

# Make the New Year Great! Help For *Keeping Your Resolutions!*



## **Resolute Resolutions!**

How many years do we set these resolutions only to stick to them for a month, a week, a day? If that's you... well, you aren't alone.

Each year, **millions of Americans set resolutions** for themselves, ranging from the most common – losing weight and quitting smoking – to the more obscure (ummm... keeping your closet organized by color and style??).

Unfortunately for most, although the desire to commit is present, **only 20% of people actually fulfill their personal goal(s)** over the long-term.

So I started thinking, there has to be a way to make it happen this year! During my research I found that there are **several mistakes and factors that tend to come into play** each time we promise to be resolute to a resolution.

I also discovered how interconnected our overall health and resolutions can be! **Kicking your health into high gear can also jump-start your motivation!**

Find out the best way to get started, keep inspiration going, and gain big-picture focus – all which lead to lasting resolution success.

I'm sure it's no surprise that weight loss is the number one resolution. So, **I wanted to give you even more ways to hit your target.** Often overlooked, negative calorie foods can do wonders to a structured diet, exercise, and supplement plan.

If you're not already familiar, **negative calories foods are those which require more energy (calories) to digest than they provide nutritionally** to our bodies. Who would have guessed such a thing existed?

These foods assist the systemic processes of the body, helping to maintain optimal functioning (which equals more calorie-burning, without extra effort on your part, yay!). There's a negative calorie food awaiting every taste bud...

I have already written my list of resolutions – actually they are the same as they were 3 years ago, yikes – and whether you have written your list of resolutions yet or not, **I hope this newsletter has incited some ideas of where, and how, to begin anew in the new year** .

However, taking a moment to realistically evaluate your goals is always a wise idea, particularly in our society often concerned with endless disorders.

A recent concern has been addressed regarding the **increase in prescriptions written for "ailments" that quite likely are not truly medication-worthy**, such as "compulsive shopping" (I like to think of it as retail therapy) or "balding"... conditions that can either be attributed to other emotional issues or just normal aging!

Before resolving to "fix" yourself or be cured of one of these fake "disorders", either via prescription medications or other ways, take a look at our findings.

There is **likely an alternative or natural remedy that could a better solution** than adding another pill to the daily routine.

Read on for some great tips and information on keeping your New Year's Resolutions!

# Keep Your Resolutions

## We're here to help!



Millions of Americans **set at least one New Year's resolution** every January 1st. Of the large percentage of people who make a verbal commitment to themselves, friends, or loved ones to implement a change, **only about 20% actually fulfill that goal** over a long-term period (a year or longer).

Although these numbers are grim, there are specific tips you can follow to help make this year your **personal success story**.

The statistics may be against us in adhering to our goals in the short-term, but if we can sustain our personal promises over a period of time, success rates are much higher. Studies have shown that New Year's resolutions have a **success rate of 75% past the first week**, 71% past two weeks, 64% after one month, and **only 46% after six months**.

Further research suggests that **habits are formed after 21 days**. So, trying your hardest to muster the willpower to eat better, quit smoking, or work on whatever vice that negatively tempts you **will pay off in the long run**.

Making it past that initial hurdle significantly **improves your chances of lasting achievement**. For added energy, try [Fatigue Fighter](#) when beginning a new routine and help overcome some of the initial challenges.

## Put it in perspective

In addition, **setting the proper expectations for yourself** is one of the biggest contributors to personal success, regarding New Year's resolutions as well as life in general. So many people fail at keeping resolutions because they do not have the proper perspective on how to achieve their goals. Setting the goal alone will not accomplish the task; rather, the **brain must be trained** to trigger affirmative thought processes.

**A positive self-fulfilling prophecy is just as easy to attain as a negative one**, but we have to be careful in how we set

### Some Tips for Successful Resolution-Setting:

- Choose an obtainable, highly specific, measurable goal.
- Create an outline of steps to take. Tailor it to your needs, not anyone else's.
- Break it down to make it less intimidating.

expectations to avoid creating the wrong messages in the brain.

For example, if we have failed time and time again in the past but keep attempting to fix the problem with the same course of action, how can we expect different results? Reprogramming ourselves to **approach our goals differently** can be enough to get going in the right direction.

Those struggling with self image, depression or other mentally debilitating conditions may benefit from mood elevators to help **support a healthy, motivated attitude**. [MindSoothe](#) and [Brain Tonic](#) are two safe, effective remedies, which may help to **stay on track with staying positive** and help to achieve your goals.

## Getting started

**Weight loss is the number one resolution for Americans!**

According to the National Center for Health Statistics, **heart disease is one of the leading causes of death** (which is directly linked to obesity). It is therefore no wonder that each year more and more people **attempt to get healthy**.

