still struggle to follow through on healthy choices, **especially if they are dealing with depression and anxiety.**

This is where you see the power of **GI tract** in overriding what we know to do, but don't do.

When there is a disruption of healthy gut balance, those bad gut bugs will trick you into choosing the donut over an apple every time.

As mentioned above, neurotransmitters are predominately made in the gut and when they are low, the prefrontal cortex of the brain is less

active. **This part of your brain is your executive decision making area. If the function is impacted, you will find yourself making poor choices, i.e. the donut over the apple.**

You see it's a revolving cycle, when your diet is lacking key nutrients, the gut is more unhealthy, then the brain is more unhealthy, then we begin to make unwise choices that continue to decrease the health of the gut, which decreases the health of our brain and around and around it goes. **So remember, food truly can impact your mood, for better or worse.**



SALMON SLIDERS Recipe

INGREDIENTS:

- 2 Tbsp apple cider vinegar
- 1 tsp of raw honey
- 1/2 tsp salt
- 1/2 cup chopped red onion, divided
- 1/2 cup chopped red bell pepper, divided
- 1/2 cup chopped cucumbers
- 1 lb wild salmon, skin removed, cut into large chunks
- 2 Tbsp low-sodium tamari sauce
- 1 Tbsp coconut oil
- 1 head butter lettuce, leaves separated for wraps

PREPARATION:

1. Whisk together the vinegar, honey and salt. Toss in 1/4 cup of each—the onion, pepper and cucumbers to make a light relish. Chill in refrigerator.
2. Place salmon, and the remaining onion and peppers in a food processor and pulse til chopped fine. Add tamari sauce and pulse again 1-2 times. With wet hands remove mixture from the bowl and make into 8 small slider patties.
3. Heat coconut oil in a saute pan over medium heat. Add the sliders, browning on both sides til cooked through.
4. Place the sliders on the lettuce wraps and top with the relish.

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The Brain Warrior's Way Cookbook
/Amen Clinics





Image by:
<http://overlevel.tumblr.com>

Wake up Essences!

By Ivania Araya

A real, ultimate nature of a human being especially as opposed to its existence

Human life is so complex!

Biological bodies with the faculty of creation!

and humanity ignores having it, beings that have within their heart the purest energy that can exist, this energy is the Essence, the subtlest part enclosed within this dense vehicle that contains it...

Waiting that the owner of that body realizes its existence, and gives it the prominence it wishes to give it. Many methods were instilled in us to gain knowledge, but they were distractions so that you will not be able to discover the inner power that is within each person alive in this world.

Spirituality has been distorted, all looking outward seeking to find the truth, health, happiness, harmony, prosperity, and it has been the other way around, everything has been inside. Energetically within our heart is the cosmos we believed was outside, thousands of years doing things wrong and believing in what others believe is the truth.

I started the search 9 years ago, I wanted answers to all my questions, I questioned everything, and outside I could not find the answers, researching and making many movements through my family (who saw me as if I were out of place because I did not follow what they followed) having many trials and errors, I came to the knowledge of my **Essence, the greatest truth within each human being, is the light as if it were a sun within each human being**, that light that has accompanied you since the beginning of your lives, yes of your lives, as you just read it, you think this is your only life, but it is not so, the trip has been diverse, you have been man and woman in the different theater stages of life, and have suffered in one way or another in each of them, keeping memories in the energy that you are, **because you are energy**. This body that is reflected in the mirror is not You. You would not be able to dimension what you really are with your

human capacity, you have forgotten how invaluable you are and can access what has happened to you throughout your existence, since within your heart is the light that you really are, and **that light knows everything** that has happened to you, knows why you have fear, insecurity, phobias, seemingly physical pain, unhappiness, heartbreak, anxiety, sadness, everything you don't like that has happened to you in this life has been a consequence of your other lives, carrying that luggage that you didn't know that you carry on your back, in your unconsciousness and in your energy.

Looking for answers to what I did not like about my life was how I came to discover the most precious thing for me, "my Essence" wisdom that I never found in so many books read, therapies and courses received, to solve the problems that my loved ones had, and I went deeper into myself and taking out the garbage that I did not know I did not have to carry. When I was taking out everything I was finding, I was discovering myself and now I learned to communicate with this pure part of my being, which responds to all the questions that I may have in all areas of my life, it has been so satisfying to be able to take away my physical headaches that I thought were normal, and that everyone could have sometimes, but how wrong I was, and when speaking with my Essence she instructs me on how to clean myself from what caused my pains until they disappeared forever. When someone close to me got sick, I went to my Essence to tell me what it was happening to that person I knew, and I discovered that I could communicate with the es-

sence within that person's body, and it was his/her Essence who told me "the illness that person is suffering it is from a past life; then I have to go back in time and change what happened so that by eliminating the cause the main problem disappears completely, and so I gradually realized that in everyone's heart is their Essence wanting to help them heal, to be happy, to know the answers to their questions, but nobody knows it! There is no one to teach them that the solution to all problems is within themselves.

