



Silverzone



Immuzone

The HealthZone

"Keeping in touch with You"
September 2005

From the Office Zone...

Our hearts and prayers go out to the many survivors of the recent Hurricane Katrina catastrophe. Many rescue workers, relief agencies, and people around the world are reaching out in a spirit of love and concern to help those devastated by this natural disaster. We praise their great efforts.

"I hope that my achievements in life shall be these -- that I will have fought for what was right and fair, that I will have risked for that which mattered, and that I will have given help to those who were in need and that I will have left the earth a better place for what I've done and who I've been." - C. Hoppe -

With the change of seasons coming on and the threat of sicknesses abounding we cannot stress enough the importance of a strong immune system. *Gifts of Nature* products contain vitamins and minerals in sufficient amounts to keep your body healthy, and to strengthen your immune system. One of the beauties of our products is that they occur naturally in a form that the body can easily absorb and use. We encourage you to take preventative measures and to do everything you can to strengthen your immune system now.

"A good deal happens in a man's life that he isn't responsible for. Fortunate openings occur; but it is safe to remember that such "breaks" are occurring all the time, and other things being equal, the advantage goes to the man or woman who is ready."

- Lawrence Downs -

From the Bizz Zone...

Do you ever get discouraged and feel like quitting or not even trying anymore? Remember -**Failure is not trying**. The fear of failure is powerful. Nobody wants to reveal to others, or to themselves, that they were not capable of doing something they tried to do. This fear can be used as a source of motivation to keep you working hard toward your goals. Yet this same fear offers a convenient escape clause. You can never fail if you don't bother to try. Not trying is, of course, the ultimate failure; for it means your can never make progress toward your goals. When asked to describe significant regrets in their lives, more than eight out of ten people focused on actions they did not take rather than actions they did. In other words, they focused on things they failed to do rather than things they failed at doing. If you haven't made progress toward your goals ask yourself, "why not?" You then have two options: make an attempt to fix the cause of the problem or simply give up. Only the first option can lead you to success. The second will guarantee your failure. Don't quit, choose success!

"Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be."

- Charles "Tremendous" Jones -

Health Tip of the Month...

Too Busy to Exercise? Try these simple, beneficial tips.

1. Get as much "spontaneous" exercise as possible. Take the stairs, park far, far away, skip the movies and go for a walk or play sports with family and friends, and keep active around your house. (That's right, housework burns calories! Mopping, vacuuming and washing windows can burn 6 calories per minute! On the other hand a 6 mph jog can burn 14 calories per minute, or 420 calories in 30 minutes.)

2. Go to bed half an hour earlier. Wake yourself up with a revitalizing 30-minute walk or workout!

3. Look for opportunities to do two things at once. Is there a TV program you always find time to watch? Great, use a treadmill or do strengthening exercises while you watch.

4. Reveille. Reveille. Reveille. Always try to do your workout first thing in the morning because other priorities may come up and bump it off your priority list.

Fitness tip by Melanie Douglass, R.C., CPT

"No matter how dark things seem to be, or actually are, raise your sights and see the possibilities-always see them, for they're always there."

- Norman Vincent Peale -

Something to Think About...

Without action, you could have the greatest idea and the greatest plan in the world and you would still fail. Whereas a modest idea and an incomplete plan often produces success when accompanied by enough action.

Sir Isaac Newton's principle that a "body at rest tends to remain at rest and a body in motion tends to remain in motion," definitely applies to the action principle. Once you've taken the first step (even a baby step), the next steps seem easier to take. **"Actions, like pictures, are worth a thousand words."** True leaders are good at taking action. If you had 100 people in a room preparing to leave for a charity walk-a-thon, and you asked for a few people to volunteer as leaders, how many would raise their hand? Why so few? What's involved here? No education or special skills are needed, just the willingness and confidence to step out front and lead. In some cases we're just not willing to lead, but in many, many cases we don't have the confidence in our leadership skills (because they've never been developed). **Ultimately, your success in life and in any endeavor will be solely determined by how well you take action to lead and influence people. Your ideas will never see the light of day if you can't persuade others that they are great ideas.**

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