

Learning the Keys to Longevity at Any Age



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

YAHOO!
Groups
Join Now!

[Click to join AromatherapyOne-0-
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 of your physician or other qualified

*Alternative
Healing Academy*

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



Longevity Starts Now

With languid summer days soon a memory of the past, it's time to get kids ready for school and for you as a parent, this might bring one word to mind: stress. Many times we forget how important we are as **role models to children** or younger family members and how our **personal habits can affect our own health and theirs!**



In this issue, we address the alarming obesity rates among children and teenagers, and the shocking news that doctors have had to go as far as prescribing **cholesterol-reducing drugs to children** as young as eight years of age.

See how you can use the new school year to start new and healthy routines that will benefit the entire family.

Also in this month's issue we explore the **importance of taking responsibility for establishing healthy habits** for the present and the future for others as well as ourselves!

We often fail to realize how unhealthy habits may be rooted in the past

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

and be further carried out by our own children in the future, or prolonged by our own disregard to implement healthy changes.

As we get caught up in our day-to-day routine which may likely consist of unhealthy habits, it is a common mistake to assume that we are **genetically pre-disposed to certain diseases and conditions**. What we fail to see is that health and longevity are actually in our hands.

Finally, give your body and mind a well deserved tune-up. We offer **diet and lifestyle changes** that can make a gigantic impact on your health—for the better!

Heart Health Begins at Home

Establish healthy habits at an early age

With the new school year approaching and so many things to manage in order to get children ready, it can become easy to overlook one of the most fundamental aspects of a child's life: nutrition. During vacation **many routines may be neglected**, and healthy meals shared with the family may be overlooked. With that in mind, the new school year can be seen as a fresh start and a way of getting the entire family back on a healthy track.



Did you know that according to the Centers for Disease Control and Prevention, [heart disease](#) has been the **number one cause of death in the United States** for the past 80 years? Statistics show that every 34 seconds, someone in the U.S. dies from [heart disease](#). That's more than an astonishing 2,500 deaths in a day.

Sadly, children are now starting to form part of these statistics, with **more children than ever diagnosed with heart disease**.

Tedious tests such as **cholesterol screenings** have typically been an unwelcome part of middle age. But recently, and for the first time, doctors with the American Academy of Pediatrics have begun

recommending such health measures for a greater number of children as

ComboPack



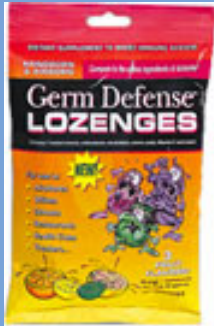
[JuniorSlim™](#) +
[Slimmer's Assist™](#)

Promotes healthy metabolism and weight management in children and preteens



[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](#)



young as two years of age. Under the same new guidelines, **cholesterol-lowering drugs** would be prescribed to eight-year-olds.

Related Products

- [JuniorSlim™](#) Promotes safe weight loss and management for children and preteens.
- [TeenSlim™](#) Assists teenagers in weight maintenance, system cleansing, skin clarity and energy.
- [Detox Drops™](#) Herbal detox drops for body cleansing and detoxification
- [Triple Complex Slimmer's Assist™](#) FDA registered homeopathic remedy supports healthy weight loss and metabolism
- [Triple Complex Digestion Tonic™](#) FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

[View all Native Remedies Products](#)

parents find themselves running to the nearest fast food restaurant to pick up dinner for the family.

Actually, proper planning can mean **prevention of deadly diseases** in the long run, not to mention the prospect of a better quality of life. Children that receive **adequate nutrition and exercise** are far less prone to suffer from [mood swings](#) and related disorders, as well as diseases such as [diabetes](#) and [heart disease](#), among others.

What can parents do to make it happen? The first step is to adopt the necessary changes in lifestyle themselves. It's hardly any good for parents to impose certain **dietary restrictions and lifestyle changes** on their children when they don't adhere to them, too. Planning to stick to a healthier lifestyle should **involve and engage the entire family**.