**IN EVERYONE'S HEART IS
THEIR ESSENCE WANTING
TO HELP THEM HEAL,
TO BE HAPPY, TO KNOW
THE ANSWERS
TO THEIR QUESTIONS...**

HUMANITY IS FINALLY WAKING UP, they are already realizing that searching outside has only generated expenses and disappointments, now my job is to reach everyone who wants to know their Essence and wants to learn how to self-heal, giving prominence to their pure Essence, who is looking forward to discover it, to give you the value you deserve, and to make you shine from within.

You can feel the beating of your heart, is the Essence who is there giving you the guide to look inside! Just leave beliefs outside, and she will guide you and pave the way, to remind you who you really are and to exercise your own power.

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¡Despierten Esencias!

Por Ivania Araya

Es lo real, la ultima naturaleza del ser humano especialmente lo opuesto a la propia existencia

La vida humana es tan compleja!

Cuerpos biológicos con la facultad de creación que la humanidad ignora tener, seres que tienen dentro de su corazón la energía más pura que pueda existir, esta energía es la Esencia la parte más sutil encerrada dentro de este vehículo denso que la contiene...



Esperando que el dueño de ese cuerpo se dé cuenta de su existencia, y le dé el protagonismo que desea le den. Se nos inculcaron muchos métodos para llegar a obtener conocimientos, pero fueron distracciones para que no lograrás descubrir el poder interno que está apagado dentro de cada persona viva en este mundo.

La espiritualidad ha sido desvirtuada, todos viendo hacia afuera buscando encontrar la verdad, la salud, la felicidad, la armonía, la prosperidad, y ha sido al revés todo ha estado dentro. Energéticamente dentro de nuestro corazón está el cosmos que creíamos estaba afuera, miles de años haciendo las cosas mal y creyendo en lo que otros creen es la verdad.

Yo inicié la búsqueda hace 9 años, quería respuestas a todas mis preguntas, todo me lo cuestionaba, y afuera no encontraba las respuestas, investigando y haciendo muchos movimientos por medio de mi familia (que me veían como si estuviera fuera de lugar porque yo no seguía lo que ellos seguían) teniendo muchas pruebas y errores, llegué al conocimiento de mi **Esencia, la mayor verdad dentro de cada ser humano, es la luz como si fuera un sol dentro de cada ser humano**, esa luz que te ha acompañado desde el inicio de tus vidas, sí de tus vidas, así como lo acabas de leer, crees que esta es tu única vida, pero no es así, el viaje ha sido diverso, has sido hombre y mujer en los diferentes escenarios de teatro de la vida, y haz sufrido de una u otra manera en cada una de ellas, guardando memorias en la energía que eres, **porque eres energía**. Este cuerpo que se refleja en el espejo no eres Tú. No lograrías dimensionar lo

que realmente eres con con tu capacidad humana, has olvidado lo invaluable que eres y puedes acceder a lo que te ha sucedido a lo largo de tu existencia, ya que dentro de tu corazón está la luz que realmente eres, **y esa luz sabe todo lo que te ha pasado**, sabe por qué tienes miedo, inseguridad, fobias, dolores aparentemente físicos, infelicidad, desamor, ansiedad, tristeza, todo lo que no te gusta que te ha sucedido en esta vida ha sido consecuencia de tus otras vidas, cargando con ese equipaje que no sabes que cargas en tu espalda, en tu inconciencia y en tu energía.

