

Keep a Winning Attitude in the Race of Life

- Survival of the Fittest
- The Power of Positivity on Self-Esteem
- It's All in Your Head
- Our Next PetAlive Contest
- Our September Specials



[Sign up for our](#)  [Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)

YAHOO!
Groups
Join Now!

[Click to join AromatherapyOne-Of-One](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice

Alternative
Healing Academy

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy



The Race is On

It's that time of the year again – kids are back in school, parents are back to normal schedules, and the holidays are slowly creeping around the corner. Overwhelmed by things to do and accomplish before the year's end, we may feel as though it's all just too much.



When we don't manage these common worries properly, problems can arise, including **sleeping disorders**, **anxiety**, and even a **lowered immune system**. This can add even more stress to your life. The recent Olympics, showcasing some of the world's top athletes, may have made us wonder, how do *they* do it?

In this issue, we want to bring you **insight on attitudes** held by athletes and survivors alike that can be learned and applied to our everyday lives to help us stay on track—even when faced with seemingly impossible obstacles.

See how you can learn to be more like an Olympic athlete in the race of life.

of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

Also in this issue, we explore the **importance of self-esteem in children and teenagers.**

With the undeniable pressures children and adolescents face today due to an extremely competitive environment, **nurturing a healthy sense of self** is a must for their development. It's all too easy for parents to get caught up in a hectic routine due to the demands of modern life, but **parents are the single most important influence** in a child's life, and can therefore make a huge difference in their child's approach to life's ups and downs.

Finally, learn the relationship between body and mind, and how **keeping your attitude positive can give your overall health a boost.**

Survival of the Fittest

With the recent Olympic Games in Beijing, many of us have heard a story or two about the demanding schedules of the athletes who must adhere to **strict diets and endless hours of training.** Many of these athletes also have families, and one can only imagine the balancing act they must have learned to master to stay on top of all those obligations.



With summer officially over, successfully re-adjusting to **tight schedules, traffic jams and hectic routines** once again becomes paramount. We can look at attitudes highly developed in top athletes that enable them to actually *thrive* under pressure. Similar to the attitudes researchers have observed in survivors, **athletes can teach us a thing or two** about facing the challenges in life head-on and keeping a winning attitude while at it.

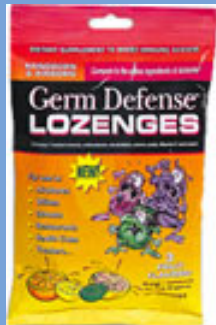
You are in control.

Many times, we are inclined to believe that we are victims of a situation with no control over the circumstances. Research has shown that **athletes and survivors have a highly developed "locus of control"**. The concept was developed by psychology professor Julian Rotter from the University of Connecticut. According to Rotter, some people view themselves as **essentially in control of their experiences**, whether they are good or bad. The opposite of this attitude is to believe that others are to blame for events we are faced with, or that they happen by chance. These views aren't by any means absolutes; most people combine both. But research has shown that athletes, as well as survivors, had a stronger "internal locus" than most that enabled them to



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



[Click to join](#)

[NaturalHolisticHealth](#)



effectively navigate life's ups and downs.

Step by step, you reach the summit.

Another positive characteristic athletes share is the ability to **break down even the most ambitious goals into manageable tasks**. This is a great internal resource to have, especially nowadays, with the overwhelming demands of modern day living. Instead of letting the jumble of unfinished tasks torment your mind for days, use a planner or organizer to **break down tasks and schedule accordingly**. This way, when the unexpected inevitably pops up, you have a quick reference to **better manage your time**.

Use mantras to stay positive.

Athletes also **use mantras to keep them focused and positive** such as "Mind over matter". You can go back to them time and time again to **draw strength and purpose**, even in the most trying of times. Most of the time, a mantra hints at deeper meanings. Yossi Ghinsberg, a hiker who was lost in the Bolivian jungle for 21 days, resorted to the mantra "man of action" to stay motivated. He explained that those words reminded him that a man of action does what he must, isn't afraid, and doesn't worry. He believes this mantra was crucial for his survival, since it enabled him to **stay positive and focused**.

Beware of denial.

It's human nature to believe things will improve and that can be a good thing, but what psychologists call the "incredulity response" can paralyze you and prevent you from **adopting an appropriate response** to certain situations when needed. Learning to recognize a tendency to see things as we wish and not how they are in reality can help **give us a better perspective** on how to better manage the most simple or complex crisis.

Step out of your comfort zone.

Every new challenge presented to your body and mind causes a re-wiring effect in the brain, which **helps us become more adaptable**. Most of us adhere to a repetitive routine that can sometimes be so similar day in and day out that we perform tasks on auto-pilot without even *thinking*. Living in a low-risk environment dulls our talents and may keep us stuck with useless or outdated habits and

Related Product

[MoodCalm™](#)

Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings



[Learn more about MoodCalm](#)

Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

views that are detrimental to our growth.

