

The HealthZone



"Keeping in touch with You"
August 2005

*Buffered Classic
Seven*

From the Office Zone...

We at *Gifts of Nature* firmly believe that our products can significantly improve the health and well being of every person that takes them. Though there is no such thing as a magic bullet (however there now is such thing as a *Silver Bullet* ☺) we do believe that nature has provided us with all we need to build healthy bodies. When combined with proper rest, exercise and proper diet, our products can enhance your quality of life! Just try them and see for yourself what consistently taking any of our products can do for you. Remember that here at *Gifts of Nature* our highest priority remains the health of our customers!

**"Hard work often leads to success.
No work seldom does."**

-Harvey Mackay-

Fact: Hot weather has caused significantly more deaths in the U.S. over the last 10 years than cold, floods, tornadoes or any other natural phenomenon.

Hot Weather Safety Tips:

- Wear lightweight, light-colored, loose-fitting clothing.
- Apply sunscreen with a sun protection factor (SPF) of at least 15 to exposed areas of the body.
- Wear a wide-brimmed hat. It will provide some shade and keep your head cool.

- Use air-conditioning. Fans are OK, but they're not enough to prevent heat-related symptoms.
 - Avoid hot foods, and keep your meals light.
 - While you are exercising, drink plenty of water. Make sure you drink 8-10 cups of water everyday. Check with your doctor if for any reason (such as heart problems) your fluid needs to be restricted or you're taking diuretics.
 - Don't leave children or pets in your car even for a "few minutes." It doesn't take long for excessive heat to make them sick.

When you sweat profusely, you lose salt, minerals and water. If you find you are perspiring heavily: Stop what you are doing and go to someplace cool. **Drink fluids** – water, fruit juice, or a sports drink. Whatever you drink should not be ice cold, because that can give you stomach cramps. And "fluid" definitely does not include alcohol, which actually causes dehydration.

"Lots of people limit their possibilities by giving up easily. Never tell yourself this is too much for me. It's no use. I can't go on. If you do you're licked, and by your own thinking too. Keep believing and keep on keeping on."

-Norman Vincent Peale-

Health Tip of the Month...

Have a hard time eating enough fresh fruit? Buy three different kinds of fruit (for example, watermelon, cantaloupe and grapes). Wash and cut, and place in a covered bowl in your refrigerator. Having the fruit washed and ready to eat will make it easy to eat more fruit when you are crunched for time!

(by Melanie Douglass, R.D., CPT)

Veggies Top 10 List:

1. Spinach, collard greens, or swiss chard
2. Broccoli
3. Carrots
4. Peppers
5. Sweet potatoes
6. Peas
7. Asparagus
8. Cauliflower
9. Celery
10. Corn

Fruit Top 10 List:

1. Strawberries
2. Kiwi
3. Grapefruit
4. Oranges
5. Cantaloupe
6. Watermelon
7. Raspberries
8. Mango or papaya
9. Apple
10. Banana

"It's the constant and determined effort that breaks down resistance, sweeps away all obstacles."

- Claude M. Bristol -

From the Bizz Zone...

You must help your downline understand that self-improvement is the key to success. Plugging into motivational sources and practical training is something they should do on a daily basis. Success doesn't just fall from the sky; it's something you need to work at. It's only when we "teach people to fish" that we are able to build leaders that can work independently and that are equally capable of developing leaders that are capable of developing leaders. Isn't this the true network marketing ideal?

WARNING: Don't expect your upline to build your business for you. It is your responsibility to build your business. Teach your downline to build their business for themselves, don't build it for them. Don't teach what you hear, teach what you do! If you do not lead by example and with action, how can you expect others to do the same? It is your responsibility to be the example for your team! Take that personal responsibility and be accountable to yourself and your team.

"It is the greatest of all mistakes to do nothing because you can do only a little. Do what you can."

- Sydney Smith -

1771-1845, Writer and Clergyman

Gifts of Nature products can be purchased online by visiting our website at www.zonashealth.com

You can also contact us by e-mail at: giftsofnature@infowest.com or by phone at: 1-800-529-4715.