Buscando respuestas a lo que no me gustaba de mi vida fue como llegué al descubrimiento de lo más preciado para mí, **"mi Esencia" sabiduría que jamás encontré en tantos libros leídos, terapias y cursos recibidos**, para solucionar los problemas que tenían mis seres queridos, y yo misma fui ahondando dentro de mí y sacando la basura que no sabía no me correspondía cargar, al ir sacando todo lo que iba encontrando, fui descubriéndome y ahora aprendí a comunicarme con esta parte pura de mí ser, que me responde a todas las preguntas que pueda yo tener en todos los ámbitos de mi vida, ha sido tan satisfactorio poder quitarme los dolores de cabeza que creía eran normales, que todos en algún momento podían tener, pero cuán equivocada estaba, y al hablar con mi Esencia ella me instruyo a como limpiarme de lo que provocaban mis dolores hasta que ya desaparecieron para siempre, Cuando alguien cercano a mí se enfermaba acudía a mi Esencia para que me dijera que era lo que le pasaba a esa persona, y descubrí que

podía comunicarme con la esencia dentro del cuerpo de esa persona, y era su Esencia quien me decía "es de vida pasada, hay que regresar en el tiempo y cambiar lo que sucedió para que al eliminar la causa principal desaparezca por completo el problema de salud", y así fui poco a poco dándome cuenta que en el corazón de todos está esa Esencia queriendo ayudarles a sanar, a ser felices, a saber las respuestas a sus preguntas, pero nadie la conoce! No hay nadie que les enseñe que está dentro de sí mismos la solución a todos los problemas.

EN EL CORAZÓN DE TODOS ESTÁ ESA ESENCIA QUERIENDO AYUDARLES A SANAR, A SER FELICES, A SABER LAS RESPUESTAS A SUS PREGUNTAS...

LA HUMANIDAD ESTÁ AL FIN DESPERTANDO, ya se están dando cuenta que buscar afuera solo les ha generado gastos y desilusiones, ahora mí labor es llegar a todo el que quiera conocer a su Esencia y quiera aprender a autosanarse, dándole el protagonismo a su Esencia pura, que está deseando la descubras, para darte el valor que te mereces, y para hacerte brillar desde tu interior.

Puedes sentir el latir de tu corazón es ella quién está ahí dándote la guía para que mires adentro! Solo deja las creencias en lo externo, y ella te guiará y allanará el camino, para recordarte quién eres y para que ejerzas ya tu propio poder.

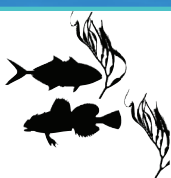
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Destination

ONE OF THE FAVORITE SPOTS TO TRAVEL IN WINTER IS COZUMEL. THE SMALL MEXICAN ISLAND IN QUINTANA ROO IS A JET-SETTER'S DREAM WITH SECLUDED RESORTS, SUN EVERY DAY, EXCEPTIONAL BEACHES AND VERY FRIENDLY PEOPLE. JUST 45 MINUTES IN FERRY FROM PLAYA DEL CARMEN. (View from the Ferry when crossing over to Cozumel)



Cozumel



Many Cruise Lines offer stops at Cozumel, including Carnival, Celebrity and Disney and you'll find plenty of airlines with flights there including American Airlines and Delta.

Cozumel is a very popular destination year-round, with the off-season taking place in late Summer and early Fall (aka hurricane season). In the Winter you can expect air temperatures in the low to mid 80s and water temperatures in the mid to upper 70s.

WHAT TO DO IN COZUMEL

Palancar and Columbia Reefs

Whether you're a diver or a snorkeler, these reefs just off of Cozumel are an absolute must-see. Palancar in particular is excellent for snorkeling due to shallow water and a reef that often nearly touches the surface in the area known as "Palancar Gardens." The Columbia Reef is a bit deeper and home to plenty of sea turtles. Both reefs are heavily populated with fish, stingray, living coral and beautiful caves and arches. You'll get a great day's exercise and a swim of nearly 2 miles. When the current is strong, snorkel companies will keep everyone on a tow line for safety. Try to contract with a company right on Palancar Beach. Life vests are required by most companies.

Approximately \$40/person for both reefs including snorkel gear rental.



Dolphinaris Cozumel

The ocean side at Dolphinaris Cozumel habitat features large homes for the dolphins including a large bay where the animals can come and go as they please. Water shoes are recommended for walking along the rocks surrounding many of the pools. This experience includes intriguing education about dolphins and the opportunity to swim with dolphins if you choose. The dolphins are very calm, friendly and clearly well-taken care by a staff that's equally warm and caring. There is an extra fee for lockers and photos with the dolphins.



Cozumel Jeep Tours

There are several companies to choose from and the locally-owned Cozumel Tours Excursions is one of the best. The tour guides have a strong grasp on English and on your Jeep trip, you'll drive along particularly fun dirt/mud roads and beaches and jungle! You can customize your itinerary to include just about anything on the island after you take the Tequila Factory tour. Highly recommend including a visit to Punta Sur (Southern Point) of the island. Hard tops are available for rainy days, but hopefully you'll have an open soft top on your Wrangler and a sunny day to go with it!