Finally, let's face it, in order to live up to our human potential and successfully apply the attitudes listed above for a more rewarding life, we must first be in good health. Optimal health will go a long way in helping us face life's challenges, whether they are personal, professional or academic in nature, in a positive way. Natural remedies can be used to **improve energy levels, concentration, soothe anxiety, and regulate sleep patterns**. They are also excellent to boost the immune system, therefore helping to keep illness at bay, because even when we're sick, life goes on...

Related Products

[Fatigue Fighter™](#) Natural remedy to support healthy energy levels, stamina and vitality

[ImmunityPlus™](#) For full immune system support

[Mood Tonic™](#) Optimizes nervous system health and promotes balanced mood and peacefulness.

[Melancholy Lift™](#) Homeopathic remedy temporarily relieves feelings of melancholy, sadness, grief and weepiness

[MoodCalm™](#) Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings

[SocialFear Relief™](#) Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright

[View all Native Remedies Products >>](#)

"As a mother and a housewife I am always on the go and never have time to put my feet up. I know I don't eat properly and never have a chance to exercise (although I run after three children all day so that must count!) Sometimes I feel like I could just collapse and in the morning I can't get out of bed without forcing myself. This has all changed after I started taking [Fatigue Fighter](#). A friend told me to take

Alternative Healing Academy



Home Study
Certification
Programs
in Reflexology,
Aromatherapy,
Color & Crystal
Therapy



[Mountain Rose Herbs](#)

[BioSonics - Healing With Sound](#)

[Natural Health Ebooks](#)

it and I am not sorry. I think I am a much nicer, happier and more energetic person and I even found myself singing in the shower the other day which hasn't happened for ages!" —Pamela

"I will be ordering [ImmunityPlus](#) from you for the rest of my life... It is the cheapest insurance a senior citizen can buy! Native Remedies is like having your own in-house doctor at a fraction of the fees and high costs. You might give it some thought to have a " Fan Club Room"... a place where we can post our success stories... keep up the great work!!— R.J.,

Stuart, FL, USA

The Power of Positivity on Self-Esteem

One of the key factors in determining levels of personal happiness and success stems from healthy self-esteem. With support structures within the family often crumbling due to **hectic lifestyles and busy schedules**, it can become hard to instill strong personal values in our children. In addition, pressures from the media – which promote ideals of beauty and status symbols –are hard (if not impossible) to live up to and attain.



It would be much easier if the **endless drive of competition** stressed other qualities such as being well-educated or competitive, but the reality today is that **superficial values have taken precedence over other more important issues**, and children are exposed to that from the moment they start developing their personalities at a very young age.

Depending on the nature of the child, there are a number of things parents can do to **promote healthy self-esteem**. Probably the most important factor is teaching children from a young age to value their individuality more than anything else. This will enable them to understand that it is ok, and mostly desirable, to make their own **choices and**

Related Product
**[TeenSlim™](#) Support
balanced metabolism,
healthy weight &
systemic cleansing in
teens**



Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



decisions based on their own

principles to avoid succumbing to peer pressure.

Young girls are much more susceptible to the pressures of today's society. With hundreds of ads promoting unattainable beauty ideals, many girls feel pressure to be thin and sexy. Girls who **do not learn to manage this pressure** are vulnerable

to resort to extreme behaviors such as not eating, which can develop into potentially **deadly eating disorders** such as bulimia and anorexia.

Disorders such as self-mutilation stem from insecurity and lack of self-esteem, and can have **severe consequences for an individual's physical and mental well-being.**

A parent's role in supporting a child to **develop a healthy self image and high self-esteem** cannot be stressed enough. Children should be **praised for their accomplishments** (even the smallest ones), and encouraged to **learn from their errors**, instead of making them feel inadequate or like they failed. Little things, like telling them how unique and special they are and praising their talents, can significantly help a child **trust their abilities and provide the motivation** to work hard to succeed in any task.

Natural remedies can also help your child's development of self-esteem. For **children with learning or mood disorders**, feeling different from other children can significantly affect the development of healthy self-esteem. Overweight children are also prone to feel ostracized from their peers. Thankfully, nature provides us with safe and side effect-free remedies that can aid your child (and you) in achieving balance. With the help of natural remedies and support from you, your child can successfully navigate the challenges and joys of growing up and develop in to happy, resilient adults.

Here are some tips for parents to promote self-love in their children:

Help them realize *they* do have control

Help your child understand that he is in control of his life. Regardless of religious beliefs, children should be helped to understand and develop a healthy sense of being the driver of his or her own life. Helping them understand that each act has a consequence can promote this idea, which is empowering and extremely helpful in developing a sense of purpose.