With all the advertising for mouth-watering dishes joined with time-crunched schedules, **resisting quick, unhealthy food can be extremely difficult**.

Combine our societal influences with a new research study funded

- Have contingency options ready to prevent getting too far off track.
- Give it time. Remember, habits are formed after 21 days!
- Reward yourself with each milestone.
- Ask friends and family members for help and support when needed.
- Limit your number of resolutions. Instead, focus on achieving one or two long-standing goals that you've been wanting for some time.
- Embrace change, even if that means that your resolution is altered.
- Keep a journal to record and track progress.

by the National Institutes of Health on **dieters who struggle with emotional eating**, and resolution commitment becomes harder and harder.

U.S. researchers said recently that emotional eaters, or people who eat when they are lonely or sad, tend to lose the least amount of weight *and* have the hardest time keeping it off. Therefore, the study may explain why so **many people who lose weight gain it all back**.

Natural and homeopathic remedies can play a large part in helping **overcome the psychological addictions associated with food**. While any weight loss program requires a healthy mix of proper diet and exercise, herbal remedies can provide that extra boost of motivation to resist that extra cookie.

While yo-yo dieting may be effective in the short term, in the long run, regular fluctuations in weight can disturb the balance of the body's metabolism – leading to systemic confusion and a sluggish metabolism, gradually making the task of getting healthy and **slimming down increasingly difficult**. This slower metabolism can eventually lead to weight gain, even when eating normally.

Some people follow **unhealthy weight loss plans** such as crash diets and prescription or over-the-counter medicine to control their appetite. Though many of these products advertise themselves as healthy weight loss supplements, some contain **harmful stimulants that raise heart rate** and speed up the metabolism in an un-natural way.

**Even some so-called natural weight loss products contain ephedra and other harmful stimulants that can have negative effects on the body.**

Ultimately, the regime is unrealistic and the weight lost often returns with a vengeance after the product is stopped.

One of our weight loss products, [EcoSlim](#) is specially formulated to lessen the need to eat to fill emotional needs.

The other, [Slimmer's Assist](#) can also enhance the therapeutic effects of other weight loss remedies by balancing metabolism, promoting brain efficiency and improving positive decision-making regarding nutrition.

[JuniorSlim](#) or [TeenSlim](#) are also great options for children and young adults struggling with weight management.

## Interconnected health

How many times have we heard of a New Year's resolution that, if kept, can **give us renewed vitality, glowing skin, and promote weight loss?**

That resolution is **body detox**, which is directly related to another major New Year's resolution—**quitting smoking**.

Successfully giving up cigarettes and **detoxing the body** are resolutions complimented by natural remedies as well. Both can even be of assistance to weight loss plans.

Since our body systems are interrelated to each other, each positive **modification can be noticed throughout many systems**. Body detox not only promotes physical well-being but also promotes overall emotional wellness.

[Detox Drops](#) assists in the body's natural elimination of toxins to:

- Support realistic and healthy weight management programs
- Promote healthy energy levels and stamina
- Promote healthy skin from system cleansing

- Reduce feelings of common fatigue
- Support healthy liver functioning
- Promote the production of bile and the routine breakdown of dietary fats
- Support a healthy immune system to prevent disease.

## **Eliminating the obvious as well as hidden toxins**

We all know the average person will start the New Year with excess weight from **overindulgence during the holidays**. What we sometimes don't understand is that not only is the fat in holiday foods we consume detrimental for our health, but **holiday foods sometimes contain outrageous amounts of sodium**, which can put us at an **increased risk of developing conditions** such as hypertension.

[High-Rite](#) and Aqua-Rite are proven natural remedies for hypertension and blood pressure control to **get back on track after excess consumption**.

According to public advocacy group Center for Science in the Public Interest (CSPI) director Michael Jacobson, "**Salt is probably the most single most harmful thing in our food**, contributing to high blood pressure, which causes heart attacks and strokes."

Another big item on the New Year's resolution list is quitting smoking. **Smoking is also known to contribute to the risk of developing high blood pressure**.

While quitting smoking, it's a good idea to also reduce salt intake. This will **aid the body in its natural detox process**, and help remove harmful cigarette toxins lodged deep inside organs and tissues.

Reducing salt intake also allows the **body to flush out toxins much faster** (including the nicotine that keeps you from quitting cigarettes in the first place).

To **further support cravings**, consider a **natural alternative to OTC products for quitting smoking**, such as [Crave-Rx](#), [Rx-Hale](#) and [Nicotonic](#) which help reduce withdrawal symptoms and cravings, and restore mood balance during and after nicotine withdrawal.

## Some final thoughts

Remember to **measure personal success by your own standards**, and do not compare the rate of your own achievement with the pace of others'.