Mayan Cacao Company

The Mayan Cacao Company, with a 45-minute tour that includes the history of chocolate and lots of chips available for tasting. Plenty to purchase here too! If you have kids on your trip and don't mind a bit of a sugar rush, this should delight everyone.



Isla Pasion

This is a trip with your partner, or on a couples vacation? Then Isla Pasion, a border island about 40 minutes off of Cozumel that's privately owned and operated is an excellent choice. Although there are lots of activities that might keep older kids happy (like kayaks and water trikes) most of the younger kids we saw on this isle looked very bored after a couple of hours. Adults, however, are sure to enjoy the privacy of a capacity-limited beach. Make sure you book an excursion here that includes food! Drinks are provided on the island and there are very nice bathrooms for when nature calls. There are vehicle excursions here, but I recommend doing the Jeep tour on Cozumel instead.



Wild Tours

On the southern half of Cozumel is a beautiful jade cavern filled with clear water, and the only way to reach it is with an off-road vehicle. Wild Tours offers both guided buggy (skip them) and guided ATV tours to the cavern. You can also take a high-speed Jet Boat down to the area. Prepare to get very muddy on this trip! Water shoes highly recommended and you'll need bug spray for sure. Even if you've seen cenotes before, this one is beautiful and different from any of the others I've ever seen. I recommend leaving all but your absolute essentials at your resort — the lockers here are pretty expensive to rent.



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<https://effortlesslywithroxy.com/2018/01/vacation-destination-cozumel.html>

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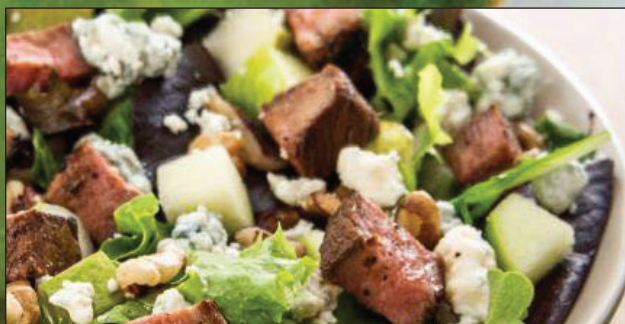


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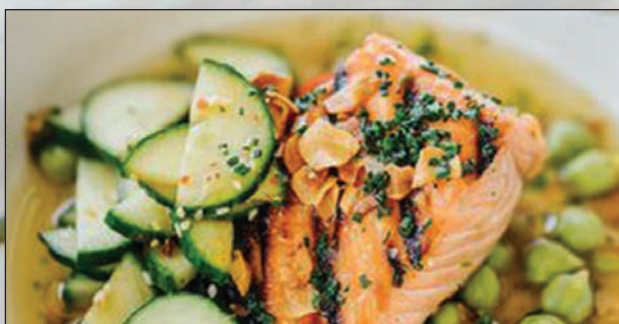


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www.cafenoseaustin.com

Egg White Bites

Making a simple, healthy egg white bite at home is now easier than ever. You can incorporate low-carb, as well as keto elements to pack a punch. All you need is a mini-muffin pan (or mini-muffin silicone tray)

Keeping it clean, healthy and real. If you are pressed for time, these go-to snacks are perfect for an on-the-go breakfast, and super easy to make. Meal prepping breakfast will save you time in the morning. A batch created on Sunday night will logically last a week, but they are usually long gone by Thursday. They stay in the fridge until you are ready to eat them. A quick toss in the microwave for a one minute warming, will give you a healthy breakfast that delivers the energy needed... at least until lunch.

First, you'll want to pre-heat your oven to 325 F. I then set the mini muffin pan, along with ingredients and get to stuffing. Place ingredients in the cups first. Once you are done adding your goodies, add seasonings (such as salt/pepper to taste and I added a little cilantro lime seasoning) pour the egg whites on top to almost the top.

For this recipe, I used spinach, shoestring carrots, turkey bacon bits, zucchini squash, and topped it with a pepper jack shredded cheese. This is a good way to use some veggies in your fridge, as well. :)

not only easy, but healthy.

