



The HealthZone

"Keeping in touch with You"

February 2005

From the Office Zone...

The mission of *Gifts of Nature* is to improve the health and enrich the lives of all people by making our unique nutritional supplements widely available at affordable prices. This is our goal! We want to improve, help, and bless the lives of as many people as we possibly can. To do this we work through you - our distributors. We are trying to do everything that we can to fulfill the mission of this company and at the same time help our distributors be successful with their own individual businesses. Recently we have added the opportunity for each of our distributors to have their own store front webpage on the *Gifts of Nature* website. This will allow all distributors who sign up to have a website that they can direct people to when they want to purchase products or share this opportunity. When they come to your website and purchase or sign up they will be placed directly underneath you. What a wonderful tool for you to market with! To utilize this tool all you need to do is to make sure that you have a username and password on our system. To do this go to either of our website addresses: www.giftsofnatureinc.com or www.zonashealth.com and click on the products page. Once on that page look at the green band going across and on the right side find "log in" and click on it. On the page that comes up next you will be able to either sign up for, or check to see if you already have a

username and password. If you don't already have a username and password, just fill-out the information and you will soon have them. Once you have your username and password, then our system automatically enables you to have your own site to direct internet traffic to. All you need to do once you know your username and password is go up to the top address window of any internet browser like Internet Explorer or Netscape and type in the following: <http://sites.zonashealth.com/yourusername> replacing "yourusername" with your real username. This becomes your new website's address. When you type this and click on enter you will be taken to the products page of our *Gifts of Nature* website and you will see in the top right corner your name on the sign there. This is how you will know you are on your website. From this point on, everything ordered or signed up for by someone, comes under you. What a great tool! We hope that you - our distributors - will see the power of this new feature and start to market on the Internet at classified ads sites, linking from other websites, advertising in newspapers, business cards, or wherever to start directing people to your own portal of the *Gifts of Nature* website. Remember that what is so exciting about this new feature is that those people whom you have referred to your own site will be tied to you. When they order through your site they are automatically entered

in your downline!! This can be an incredible tool for you to use. Please give it try and at least see if you can log on to your webpage. Then go forth and use it!

“Diligence is the mother of good luck.”

- Unknown -

Just a reminder - we need to receive all orders by the first working day of the next month so we can close out earlier in the month. Any orders received after the 1st will be put in the month received. For example, when we close out January, we need to have all the orders for January by February 1st so we can close out in a timely manner. This will help us get checks out as quick as possible!

“Most of us feel it would be great if we are in control of our lives.

But the fact is, we're not in control; principles are. We can control our choices, but we can't control the consequences of these choices.”

- Stephen R. Covey -

From the Healthzone...

Sure- Fire Ways to Get a Great Night's Sleep – Are you getting enough sleep? Half of all adults aren't. Yet adequate rest is as vital to health and peak performance as exercise and good nutrition. Getting a good nights rest can be soooo e-zzz! Here are a few tips for you to consider. **Go to bed and get up at the same time every day** – even on

weekends! Why? You'll help regulate your body's internal clock to get the 7-8 hours sleep most adults require.

Important: Avoid naps, they can affect your ability to fall asleep at night.

Establish a relaxing bedtime routine.

Try a warm bath, light reading, or pleasant music. Listening to classical or New Age music at bedtime has been shown to help insomnia sufferers fall asleep. The possible reason is that music matches body rhythms and slows the heart rate. **Skip stimulants like caffeine and nicotine from late afternoon on.**

Never use alcohol to induce sleep, as its effects wear off your brain actually grows more alert. Don't rely on sleeping pills. They can disrupt your sleep/wake cycle if you depend on them too much.

Squeeze in daytime fitness. In one recent study, regular exercisers not only slept almost an hour longer than non-exercisers; they also fell asleep in half the time. **Breathe easier.** People who suffer from sleep apnea – when breathing stops periodically – may actually awaken dozens of times during sleep and not know it. Helpful tips for good sleep are to lie on your side - not your back, lose any excess weight, stop smoking, and talk to a doctor if problems continue. **Get help** if sleep has been disturbed often during the past month or if sleep problems interfere with your ability to function during the day.

(For more information about sleep, call the National Sleep Foundation, 1-888-673-7533)

You can purchase *Gifts of Nature* products by calling us toll free at **1-800-529-4715** or you can purchase them online by visiting our wonderful website at **www.zonashealth.com** Please call or contact us by email at: **giftsofnature@infowest.com**