Natural alternatives to help **reduce cholesterol naturally** include garlic, fish, flaxseed, and a diet that includes plenty of fruits and vegetables. Flaxseed, with its high concentration of omega fatty acids, is one of leaders of the pack for its **cholesterol-reducing properties**. Mix ground flaxseed in smoothies, or use it to top cereals and oatmeal. Remember that it is high in fiber, which is excellent for the digestive

The question is- where do parents draw the line? With [obesity](#) rates among children in the first world higher than ever, experts agree that lowering [cholesterol](#) is essential to **reducing the risk of heart disease**. But shouldn't we try natural and safer methods first? How about lifestyle changes?

Prevention is key

It is understandably hard to balance family, work, and social obligations while ensuring that everyone gets a balanced diet that includes **sufficient fiber, vitamins and minerals**. This is especially true during this time of the year when so many things need to be accomplished and there's so little time. Add to that the stress of traffic, managing hectic schedules, and many

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](#)

tract, and therefore the [immune system](#) —but should be incorporated slowly into the diet.

Childhood is the stage when most people will develop **life-long habits**. That means keeping couch time at a minimum and ensuring a healthy, nutritious diet, plenty of exercise and activities—which will **instill healthy habits that can last a lifetime** and carry on for generations to come!

TESTIMONIALS

“Unfortunately my 11 year old twin girls have picked up on their parents’ bad lifestyle habits, and their lack of exercise and poor diet began to take a toll on their health and young figures. At the age where all their friends were becoming aware of clothes and boys, my two girls became withdrawn and I knew it was because of their weight. We bought [JuniorSlim™](#) and also began to eat more healthily at home. The changes have been astounding - both girls have shed their baby-fat and are looking absolutely lovely. This has given them confidence and set my mind at rest about their health in the future. [JuniorSlim™](#) is an excellent product!”

—Cheryl and Steve

“My history is of being overweight since a child. This has been worse since I had my three children and nothing would help me. Native Remedies helped so much! ...I carry on with [EcoSlim](#) and [Triple Complex Slimmer's Assist™](#) and the weight continues to go! Also I have more energy and feel better about myself. Thank you for helping me - I know I will succeed now.”

—Hilda

Defying “Predisposed” Diseases

Health and longevity are in your hands

One of the **most common misconceptions** is that we cannot change our **genetic predispositions**, and are therefore pre-destined to suffer from diseases that have long been considered hereditary.



Doctors even recommend people with a family **history of diseases** such as cancer and [diabetes](#) to be monitored more frequently than those who do not. But have you ever stopped to ask yourself how your *lifestyle* influences genetics? The answer is *a lot*.

Alternative Healing Academy



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



[Mountain Rose Herbs](#)

[BioSonics - Healing With Sound](#)

[Natural Health Ebooks](#)

Recent studies suggest that people of all ages who are **predisposed to certain family diseases** can significantly reduce their chances of developing diseases that tend to run in the family, regardless of their age. They can also **modify the tendency to develop diseases for future generations** down the road.

Numerous studies have concluded that those who adopt a healthy lifestyle-- including consuming plenty of vegetables, limiting saturated fat intake, and incorporating 60 minutes of moderate exercise a day to their routine-- **reduced the likelihood of developing deadly diseases** that had run in families for generations such as [heart disease](#), [diabetes](#), [anxiety](#) and [depression](#).

An explanation for this is found in the form of learned and acquired habits —many of which are passed down in families, including **eating and exercise habits**, which are the most important. Children who are raised in a household where healthy meals are the norm are less likely to neglect nutrition when it comes time to raise their own families. The same can be said about exercise. Yet, another important factor is to eat meals at a set time, preferably a few hours before bed-time.

ComboPack



[ImmunityPlus™](#) + [RealHeal™](#)

To support immune functioning and muscle, skin, nerve and connective tissue health

Even if **healthy eating and exercise habits** have not yet been established, it's never too late to start. Natural remedies can be used to complement a healthy lifestyle. Depending on your specific needs, they can be used to **promote relaxation and restful sleep**, or to invigorate and energize you on a sluggish day. They can also help you promote healthy digestion and [metabolism](#), [immune system](#) functioning, and routine [detoxification](#)—all essential components of the foundation of good health. Remember, once you take the first step in breaking the cycle of unhealthy habits, you and your family can soon be on your way to treading the path of **good health and longevity**.

