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Foreword

Simplifying may some of the times be overwhelming. The sum of stuff you have in your life and the sum of things you have to do may be too huge a mountain to undertake.

However you don't have to simplify it all at once. Do one matter at a time, and take little steps. You'll get there, and have fun doing it.

As a matter of fact, you are able to do small but important things today to begin living the simple life.

Simplified Living

Tips On Living A Simpler Life In The Hectic 21st Century

Chapter 1:

Use Your Bike

Synopsis

A big percentage of our energy use comes from the gas we utilize to drive our cars. With gas prices surging higher by the day, driving is costly not only in terms of energy utilization, but likewise personal and family budgets. Bicycling makes a simple and healthy alternative to driving and may help save energy, which not only betters our country's energy use problem, but may also help you hold onto your income in the bargain.

Bike It

Decide which errands you execute close to home. A lot of our daily errands occur within a couple of miles for matters like grocery store shopping, dry cleaning and banking. You are able to easily execute these errands by bicycling rather than utilizing a car, which will preserve energy and add a little fresh air and physical exertion to your life in the bargain.

You could bicycle to work. If you live within bicycling distance of your line of work, the advantages may be tremendous. You are able to avoid the tension of expressway commutes and furnish a good opportunity to better your health. What is more, the average American drops \$3,000 a year to drive and keep up his car. You are able to save on these expenses by bicycling to your job.

Encourage your small fry's to bicycle. Rather than driving them wherever they require to go, let them pedal there. You are able to go with them to guarantee that they remain secure and ride home with them whenever they're finished. This works particularly well in reference to daily trips to school and assisting them in burning up excess energy on the way home.

Search for local bicycle paths and scenic routes in your area. Bicycles may go into parks and additional spaces that cars can not. By utilizing them as part of your ride to work or on errands, you are able to trim back substantially on travel time.

Utilize bicycling in conjunction with public transportation systems. Subways, buses and train services are a fact of life in a lot of big cities,

but even the finest won't take you a hundred percent to your door. A bicycle may make that last leg of your trip go more rapidly, and a lot of public transit services have conveniences for bikers (like racks on buses) to assist you.

Chapter 2:

Turn Of The TV

Synopsis

Probabilities are there's a TV in your household you feel you can't live without. A lot of individuals flip on the TV daily without fail, and in a few cases watch hour after hour of programming. Switching off the TV may have quite a few advantages. There are ways to break loose from the television set and spend more time engaging in other, more productive, interests.

Switch It Off

Record your preferred shows. Rather than sitting through commercials, recording gives you the alternative to skip them all in all. Additionally, if the show is atrocious in the first place you are able to fast-forward to see if it's going to become any better, instead of having to sit and wait through the total show.

Think to see if the shows are worth it, or if you're just looking on out of tedium. For one week, bring forward the self-control to give up viewing the shows that you watch on a regular basis. You will know at the end of the week which shows to go forward watching and which shows were not significant enough to watch over again. Chances are you will have at least one or two shows to do away with from your viewing schedule per week.

Discover a fresh hobby. If there's something you are passionate about doing, there's a probability you would be willing to switch off the TV in favor of working on that hobby.

Schedule dates with other people for times when you are normally watching TV. Whether it's having a fellowship night at home or going to a weekly dinner with acquaintances, you are less likely to be in front of the TV if there's someplace else to be and a commitment you've made to others. Think about enrolling in a work out class or a different type of course that will make sure to keep you out of the house.

Get out and exercise. The advantages of heath, possible weight loss and being active far outbalance sitting in front of the TV. Get into a

work out routine during the time when you'd commonly be watching television programs. Exercise may be rather addictive; you might wind up getting so involved with it that TV could become a remote second when it comes to picking out something to do.

Watching too much TV may make you feel a little brain-dead says a new study and it may also take years off your life.

The more time you spend watching television, the higher your risk of dying at an earlier age -- particularly from heart conditions, researchers found.

The subject area followed 8,800 grownups with no history of heart condition for more than 6 years. Compared to those who watched less than 2 hours of television per day, inhabit who watched 4 hours or more were eighty percent more probable to die from heart conditions and forty-six percent more probable to die from any cause. Altogether, 284 individuals died during the study.

Each extra hour spent in front of the television set expanded the risk of dying from heart conditions by eighteen percent and the total risk of death by eleven percent.

Chapter 3:

Buy Locally

Synopsis

With the burst of concern in local food, consumers now have a lot of choices of products, labels, and ways to shop, so, a lot of individuals are left questioning where to begin. Food choices may be overpowering, and altering where and how we shop may be nerve-racking. On the other hand, the advantages of purchasing local can be capital.