We all have individual goals, and any step of progress is a positive one. Also, **do not get discouraged by small slip-ups** or allow them to ruin or abandon your plan altogether. **Make adjustments when needed**, and keep up the good work!

*"No other product has ever helped me like this one! Together with the [Triple Complex Nicotonic](#) these [Crave-Rx](#) drops have literally saved my life. As any smoker knows, you decide to give up cigarettes with your head, but your body resists so much it send you running off to the store to buy cigarettes with some stupid excuse that you later regret! This time I stayed strong and all thanks to your wonder drops! I still use them every day and will continue until I no longer need them as you said - but it will be 8 weeks tomorrow and I am still going strong!" - Fran, MS, USA*

*"I tried every diet in the book. I was always on a different diet but if I lost weight it would go straight back on. Your weight loss program helped me to stay on track and I realized for the first time that I did not have to starve to lose weight! The [EcoSlim](#) slimming drops made a big difference and every time I stood on the scale I had a smile on my face! After two weeks I had already lost 11 lbs, after 6 weeks I weighed 30 lbs less than when I started! I have never felt or looked so good!" - Janey, USA*

*"I don't know who to write to but I have been taking your [MindSoothe](#) for 6 weeks now and I want to*

*tell you that you have saved my life... This is a miracle product!!! ...This is the first product that has actually calmed my mind without any of the side effects... no mood swings, loss of sex drive or weight gain. The racing thoughts are GONE... I will be driving somewhere and stop for a moment, and smile and think to myself that I love not thinking obsessively. It feels so wonderful to think normal, everyday thoughts. Thank you so much from the bottom of this healing heart.” - Tricia*

## **New *Disorders* - Are You Being Duped?**

People often refer to our society as severely over-medicated and perhaps that claim is not quite such an exaggeration anymore! According to the National Council on Patient Information and Education, **49% of all Americans use prescription**



**drugs** – and 32 million are **taking three or more each day!** These staggering statistics account for over \$110 billion in sales.

If those numbers aren't convincing enough that we may be succumbing to the pressures of the media to **use prescription drugs to solve any and all ailments**, perhaps the **onslaught of new "disorders"** cropping up may be further evidence to take a second look before popping another pill.

One of the most notable includes **compulsive shopping "disorder"**, where "victims" are now being prescribed medicine to "control symptoms".

Perhaps taking a closer look at the actual behaviors and their root causes would be a wiser decision... for instance, is the sufferer dealing with intense emotional issues that trigger mini (or lengthy) spending sprees to compensate/distract for other problems?

If so, natural remedies like [PureCalm](#) and [MindSoothe](#) can help **balance mood and detrimental behaviors** which might be a better solution than masking a serious problem with a temporary fix.

Some counseling may also be recommended, on a case-by-case basis.

Other prominent “disorders” include balding, impotence, and memory loss. Often, **people overlook the environments that contributed to these “new” conditions**, including nutrition, exercise, and aging. It’s possible that we are now just **more hyper-aware and informed** of our state of health.

In addition, today’s “live-forever” society has also given way to the general belief that the physical body should be indestructible, and that every condition can be treated and prevented.

We tend to forget that the body often needs a little extra help in functioning as we age, but **these changes are not to be considered “disorders”—just normal signs of getting older!**

[ReGrow Plus](#), [Ikawe](#), and [Triple Complex Brain Tonic](#) are effective alternatives to the aforementioned respective conditions, and may provide a more pleasant alternative to harsh prescription medications.

It is probably likely that many of the **conditions that plague us are in fact induced by our own actions...** particularly the high number of sleep disorders.

For instance, a popular coffee drink at a national chain *contains more than 350 mg of caffeine*, compared to an average 50 mg in a can of soda. It’s no wonder that insomnia has become one of the fastest-growing complaints at doctor’s offices nationwide. And, while the condition is legitimately a problem, **many are suffering from pseudo-insomnia, related to caffeine and other stimulants.**

Before turning to a prescription, first try investigating causes of your symptoms and consider exploring natural options if they are persistent. There are herbal remedies that help you develop and maintain healthy sleep patterns like [SerenitePlus](#) , [Serenite-LT](#) and [Serenite Jr.](#) for children.

The thought process of fabricating or simply inflating disorders has trickled down to those not yet able to make informed decisions on their own.

Kids are not resistant to the influence of the medical industry, either. In fact, just the opposite... **the number of kids currently medicated has doubled, and in some cases tripled between 1987 and 1996**, among most classes of medication.

Given children's vulnerability, it is especially important to get involved in the health of your child, and **first look at the behaviors that drugs are used to treat...** rather than the other way around.

Tuning into your body's messages is easier said than done, as **we've become accustomed to the rapid-relief pressures of society**. However, in order to put an end to this epidemic of prescription drugs, we must learn to really evaluate our symptoms, and **decide which "ailments" are truly worth medicating**.