1 tbsp olive oil (or spray to grease egg tray)

4 cups egg whites (+/-)

1 cup bacon bits, (chopped)

2 cups spinach, finely chopped

1 cup carrots, shredded/chopped

1 cup zucchini, finely chopped

1 cup Pepper jack cheese, shredded

Cilantro Lime seasoning

Salt and pepper (to taste)

DIRECTIONS

- Preheat oven to 325 F.
- Spray/Oil mini muffin pan.
- Divide toppings of choice and cheese among egg cups, then fill the rest of the way full with egg whites.
- Bake in the oven for 20 minutes or until eggs are set.
- Remove egg bites from cups once cool.
- Salt and pepper to taste.
- Serve and enjoy!



Let The Music Play!

Is Music Therapy
beneficial for Mental
and physical Health?

Excerpt from the article

By Cathy Wong - certified nutrition specialist
Medically reviewed by Daniel B. Block, MD

photo by bruce mars

If you like music, you probably already know it can affect your mood. Maybe you put on your favorite song to pump yourself up for an important meeting or listen to soothing music when you're relaxing at home before bed.

Research has demonstrated the benefits of music therapy for people with depression and anxiety. While music therapy is often used to promote mental and emotional health, it may also improve the quality of life for people with physical health problems.

WHAT IS MUSIC THERAPY?

A music therapy session may incorporate different elements, such as making music, writing songs, or listening to music. Music therapists are trained in more than music; their education often covers a wide range of clinical skills, including communication, cognitive neuroscience, psychological disorders, as well as chronic illness and pain management. Depending on your goals, a typical music therapy session lasts between 30 minutes to one hour. Much like you would plan sessions with a psychotherapist, you may choose to have a set

schedule for music therapy—say, once a week. You may choose to work with a music therapist on a more casual “as-needed” basis. Music therapy is often one-on-one, but you may also choose to participate in group sessions if they are available. Sessions with a music therapist take place wherever they practice, which might be a private office, clinic, or community health center. Wherever it happens to be, the room you work in together will be a calm environment with no outside distractions.

Continue on page 37

Why you should **Avoid** cosmetics containing **parabens**

Article by Natural News

There's quite a heated debate going on over at natural news about research that suggests parabens could cause breast cancer. While there is still no direct evidence of a causal link between parabens and breast cancer, it's suggested to avoid products that contain parabens altogether, just to be on the safe side.

Photo by Candice Picard

WHY...

Parabens are the most widely used preservatives in cosmetics, skincare and personal hygiene products (they're present in literally THo USAn DS of products, from moisturizer and foundation to fragrances, shampoo and deodorant.

These chemicals easily penetrate the skin and can mimic estrogen, the primary female sex hormone. Parabens occur naturally in low levels in certain foods, such as barley, strawberries, carrots and onions, but are metabolized when eaten, making them less strongly estrogenic (studies show increased estrogenic activity in the body is linked to certain forms of breast cancer).

The environmental Working group says there is strong evidence that parabens are endocrine disruptors, human skin toxicants and can cause biochemical or cellular level changes.

If that weren't enough to make you want to declare your body a paraben-free zone, research from the UK in 2004 found that parabens found in samples of breast tumours probably came from underarm deodorants.

molecular biologist Phillippa Darbre, told new Scientist magazine: "one would expect tumours to occur evenly, with 20% arising in each of the five areas of the breast. But these results help explain why up to 60% of all breast tumours are found in just one-fifth of the breast — the upper-outer quadrant, nearest the underarm."

f DA - The US food & Drug Administration states that "at the present time there is no reason for consumers to be concerned about the use of cosmetics containing parabens" because they are supposedly used in low levels in cosmetics.

I don't buy this, because although they're used in low levels, there's a little thing called **bioaccumulation**: this means substances like parabens accumulate in our bodies because they are so widely used. There's good reason to believe that if you use non-organic skincare products, cosmetics, toothpaste and deodorant, the levels of parabens present in your body could have reached the point of toxicity.

Personally, I don't believe there is enough conclusive evidence to prove they're safe, and there is too much

evidence that suggests they're unsafe, so I would seriously not be touching anything containing parabens with a 40-foot pole.

So how do you know if the products you're using contain parabens?

first, you need to know the scientific name: para-hydroxybenzoic acid alkyl ester. next, you might see them listed under various pseudonyms like Propyl-, methyl-, ethyl- and Butyl-Paraben, if they're listed at all.

Unfortunately, parabens aren't always listed, or they're given names like methyl Hydroxybenzoate or IiquaPar optima, which is just downright confusing.

The other way you can ensure you're not buying products containing parabens is to only buy certified organic whenever you can.