Shop Local

There are countless rationalities why purchasing local food is both rewarding and delightful, including savoring the taste of fresh foods, improved health and nutrition, environmental stewardship, support for family farms and rural residential areas, and guaranteeing animal well-being.

There's likewise substantial peacefulness in knowing where our food comes from. Among the greatest advantages to purchasing food locally is having somebody to answer questions about how it was grown and raised. What goes in that loaf of bread? May we be certain that the pig that's now bacon lived a life without hurting? How do we recognize those jalapeños are salmonella free?

Building up a kinship with local farmers gives us an "in" with our local food scheme. At farmers' markets we may acquire answers to queries like: When do tomatoes get into season? How may I utilize celeriac? Frequently, we may take a tour of the farm our food comes from. A few farmers are exhilarated to share their knowledge and experience with their buyers. Inquire about the challenges your local farmers face and what they're doing to handle them. It does not have to be complicated. Inquire about the weather! Any farmer will be proud of to discuss how the growing season is going and how that affects the food they develop. Knowing local farmers may go a long way to simplifying purchasing local.

A different important cause to purchase local is to keep food miles to a lower limit. "Food miles" refer to the length a food item travels from the farm to your house. The food miles for particulars in the food

market are, on the average, twenty-seven times higher than the food miles for goods purchased from local sources.

In the United States., the average food market's produce moves nearly 1,500 miles between the farm where it was farmed and your icebox. About 40% of our fruit is created overseas and, even though broccoli is grown all over the nation, the broccoli we purchase at the supermarket travels an average of 1,800 miles to get in that location. Notably, 9 percent of our red meat comes from foreign nations, a few as far away as Australia and New Zealand.

Our food is trucked across the nation, dragged in freighter ships over seas, and vaporized around the world. An enormous amount of fossil fuel is burned to carry foods such long distances, releasing CO₂, sulfur dioxide, particulate matter and additional pollutants that contribute to global climate change, acid precipitation, smog and air and sea pollution. The refrigeration called for to keep our fruits, veggies, dairy products and meats from spoiling on their long journeys burn up even more fossil fuel. In contrast, local and regional food schemes bring about seventeen times less CO₂.

Chapter 4:

Be A Better Shopper

Synopsis

Whether the economic system is blasting or collapsing upon itself, intelligent shopping is forever a beneficial idea. The fact is that you are able to save yourself gobs of money by making a budget and shopping around for the finest possible deals. Learning to do this with efficiency may have a major effect on your life on a long-run scale.

Shop Smarter

Discovering how to make intelligent choices while shopping may be hard to do at first, but with time and practice it may have a substantial effect on your life. The additional money you spend on name-brands and designer brands may add up over a time period to equal a deposit on a car or that vacation you have been chewing over for years.

Intelligent shopping is best when used day in and day out, but is particularly handy during times of financial adversity, downturns in the economy, layoffs or being faced with new expenses. It may be utilized to help yourself pull out of debt or to save additional money when you would like to make a big purchase or expenditure in the time to come.

The results of smart shopping may be expectant for both the person and society as a whole. For the person, intelligent shopping may result in paying back student loans and additional debt, having more fiscal stability and managing to amass something of a cushion in the savings account. On a bigger scale, intelligent shopping means that expensive corporate businesses will get less support, which results in a more sustainable society in general.

By beginning to shop smart, you'll annihilate stress that's affiliated with wondering whether you've enough to pay the bills and start to feel good about the money you're saving or the debts you're paying back. You'll learn to get the most beneficial product for the most beneficial price and never be left with the feeling that you've just paid a bit much for a product whose quality is sub par or simply standard.

To be a successful shopper, you have to think about what shifts in lifestyle you're willing to make. For instance, if you're set on wearing "X Brand" jeans, which may be a huge blow to the wallet, think about whether you're willing to forfeit them for a cheaper brand that appears similar.

If not, ask yourself if you're willing to abandon the in-store shopping experience in order to discover the best deal possible online. It's all about optimizing on the alterations you're personally ready to make.

Chapter 5:

Free-cycle

Synopsis

Do you like acquiring free stuff? Do you like giving things away also? Would you want to keep stuff out of landfills? Well, you're not alone. There's a fantastic way to get and give away gratis stuff. It's called Freecycle.

Give and Get

From the food market to your local mall, costs are increasing across the board. To prevent the markups at the mall, make the best of local resources. Check into yardsalesearch.com to find sales in your area. You are able to also check out freecycle.com. This is an Internet-based group that links up individuals who are doing away with stuff with individuals who want it. All of the items are given away for free.