A cold and the flu can have some very similar symptoms. Compare the symptoms you see to the chart below to help determine whether they are indicative of a cold or flu.

*"...I have tried everything, nothing really worked without side effects or without taking it constantly. I have recently - over the past eight months - gone through some very stressful events... I have tried products from Native Remedies for [other problems] and found they all worked well... I decided to give [MindSoothe](#) a try instead. Within 3 weeks I was [better]. It has been a wonderful feeling. Today I only take MindSoothe once in the morning and I am good to go for the rest of the day. If life gets a little stressful, I add another dose at night. It has worked wonders for me. Thank you!" - Dawn, Canada*

*"After the death of my mother this spring, my doctor put me on Ambien for my sleepless nights. I tried taking myself off of it, but was unsuccessful. I had become addicted to the Ambien. I began researching different products to help me wean off the Ambien and chose to follow the regimen on your website for the [SerenitePlus](#) capsules and [MindSoothe](#) combination. I successfully weaned myself off the Ambien immediately thanks to your products. SerenitePlus is absolutely wonderful! Because of the emotional*

stress my mother's death caused me, I definitely did need the MindSoothe to work in conjunction with the SerenitePlus. I had bought three bottles of each one from you and was prepared to have to take them until September before I figured I would notice any results and much to my surprise, after just three weeks of using those products as directed, I have been able to stop taking all of them. I still have two bottles of each left, but I intend to keep them on hand for any future sleepless nights or stressors that may occur. Thank you so much for your products - I have been recommending them to all of my friends." - **Laurie K.**

"Every morning I had hair all over my bed and I was too depressed to wash my hair in case it fell out. really no one can understand how it feels to loose your hair like this! People said appearance doesn't matter but to me it does. I can recommend [ReGrow Plus](#) to anyone with the same problem as mine. Sometimes I even forget that I ever had this problem!" - **Sherri B**

"After my divorce, I began dating again and met a few lovely women. But -can you believe it - every time I 'got lucky', the whole thing fell flat and I just couldn't perform! Exercise helped a bit, but I just wasn't the man I used to be. Things were going from bad to worse and I even stopped dating because I was so anxious! Eventually a friend told me about [Ikawe](#) and I thought 'What have I got to lose?' Six weeks later, I just can't get enough and nor can my new girlfriend! What a difference!"- **Stewart, UK**

## Can Eating More Food Mean Losing More Weight?

Have you heard of negative calorie foods? Negative calorie foods are those which require more energy (calories) to digest than they provide nutritionally to our bodies - and people typically overlook them when trying to lose weight.



Dieters are often so obsessed with following the strict guidelines imposed by their diets that they limit

their food intake (sometimes drastically) and deprive the body of essential fibers, vitamins, and nutrients it needs to maintain proper health and balanced function.

Many negative calorie foods are readily available and affordable at our local supermarket, farmers market, and grocery stores.

Although they do not fit within the negative calorie food category, citrus fruits also aid the body in metabolizing and eliminating fats, and therefore are a great ally for weight loss. Among them, lemon especially has amazing tonic properties that help detox the liver naturally. This is significant since the liver is one of the largest and most important organs of our bodies.

A sluggish liver cannot breakdown fats and sugars properly, which causes the entire metabolism to slow down. Without the liver's optimal performance, losing weight becomes a monumental and sometimes insurmountable task.

Green tea (although it is not considered a food) not only has minimum calories, but numerous studies have shown that it actually helps the body to burn calories more efficiently-- besides providing healthy antioxidants that act as a tonic for the entire body.

Including these items in your daily diet is a great way to incorporate fiber-rich and wholesome foods that can complement

## Some Negative Calorie Veggies:

- Broccoli
- Asparagus
- Celery
- Spinach
- Carrots
- Parsnips
- Radishes
- Rutabagas
- Turnips
- Cucumber
- Chicory
- Lettuce
- Celery root
- Zucchini
- Green Beans
- Hot Chili Peppers

## Some Negative Calorie Fruits

your weight-loss program and keep you satisfied.

## Natural Remedies to Help with Weight loss

- [EcoSlim](#) - Assist slimming programs, maintain healthy weight & balanced metabolism
- [Slimmer's Assist](#) - Compliment a healthy diet and weight management program
- [JuniorSlim](#) - Assist slimming programs & maintain healthy weight in children & preteens
- [TeenSlim](#) - Promote balanced metabolism, healthy weight & systemic cleansing in teens
- [Detox Drops](#) - Promote elimination of toxins and naturally flush out the system
- [Fatigue Fighter](#) - Promote healthy levels of energy and stamina without artificial stimulant

- Watermelon
- Pineapple
- Grape Fruit
- Papaya
- Apples
- Cranberries



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