

Special Interest Articles

Change your thinking...change your life!

Notice to Homeowners!

Change Your Lifestyle!

In this issue:

Change your thinking...change your life!

Natural Remedies For...

Notice to Homeowners!

Mocha-Morning Smoothie

Designed for Success...A Book Review

Fitness Tip: You Can Eat CAKE!

Change Your Lifestyle!

Contact Information



Change your thinking...change your life!

How many of us have thought "if I could only get caught up" or "if I could only go back and finish college", "if I could only lose some weight," or "if I could only catch a break"...and so on and so on! Well, guess what? You CAN! Many of us simply need to conquer our thoughts! Stop thinking "if" and think "when"! Ever thought about something bad happening over and over and it ended up happening? Yes? Thought so! If we would just think on positive things then our

mindset would be in a position to receive those positive things that we want to happen in our life. We'll be able to actually pull those positive things into our lives! It may sound "new age-y", but it's not, it's actually in the Bible! As a man thinks in his heart...so is he! Meaning, whatever we think about, that's what very well may happen...in a nutshell. SO...what do we do now? Make a list (either on paper or mentally) of the things that could improve your situation and then be sure

to think on those things daily. Picture yourself doing those things, read about others who have done what you want to do, put some pictures up on the fridge that will remind you about those things daily! However you do it...DO IT! Then work towards those things knowing that you DO have it in you to get it done! All things are possible to them that believe!

NOW...GET TO IT!

Natural Remedies For...

Sore muscles:

The remedy: Completely soak a cloth with apple cider vinegar and wrap it around the muscle for 20 minutes; the pain should disappear within a few hours. Reapply every three to four hours for continued relief until the pain is gone for good.

Why it works: Apple cider vinegar is a muscle reliever; it helps to draw lactic acid (the stuff that causes soreness) out of your muscles after exercise!

Athlete's foot:

The remedy: Drop a few freshly minced cloves of garlic into a cotton sock, and then wear the sock overnight. (Just be sure to wash your feet in the morning with something that has a more pleasant scent!) Repeat the treatment every night until the fungus disappears, usually within 7 to 10 days.

Why it works: Garlic kills all sorts of fungi—including the one that causes athlete's foot!

Heel blisters:

The remedy: Carefully apply enough lavender oil (available at health-food stores) to fully cover the blister without popping it; this will help it deflate and dry out faster. Reapply every few hours for three to five days or until the blister heals completely.

Why it works: Lavender is a proven anti-inflammatory that can speed the healing of skin irritations. Plus the smell is incredibly soothing!



"...your family will never be in jeopardy of losing its home as long as you put a custom mortgage protection plan in place."



Kill two birds with one stone!



"I wasn't even all the way through it before I was looking forward to reading it for the second time!"

Notice to Homeowners!

What is Mortgage Protection Insurance?

For most homeowners, the mortgage is the single largest source of personal debt. Mortgage protection insurance is a specialized life insurance policy designed to pay off that debt in the event of your death.

Why is Mortgage Protection Insurance so important?

Imagine the worst case scenario. A fatal accident today would force your

loved ones to immediately experience financial hardship. On top of your final expenses, the mortgage is due, but your family has no way to pay it without your income. They haven't even had enough time to grieve and now they have to deal with the impending tragedy of foreclosure. Like most life insurance, mortgage protection insurance eases the financial burden of your loved ones. It is an affordable way of ensuring that your home is paid for no matter the

circumstances. Cancer, stroke, heart attack, injury, death... your family will never be in jeopardy of losing its home as long as you put a custom mortgage protection plan in place.

If you're a homeowner, you can obtain a free mortgage protection quote by using the contact information at the bottom of this newsletter.

Let's develop a plan that fits your budget and coverage needs today!

Mocha-Morning Smoothie

- 1 ripe banana
- 1 cup leftover coffee
- 1 cup chocolate soy milk
- 1 (6 ounce) container low-fat vanilla yogurt
- ice

and blend until smooth. Add remaining ingredients and whirl until smooth and creamy. Add more coffee or soy milk to adjust consistency if desired. Makes 2 servings

Notes: This is a great way to use that leftover coffee! I use it sometimes when I want some coffee, but need to leave in a hurry and have no time to eat!

It's like killing two birds with one stone! Also, I like to add a scoop of chocolate protein in the mix so I'm sure to get in my protein first thing in the morning! And besides...it tastes GREAT!

Try it today!

Designed for Success - A Book Review ★★★★★

Designed for Success is a book by a local businessman whose name is Kevin Golden. This book is an extremely easy read. It flows from one subject to the next and is so simple to follow. In Kevin's plan for success he breaks down the steps in such an understandable way that I found myself thinking "Why didn't I think of that?" He leaves nothing out, everything

from dreams and goals, to focus, to words and relationships are covered. He suggests that you read the book twice, and I wasn't even all the way through it before I was looking forward to reading it for the second time, making my notes and my plan as he suggests! It's an awesome book, by an awesome man. I happen to know Kevin personally and

know that he runs a successful website business, as well as writes, is a musician, is heavily involved in his church, holds down a regular 9 to 5, AND is a father of 5! It's obvious to me that this book is only sharing what he's lived! It works for him...it can work for us too! Check it out at www.kevingolden.com and get your free success tools!



Fitness Tip: You can eat CAKE!

What? I thought I had to starve myself if I wanted to be healthy! Well, that's not actually true. You should always eat about 4 to 5 smaller meals per day to keep your metabolism going! But for those of us who like our dessert...there is an "optimum" time to squeeze that in!

Hallelujah!

You CAN have dessert! But...there's a catch! Eat it within 30 minutes AFTER your workout! It will actually help fuel your muscles!

Now, notice I said AFTER your workout! It definitely will not work the same if the workout is NOT DONE FIRST! Trust me! Don't try it that way!

If you're having trouble staying consistent with your workouts, then try to use this once and a while as an incentive! It works for me!

*This fitness tip courtesy of The Trainer, Carl Cormier Certified Personal Trainer and Sports Nutritionist www.phfclub.com

Change your l-i-f-e-s-t-y-l-e!



New Fitness Coaching program!

Want help changing your lifestyle?

This program is for you!

You will have access to your own fitness coach, seminars on fitness, health and finance, fitness camps, and classes that focus on real life situations dealing with nutrition and health!

This program gives you all the tools you need to make a change in your life once and for all!

Choose a better life today!

Contact us for more information!

E-mail:
<mailto:info@phfclub.com>

Phone:
281-383-9947

Contact Information

PowerHouse Health & Fitness

Phone (281) 383-9947

Carl (713) 598-9729

Jerri (713) 292-4819

Website:
www.phfclub.com

E-mail:
info@phfclub.com

jerri@phfclub.com

References:
www.living.health.com
www.naalife.com

Inspired by London

Phone (832) 452-7211

Website:
www.inspiredbylondon.com

E-mail:
agnelsie@yahoo.com

