



Cares For You Newsletter

Smiley faces make dreams come true!

"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

Anne Frank

Thank you to everyone who sent in emails about 'Making wishes come true' in last edition. The response was amazing.

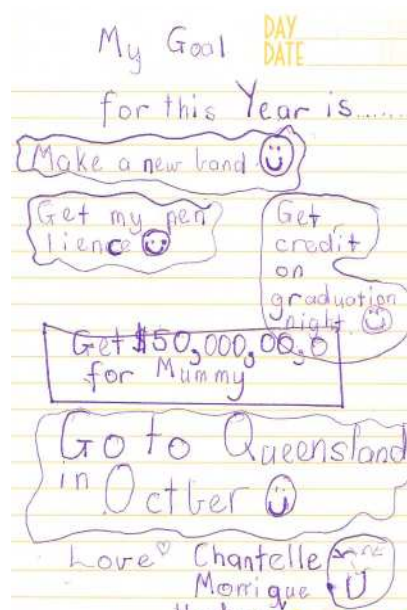
Have you ever made a goal? Wrote it down and then forgot about it?

My daughter Chantelle has come up with the sure fire way of getting your goals achieved.

Her recommendation is never use full stops at the end of your goals, as they put a 'stop' to your goals.

Use smiley faces instead, as this is what you'll feel like when you achieve them.

A hot tip from our junior practitioner in training!



Chantelle and me in 2006

Special points of interest:

- *Inspirational Quotes* (page 2)
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Complementary Free Tickets

International speaker Christopher Howard: is still offering his 'Break Through to Success Seminar – Wealth & Power Weekend' complementary free tickets

Go to the web link address fill in your details, (to secure your seating) and their **yours FREE!**

Seating is limited....Accelerate your wealth and success.

If you live or travel elsewhere, and can't make the W.A. special event, Christopher Howard tours all around Australia, U.K, Europe and the U.S.A.

Link the online web link and check out his tour dates and venues, fill in your details to which dates and venues suit you and they're yours free

If you would like to know more about Christopher Howard's take a tour on his website.

Enjoy!

It's easy to follow.

Australia Web Link

<http://champions.universalevents.com.au/ausbts.asp?cli=CLA1016851>

UK/Europe Web link

<http://champions.christopherhoward.co.uk/ukbts.asp?cli=CLA1016851>

USA Web link

<http://www.chrishoward.com/Public/IncomeOpportunities/index.cfm>

TD'S Thoughts

Time to appreciate you for a change.... Have you ever taken the time to realise all the things you do, how much you give to others and the difference you make?

We seldom think of ourselves and what we have already accomplished.

You are more amazing than you think. Life is about learning about your strengths and what you have mastered not what you have failed. Appreciate all what you have gained, you are the foundation. Let that be unshakable and the learning the fertilizer for your growth.

*Remember it is too easy to think we are not enough or nor perfect but what we truly are, is unique and irreplaceable. **That is worth so much more....and you are.***

With love & appreciation,

Tanya-Danielle

Inspirational Quotes

"The shortest way to do many things is to do only one thing at a time."

Sydney Smiles

Kind words can be short and easy to speak but their echoes are endless.

Mother Teresa

"If there is no wind, row"

Japanese Proverb

C.A.R.E.S For YOU www.caresforyou.com.au

Laughter Therapy Zone

NINE WORDS & PHRASES WOMEN USE THAT MEN NEED TO KNOW

1. Fine: This is the word women use to end an argument when they are right and you need to shut up.

2. Five Minutes: If she is getting dressed, this means half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.

3. Nothing: This is the calm before the storm. This mean something, and you should be on your toes. Arguments that begin with 'nothing' usually end in 'fine'.

4. Go Ahead: This is a dare, not permission. Don't Do It!

5. Loud Sigh: This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to #3 for the meaning of nothing.)

6. That's Okay: This is one of the most dangerous statements a women can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.

7. Thanks: A woman is thanking you, do not question. Just say you're wel-

come.

8. Whatever: It's a women's way of saying STUFF YOU!

9. Don't worry about it, I got it: Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in a man asking 'What's wrong?' (For the woman's response refer to #3.)