Type "freecycle" into a search engine or merely go to www.freecycle.org. Feel free to check out the info on the site. It is here that you are able to learn about freecycle's objectives to get individuals to exchange free items while keep trash out of the landfill.

You will need to type your location into the "Find a Group Near You" box. This will exhibit a list of Freecycle networks near you. Click on that network and you will be furnished with a little description and a link to a Yahoo group. You are one step closer to gratis stuff!

Then click on the link directing you to Yahoo groups discovered on your network page. On the yahoo page, click "join this group". From there you will have to sign in with a Yahoo e-mail account. If you do not have a Yahoo e-mail account, register for one. They are free of charge as well!

You have now with success signed up for freecycle. You will now get several e-mails daily from members giving away or wanting things. You are likewise free to post your own wants or giveaways. If you see an item that you would like, respond to that individual's e-mail and set up a pickup. I personally have picked up a free set of golf-clubs and free toys for my youngsters. Amazing!

As a lot of us try to dream up ways to become more “green” or “sustainable,” one of the most tried and true techniques to reduce one’s carbon output is to just not purchase new items in the first place.

It’s easy to center on solar panels, composting bins, double-paned windows, or weatherizing your home. But if more of us would be content utilizing used products that alone would make a huge step in reducing the depletion of our resources.

Chapter 6:

Laugh

Synopsis

Research has proven health benefits of laughter ranging from beefing up the immune system to bringing down food cravings to increasing one's threshold for pain. There's even a rising therapeutic field called humor therapy to help individuals heal more quickly, amid additional things. Humor also has a lot of important stress relieving benefits.

Laugh

Tension Management Advantages of Laughter:

Hormones: Laughter brings down the level of tension hormones like cortisol, epinephrine (adrenaline), dopamine and human growth hormone. It likewise step-ups the level of health-enhancing hormones like endorphins, and neurotransmitters. Laughter step-ups the number of antibody-producing cells and heightens the effectiveness of T cells. All this means a more potent immune system, as well as fewer physical effects of tension.

Physical Release: Have you ever felt like you "have to laugh or you will cry"? Have you undergone the cleansed feeling after a beneficial laugh? Laughter allows for a physical and emotional release.

Internal Physical Exertion: A beneficial belly laugh exercises the diaphragm, contracts the abdominal muscles and even works out the shoulders, leaving muscles more at ease afterward. It even furnishes a beneficial workout for the heart.

Distraction: Laughter takes the focus away from angriness, guilt feelings, tension and damaging emotions in a more beneficial way than other simple distractions.

View: reports show that our response to nerve-racking events may be altered by whether we view something as a 'menace' or a 'challenge'. Humor may give us a more lighthearted view and help us see events as 'challenges', thereby making them less threatening and more favorable.

Social Advantages of Laughter: Laughter associates us with other people. Likewise, laughter is catching, so if you bring more laughter into your life, you are able to most likely help other people around you to laugh more, and see these benefits as well. By bringing up the mood of those around you, you are able to reduce their tension levels, and maybe improve the quality of social interaction you have with them, reducing your tension level even more!

Chapter 7:

Find And Execute Your Passion

Synopsis

Is your work taking the life out of you? It's time to reevaluate your life and your goals. Detect and go after your real calling.

Do What You Love

Start out by evaluating your skills and gifts. Arrive at a list of all the things you have been adept at. On this same sheet of paper, make 3 columns.

The beginning one is labeled line of work now. In that column, put a check mark next to all the skills and gifts that you're presently utilizing.

The 2nd column is tagged joyfulness and significance. Here place a check mark next to any skill that imparts you joyfulness and a sense of meaning when you're utilizing it. This includes accomplishments that you might not be presently utilizing in your occupation.

The 3rd column is marked aspiration occupation. In that column place a check mark next to any skills that you would like to utilize in an aspiration occupation.

As you're exercising this drill, you might think of additional skills and you are able to add them to the list. After filling in the checklists, make a few notes for yourself about any ideas and thoughts that came up about what an aspiration job may be.

Consider the ambition you might have swallowed up as it wasn't practical. Ambitions may come true, but you have to be willing to trust in them. Read reports about individuals who have made their ambitions come true. The source of a destiny often comes from hard or dreadful experiences that we have underwent or overpowered. It becomes our passion, then, to help others with similar troubles.

Center on the precept of service. All vocational passions have a solid component of service in them. Whom do you service? How may you utilize your talents and gifts to serve them? What subjects in the community, in industry, or in society do you worry about? Have you ever wished that you could make some difference? These are clues to your passion.