ComboPack



[Detox Drops™](#) + [Natural Moves™](#) + [EcoSlim™](#)

For system detoxification, healthy weight management and regular bowels

[Related Products](#)

[TESTIMONIALS](#)



Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

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



- [Fatigue Fighter™](#)
Promote healthy levels of energy and stamina without artificial stimulants
- [Focus Formula™](#)
Support concentration and attention, while maintaining normal energy levels in children and adults
- [MindSoothe™](#)
Support balanced mood, emotional health and feelings of well-being
- [PureCalm™](#)
Facilitate a calmed mood and soothed nerves
- [Serenite Jr.™](#)
To promote healthy sleep patterns in children and babies
- [Serenite-LT™](#)
Naturally support healthy sleep patterns and restful, satisfying sleep
- [JointEase Plus™](#)
Supports joint and muscular-skeletal system health and mobility
- [SerenitePlus™](#)
Natural sleep tonic for a restful night
- [Triple Complex Sleep Tonic™](#)
To promote healthy sleep patterns
- [Triple Complex Nerve Tonic™](#)
Support nervous system health, calm the nerves and relieve common symptoms of stress
- [Triple Complex Mood Tonic™](#)
Naturally promote balanced mood and ongoing emotional health in all ages

[View all Native Remedies Products](#)

"Unfortunately my 11 year old twin girls have picked up on their parents' bad lifestyle habits, and their lack of exercise and poor diet began to take a toll on their health and young figures.

"At the age where all their friends were becoming aware of clothes and boys, my two girls became withdrawn and I knew it was because of their weight. We bought [JuniorSlim™](#) and also began to eat more healthily at home.

"The changes have been astounding - both girls have shed their baby-fat and are looking absolutely lovely. This has given them confidence and set my mind at rest about their health in the future. [JuniorSlim™](#) is an excellent product!"

—Cheryl and Steve

"My history is of being overweight since a child. This has been worse since I had my three children and nothing would help me.

"Native Remedies helped so much! ...I carry on with [EcoSlim™](#) and [Triple Complex Slimmer's Assist™](#) and the weight continues to go! Also I have more energy and feel better about myself. Thank you for helping me - I know I will succeed now."

—Hilda

Healthy Hearts Start with Healthy Habits

7 easy tips to prevent heart disease



Special Message



Rediscover Passion



Optimal Wellness

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

XTEND-LIFE
Natural Products

MORE INFO

- **Eat plenty of fruits and vegetables.** A quick way to ensure you're eating a variety of nutrients is to keep meals colorful. A rainbow of colors ensures that you are receiving a balanced amount of nutrients from food.
- **Don't smoke!** It is well-known that smoking and secondhand smoke are harmful, but smoking in front of your children can endanger their future health in another way, as well. Your children look up to you, and this negative habit can become engrained in their subconscious. It has been proven that children are more likely to smoke if they were raised in a household where one or both parents also smoked.
- **Maintain a healthy weight.** It's not only important to make sure you are not [overweight](#), but be sure to monitor abdominal fat, which puts a person at a far higher risk of developing [heart disease](#).
- **Limit your alcohol intake.** Alcohol in moderation may actually be beneficial, especially red wine, which provides good-for-your-heart flavonoids and antioxidants.
- **Find healthy ways to manage stress.** This is essential. We all have [stress](#) in our lives, (yes, even children). The ways in which you cope with stress sends strong signals and establishes a pattern of behavior your child will surely imitate.
- **Monitor cholesterol levels.** Regular check ups are important, since [cholesterol](#) can be high even in individuals who seem to be otherwise healthy.
- **Monitor blood pressure.** Arterial [blood pressure](#) should be maintained at optimum levels to prevent the risk of a [stroke](#) and cardiovascular disease.
- **Get tested for diabetes.** They don't call it "the silent killer" for nothing. [Diabetes](#) can present no symptoms until it has already become a serious threat to health.
- **Exercise!** Last but not least, don't forget to incorporate physical activity into your routine. This will go a long way in adding to your health, happiness, and longevity.