The most wasted day is that in which we have not laughed.

JACK (age 3) was watching his Mom breast-feeding his new baby sister. After a while he asked: "Mom, why have you got two? Is one for hot and one for cold milk?"

MELANIE (age 5) asked her Granny how old she was. Granny replied she was so old he didn't remember any more. Melanie said, "If you don't remember you must look in the back of your panties. Mine say five to six."

D.I. (age 4) stepped onto the bathroom scale and asked: "How much do I cost?"

The Sermon this Mom will never forget! One particular Sunday sermon, A minister began to address his congregation "Dear Lord," the minister began, with arms extended "Without you, we are..... but dust".. He would have continued but at that moment.. The girl leaned over to mother and asked quite loudly "Mom, what is butt dust?"

The teacher asked a little hillbilly student to make a sentence using the word "Mahogany" So he said " We had corn fer dinner last night but I didn't give ma hog any."

Son: 'Mom, when I was on the bus with Dad this morning, he told me to

give up my seat to a lady.'

Mom: 'Well, you have done the right thing.'

Son: 'But mom, I was sitting on daddy's lap.'

Did You know:- The older we get the more serious we're becoming, which is sad. Research shows an Adult laughs an average of 5-10 times a day; whilst a pre-schooler laughs an average of 400 times...

Send in your funnies to us and we will pick the best of the bunch to publish in our next newsletter.

Soul Medicine: The Challenge For Today

“There is a flame that burns brightly in the human heart. A flame that allows us to dream & reach out beyond where we are now.”

Dreams are versions of the truth and reality is the door we step through!

Have you had a dream of achieving something special?

And you get up in the morning thinking to yourself I'll do or be that someday.

But the time keeps ticking past and you keep waiting. Waiting for certain circumstances or people to come along.

Over some time you end up feel-

ing like this dream will never happen.

What happens to all our dreams?

All too often we spend too much time hanging onto the handle of the previous door.

We'd rather put up with the same unwanted results than experience something unfamiliar.

Letting go and believing that things will fall into place is something I even had difficulty in overcoming.

All sort of fears and 'what ifs' arose from within my head, keeping me from letting go of the door handle of the past and walking through a new door.

So what is the answer?

Believe you have choices in order to see more choices.

Believe you deserve more in order to get more.

Believe you have the power to change things in order to regain more power.

Believe in your purpose in order to live your dream.

And don't fall into the trap that many of us do, disempowered by our fears. Fears lie to us making us believe we have no potential.

Today, break down the walls that keep you contained...

How do we really know what we are capable of? As our true resources are really limitless.

As a toddlers we fell down over a hundred times until we took your first step. We were determined to walk and we did.

Fears are inherited through our parents or significant people around us. We learnt to fear things and in turn lost our freedom to discover and go beyond.

"The only thing that stands between you and what you want from life is simply the will to pursue it and the faith to believe it is possible."

Unknown

Loosing our fearlessness and curiosity to explore, investigate and try new things.

There is a lost child in us all but are dreams are not.

What is your dream? What is holding you back?

**“Let us not look backward in anger,
Or forward in fear,
But around in awareness.”**

James Thurber

The Power to Bounce Back

Why are some people more resilient than others? What is the difference between people who overcome adversities and those who become victims? Why do some feel they have no power and others thrive and succeed?

What are the mental qualities of those that thrive and gain control back into their lives?

Stress and challenges are apart of life. They are necessary to stimulate of our nervous system, without any stimulation we



would die. But there are two ways people can **respond** to life stressors.

One is to feel like you're are a passenger and someone else is doing the driving to your life.

The other is to be in the driver's seat and take control of your life. Yes, you won't be able to know what the

road conditions are but at least you decide where you want to go.

There is a Universal Law called the Law of Control that states the degree to which you feel positive about yourself reflects to the degree to which you feel in control of your life.

This law or principle is recognized in psychology as the so called "locus of control". The most amount stress, anxiety, tension, and emotional pain comes out of the person feeling not in control.