In order to be of service to other people, we first of all have to do what brings us pleasure. So do what delights you, and you'll likely discover that you're getting knowledge and skills that will help you to be of service to other people in the time to come. And occasionally it is enough simply to know that if you do what brings you pleasure, even if it is not of service to anybody else, the Earth is a better place. The Earth could for sure do with a little more pleasure.

Chapter 8:

Know When Enough Is Enough

Synopsis

One of the challenges we confront in life is recognizing when we have plenty. Frequently there are times when we believe we need more of something only to discover that we had it right along. Other times, we feel our lives are lacking something – we feel a vacancy that we can't describe. That vacancy is frequently a sign that we're missing or don't have enough of a particular item in our life – be it adequate family time, education, happiness or a myriad of additional things.

When To Say When

Let's view the basic "do we have enough" particulars and see how come each is crucial in our lives and how we may work at accomplishing the perfect balance to help us live our lives to their full potential and aim.

Love doesn't have to be a rich, physical relationship that we frequently consider when we consider love. It may likewise represent the relationship you have with loved ones, acquaintances, business affiliates and the community in which you live. Molding these relationships is crucial in all our lives as they let us interact and get to know individuals and comprehend who they are. Social networks are a crucial part of our lives and it may frequently be argued that there's no limit on "plenty" for these relationships.

Do you sound off enough and tell those around you what you're considering or how you feel? Do you do everything you wish to do for other people in your life? Only too frequently we may be the best speaker in the world when it comes to business or vocation matters, however once it comes to personal and family relationships we fall deafly mute. Sound off and speak to those around you and make certain that by your words and activities you're doing for other people around you to affirm and assist them. Communication is the key to whatever successful personal or business relationship. Do not leave anything unvoiced.

It appears that we all have an enchantment with the clock. We frequently utilize the concept of time to delineate matters that we wish to happen, or want to happen. We likewise believe that time is the delineating component in whether or not we may do something.

How often have you heard, “I’m too old to be arranging that” or “If only this would come about, then I may do that”? Don’t allow time to hold you back in life. You're never too old to do anything and the only individual holding you back from causing something is yourself!

Do you have peacefulness and tranquility? Do you crawl in at night without fear about exactly what will occur tomorrow? It's essential to have faith in our lives in order to live a satisfied life. Occasionally we just have to let matters occur and not fret about them. We have to trust that matters will work out. Spend less time vexing about what will occur and instead center your energy on helping to make matters occur.

How many of us are really pleased? How many of us understand what felicity is? Everybody defines happiness differently – it’s what makes us unparalleled. Discover what makes you pleased in life and then quest for it and savor it to its fullest extent. Discover what makes other people happy – and then accomplish it! Most of all be thankful for those around you who bring felicity into your life.

Never quit learning in your vocation. Capitalize on every chance to grow and become more enlightened in what you do. Look forward to mundane as a chance to help you learn more and develop more professionally. Make certain that you've a clear guideline to success defined for your vocation. Know what you prefer to accomplish as a professional and each day take another little step toward making that occur.

Do you have a role in life? What makes you awaken every morning and go, “I can’t wait to begin today”? Distinguish what your passion is in life and then go after it with a vengeance! Your life is a

journey that's different than any other you'll ever start – so make certain that you take the time to savor it rather than worrying about every cut in the road.

For a few inhabit, it all comes down to the income. Make certain you've enough to live well and to do what you'd like to do in life. At the same time, make certain that you repay to the community and individuals around you by contributions of money and time. Don't get tripped up in the trap so many individuals do of always requiring more "stuff". Consumption isn't the road to felicity. Belongings don't make you pleased – only your passions and goals in life may lead you to felicity!

So do you have plenty? Or are there regions in your life where you've a bit much of one thing and not enough of the other? How may you equilibrate your life to make certain that each of your needs in life is being met and that you know when you've enough?

Wrapping Up

What is living simple? It's learning to live and work simply. It's a lifestyle born out of a clutter-free environment. Living and working with only what you love and require. It's producing an environment where everything has a home, an aim, a function. It's saying "yep" to less and "nah" to more. Simple living is freedom from our culture of a bit much stuff, too little time.



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
- [Immune System](#)
- [Respiratory](#)
- [Detox & Cleansing](#)
- [Embarrassing Conditions](#)

- [Digestion](#)
- [Infections, Cuts & Bruises](#)
- [Pain & Recovery](#)
- [Addictions](#)
- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

High in [DHA](#) and proven to be pure and free of contaminants the [Xtend-Life](#) brand is considered to be the 'Rolls Royce' of concentrated [Omega 3 fish oils](#) at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. [Multi-Xtra](#) is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.