I say there should be a big warning label on every product that contains parabens, maybe with a little skull and crossbones picture next to it. And also read product labels carefully and educate our new generations to be selective in the use of cosmetics and beauty products and be aware of the active ingredients.

Each music therapist will have their own routine for sessions. For example, some therapists like to start and end sessions the same way each time, perhaps with a particular song. Therapists can use many different styles and techniques depending on their education, interests, and strengths. For instance, some types of music therapy use a lot of movement. If you have physical pain or illness, it's important to ask your music therapist about the techniques they use to make sure they will be a good fit for you.

During a music therapy session, you may listen to different genres of music, play a musical instrument, or even compose your own songs. **You may be asked to tune in to your emotions as you perform these tasks or allow your feelings to direct your actions. i.e., if you are angry you might play or sing loud, fast, and dissonant chords.**

In addition to using music to express your feelings without words, you may also explore ways to change how you feel with music. If you express anger or stress, your music therapist might respond by having you listen to or create music with slow, soft, soothing tones.

You may notice that switching to calm music makes you feel calm—and there's a scientific explanation. Several studies have shown that heart rate and blood pressure readings respond to changes in volume and tempo. **SOME RESEARCH HAS SUGGESTED THAT LISTENING TO MUSIC ALSO RELEASES ENDORPHINS, WHICH MAY HELP PEOPLE MANAGE PAIN.**

Between sessions, your music therapist may give you shorter exercises to do at home. They may recommend using apps on your smartphone to play music, generate sounds, and track your progress.

MUSIC THERAPY VS. SOUND THERAPY

Music and sound therapy have several subtle but important differences. Each type has its own goals, protocols, tools, and settings. Music therapy is also a relatively new discipline compared to the concept of sound healing, which is based on ancient Tibetan cultural practices.

Rather than making or listening to music to address symptoms like stress and pain, sound therapy is more focused on using tools to achieve specific sound frequencies. Drums, flutes, chimes, bells, tuning forks, and natural sounds such as running water are used to produce tones, vibrations, and pitches that reach a specific frequency.



The two types of therapy have some similarities and people may benefit from both, but there is less research on the effectiveness of sound healing compared to traditional music therapy.

It's also important to note that those who practice and offer sound healing don't necessarily have the same education, training, and credentialing as music therapists. The training and certifications that exist for sound

therapy are not as standardized as those for music therapists.

Another difference is where you're most likely to encounter each type. While sound healing is often a component of complementary or alternative medicine, a music therapist is more likely to work in a hospital, substance abuse treatment center, or have a private practice.

WHO CAN USE MUSIC THERAPY?

If you don't consider yourself musical, that's OK. You don't need any musical ability or previous experience to benefit from music therapy. **MUSIC THERAPY CAN BE HIGHLY PERSONALIZED, MAKING IT SUITABLE FOR PEOPLE OF ANY AGE.** Even very young children can benefit from music therapy. In fact, you'd likely recognize the foundations and techniques in most preschool classrooms.

CHILDREN AND YOUNG ADULTS

who have developmental and/or learning disabilities can use music therapy to strengthen motor skills and learn to communicate more effectively.

ADULTS may find music therapy useful for everything from simple stress management to treating mental and physical illness.

OLDER ADULTS may have much to gain from music therapy in a group setting where it can fulfill social needs as well as promote physical and mental well-being.

Research has also shown that music can have a powerful effect on people with dementia and other memory-related disorders.



*Breathe
and live
longer!*

A WELLNESS BUSINESS ADVICE

*By Fernando Gomez
Wellness International*

Do you ever worry about breathing quickly so you don't run out of air?

That's sometimes the case with people, and money or other items.

They hoard money or things and store it for "just in case".

But what does "just in case" imply?

It implies a vibration of something that You Don't Want and this vibration of Doubt will disturb your positive energy flow.

What happens when you don't let blood flow?

It clots and causes pain.

What happens when you don't let things flow in your life?

You hit Barriers by barriers and don't they hurt too?

So do what feels good, let your feelings be your guide to what to "do".

Just like when you have a piece of fruit compared to something else which is not supposed to be good for you...

You can actually "feel" which is better for you.

But often we don't trust or pay attention to it due to other noisy thoughts that we have going on in our minds.

Be clear on your thoughts when you're building your business... don't let your mind wonder off or let doubts disturb your positive thought vibrations. Stay focus on your next short term goal... Do this systematically for 90 days and it will become second nature to you.

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