Do you want to know how to get back in the driver's seat?

Next edition: learn what it takes to feel in control.

Why Laughter is the best medicine?

Have you got your daily dose of laughter today?

We are growing up in a society bombarded with stress, fear and anxiety.

With 1 in 4 people suffering from depression. And approximately 1 in 10 people suffering from anxiety, (Australian Bureau of Statistics)

Medicine reports that up to 80% of ill-

nesses are stress related, which is scary!

Professor Cann from the University of North Carolina, discovered that humour can counteract the effects of stress. Cann led an experiment where he took a group of people showing early signs of depression, to watch funny videos over a 3 week period. The group that watched the funny movies showed improvements of their symptoms.

People who have trouble laughing at tough times in life often turn to drugs and alcohol to achieve they same feeling that endorphins do to our body when we laugh.



"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Aristotle

Unfortunately, alcohol will cause more laughter in those who naturally laugh without alcohol, whilst 'unhappy' people are likely to become more depressed or even violent with alcohol.

Professor Fry at Stanford University reported that 100 laughs will give our body an aerobic workout equivalent to ten minutes on a rowing machine. Even more reasons to have a good laugh.

When we laugh every organ in our bodies benefits. Laughter increases the

amount of oxygen in the blood, improves circulation, promotes healing, burns calories and can lower the heart rate.

It is the greatest form of releasing build up tension and stimulating neurochemicals for well balanced brain without drugs!

In around the 1980's several American Hospitals formed laughter therapy rooms, after Norman Cousins cured himself miraculously through self inflicted laughter.

The results truly amazed the medical profession. Patients were exposed to 30-60 mins of laughter therapy each day. The patients exposed to the laughter showed a decrease in the usage of painkillers, recovered quicker, hospital stay was shortened and patients were much easier to deal with.

With all the evidence about laughter, what is holding us back from getting our daily dose?

Body Medicine: Proven Weight Loss Secrets

So many people have pleaded with me for years to write my proven techniques of increasing the metabolism and having a lean body for life... These tips are based on how our bodies function. I have had the pleasure of helping so many gain back control in their lives and have to the body they've envisaged. So say good-bye to diets, loss of money, and the yo-yo effect....

Last edition we looked the importance of taking responsibility over our results. And making a commitment. We are creatures of habit and we revert to our usual patterns especially if we don't take full accountability. Make this important for you.

The Proven Tips:

1. Increase your water intake

about 8 –10 standard glasses per day. The thirst mechanism can often be mistaken for hunger. (For more information on water, read p.7).

2. **Break up your meals into six small meal.** Instead of the typical 3 meals, eating smaller meals more often keep your insulin levels steady, keeps your metabolic rate up, stops you from over eating later and is the keys to burning fat and calories.
3. This is one of the key reasons why people gain weight, skipping meals. Skipping even one meal will lead to your body storing fat instead of burning it up. It is a common belief of dieters

that if they skip meals they will reduce their calorie intake and will lead weight coming off quickly. The opposite is true. Your body naturally detects famine mode and will store any meal consumed and convert it to fat, it will further slow down the metabolic rate, conserving energy, leading to fatigue and even mood changes because of the rapid highs and lows of blood sugar levels. It often leads to cravings and binging.

So the tip here is **eat regularly and don't skip meals** or else your body will kick in to storage mode.

Weight loss starts in the mind first.

"Where you are headed is more important than how fast you are going. Rather than always focusing on what's urgent, learn to focus on what is really important." Stephen Covey

4. **Take your time when you eat.** (Professor Janet Polivy from the University of Toronto, Canada found that it takes the body about 20 minutes to register that it is full, the food needs to be digested enough so our glucose levels go up until we release a hormone that we

are full.

5. **Serve your food on smaller plates, e.g., bread plate.** This will give the impression of a large meal and will assist in cutting down the portion sizes.
6. **Eat small amounts of protein with every small meal.** Protein is the most satiating nutrient giving the sense of fullness.

Proteins are building blocks, they repair damage, and are for body maintenance. Your skin cells shed every day and need the building blocks for regeneration. Science has proven that we get a new body approximately every seven years.