Instill a sense of belonging and acceptance



[Learn more about TeenSlim](#)

Special Message



Rediscover
Passion



Optimal
Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL
no side effects

XTEND-LIFE
Natural Products

MORE INFO

This begins primarily in the home. Children who feel valued and appreciated at home are likely to see the world as a friendly place. They are also more likely to participate in competitive sports and extracurricular activities because they can relate to a feeling of "belonging" in almost any group or team activity.

Praise efforts in any endeavor

Encourage your child to try their best in everything they do. Also, when a mistake is made, make your child reflect on what the consequences were and what he could've done differently to avoid them. *Mistakes should be a learning experience.* Children should be aware that we are human and it is normal to occasionally stumble. What we do after and the lessons we learn are how we see the positive message to be learned.

Encourage your child to participate in sports or extracurricular activities

Team sports are a great way for children to develop within the frame of a team. Learning to interact and compete among peers gives them valuable tools for the future. If your child is more of a loner type, encourage him or her to develop a hobby. Hobbies give them a reason to explore enjoyed activities, while also giving children the opportunity to develop a passion.

Related Products

[MediAc](#)[™] Homeopathic remedy temporarily treats symptoms of acne vulgaris including blackheads on the face and body

[Slimmer's Assist](#)[™] Assists body with metabolism, digestion and the healthy breakdown of dietary fat.

[TeenSlim](#)[™] Assists teenagers in weight maintenance, system cleansing, skin clarity and energy.

[Mood Tonic](#)[™] Optimizes nervous system health and promotes balanced mood and peacefulness.

[Melancholy Lift](#)[™] Homeopathic remedy temporarily relieves feelings of melancholy, sadness, grief and weepiness

[MoodCalm](#)[™] Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings

[SocialFear Relief](#)[™] Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright



NativeRemedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!



Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

[CLICK HERE](#)

[View all Native Remedies Products >>](#)

"I have had terrible ups and downs for years and thought my only option was strong medication. Thanks to [MoodCalm](#), I can also support my mind in a natural way. Now I am able to recognize when I am beginning to get over the top, and just a few tablets help me to stabilize naturally. Thank you so much for giving me the choice! "

—Sheryl

"My youngest son (Josh) has never been as sporty as his older brothers and has always been a little tubby. Because of this, he has also shied away from sports and exercise. I came across [TeenSlim](#) and decided to give it a try, and I cannot believe the results! Josh is looking so well, and his skin is looking (good); I overheard him telling his friends that he wanted to go hiking! As a family, we are trying some of the tips you gave, and it is all working. I know Josh would never write to you, so I just wanted to let you know how pleased I am with the results on his behalf. Thank you for a fantastic product!" — Mrs. P. Waterstone

It's All in Your Head

Various theories agree that **emotions can cause noticeable physical changes** in the body. These physical changes can be perceived as body sensations. For example, fear causes an **increase in heartbeat**, and happiness induces an expansive feeling in the chest and a feeling of lightness. Your attitude and cognitive abilities towards life events largely determines your response and feeling. A **positive mental attitude** is very good insurance against **temperamental mood swings** and can ensure good physical and emotional health.



A negative approach to life leads to a depletion of energy, reducing overall vigor, causing **feelings of depression and lethargy**. Positivity, on the other hand, energizes and motivates. You can help yourself to attain a positive mental attitude. This can ultimately affect your performance at work; give you overall happiness, and a better temperament.

The following are some helpful suggestions that can be implemented with simple lifestyle and motivational changes.

- Idling, unless you are resting with a purpose, can lead to negative thoughts. There is an old saying that 'an empty mind is a devil's workshop'. **Keep busy with physical and mental activities**, and rest only when you need to. While resting, try to connect with your spirituality. Inner peace comes more easily with faith, and ultimately leads to positive thoughts.
- Writing down your thoughts is also a good idea. Make a list and then sift through it later. Try and **rephrase all pessimistic thoughts** in a positive manner until it becomes habit. Avoid using "no", "don't", and "cannot" as much as you can. By rewriting your negative thoughts, you will actually **train your mind to think more positively**.
- Love transforms us all. The habit of showing love and expressing it has been lost in the rat race. Absence of love is one of the basic causes of depression, anxiety, and anger. **Love others unconditionally** and allow yourself to be loved.
- Nothing elevates mood better than laughter. Watch comedy shows regularly or simply act silly to **make yourself laugh**. It is a good breathing and facial exercise, and helps to elevate spirits.
- **Lack of proper communication** often leads to bad blood, even among friends. Make sure that you do not make statements frivolously without thinking of the impact it may have on the other person. Avoid caustic remarks.
- Carrying emotional baggage is sure to make you retain negativity. "Forget and forgive" is the best way to move forward in life. The past has happened and is gone forever. **Focus on the present** and the goodness that lies within you.
- **Help others**, and you will find that it gives rise to a lot of positive thoughts.

- If you find your thoughts wandering, try to change your environment-- go for a walk or meet a friend. Wandering thoughts are more likely to focus on the negative. **Changing the environment** lets you divert your attention to better and positive things.