NB/ If you want to slow down the effects of aging, give your body what it needs.

Protein Intake:

Girls: Approx 16-20 grams/meal

Guys: Approx 20-25 grams/meal

NB/ For high intensity physical training, work stress, or illness you will need higher levels of proteins. Please consult a qualified dietitian.

7. Avoid proteins with **trans fats** or high saturated fats. Mostly found in processed meats. And check the labels on cheeses which are saturated in fats.

NB/ Trans fats are artery clogging leading to an increase in cholesterol (LDH) and heart disease. Avoid shortening, some margarines, fried foods, doughnuts, hamburgers, pastries, some cookies and processed meats.

NB/ Your body burns 10 calories digesting every 100 calories of protein. Even more reason to include protein to every meal.

8. Increase your fiber intake. These

give you volume (making you fuller), plus they take longer to digest, so you feel satisfied for a longer time period. High fiber foods include vegetables, berries, pears, avocados, whole grains, seeds, nuts, brown rice, beans, apples, grapes, and oranges. One of the main problems people have with this life style change is they are eating more, more of the right kind of foods, which is the opposite of what they believed is true. Your body needs the right kind of fuel to work. What is it costing you in pain if you didn't change?

Your Body is Screaming Out for Water: Look at why?

Every 5 minutes your body is cleaning your blood out of toxins and cleansing your vital organs.

The lack of water means toxins build up in our body system and cause degeneration. The toxin build up leads to acid building up which in turn damages cells.

Water is so vital to our bodies that a mere 2% drop in body water causes short term memory loss, loss of concentration and vagueness.

We are made up of approximately of 70% of water. The general assumption amongst people is that a dry mouth is the first sign of water deficiency. Which is wrong, it is the last.

Medical research further reveals that dehydration causes many body pains, due to the build up of toxins and acidity and causes degenerative diseases, i.e., your body is breaking down due to DNA damage.

Signs of lack of adequate water intake include fatigue, feeling tired, irritable, anxious, lack of

concentration, vagueness, skin wrinkles, cellulite appearance, fluid retention, headaches, dark circles under eyes, arthritic joint pain, weight gain and slow metabolic rate, to mention a few.

The thirst mechanism can be often mistaken for hunger which can lead to over eating or even binge eating.

Water is so vital to our bodies maintenance and well being, why is it we are not getting enough water?

For every 1 cup of coffee , tea, cola ,alcohol you will need 2-3 EXTRA cups of water!

How Much Is Enough?

It is recommended that we drink **40mls of water per kg of body weight**. So if you weigh 80 kg you would consume 3.2 liters of water or 13 glasses (1 glass=250 mls) per day.

These daily amounts need to be increased when exercising, in hot weather or when consuming alcohol, cola, coffee, tea and

high sugar drinks that are diuretics (cause water loss in the body).

Drinking cold water is more beneficial. Exercise physiologist J.T. Kearney (Ph. D) found, that drinking 8 glasses of cold water can burn an additional 9.25 calories as compared to room temperature water.

In reality, **being fully hydrated is a prerequisite to weight loss.**

For more information go to www.watercure.com

If you have any medical condition or are over weight please consult your medical practitioner or dietitian for your recommended daily intake.

Glutathione how to get your levels up & slow down the aging process?

Last edition we discussed why glutathione was so important. We received loads of emails, many people wanted to know how to boost their levels.

Dr. M Hyman found that keeping healthy, boosting our performance, preventing disease and slowing aging depends on keeping your glutathione levels high. Glutathione is the master

detoxifier and the body's main antioxidant and antioxidant recycler, protecting our cells and making our bodies heal and run at our optimum level.

Now here's the good news, your body naturally produces glutathione and you can boost your levels with the following:-

- Exercise

- Sulphur rich food, e.g., garlic, onions, & cruciferous vegetables (cabbage, cauliflower, broccoli, watercress, etc)
- Bioactive whey protein
- Fish oil

Lifestyle choices are now increasingly more vital, so for more info:

http://www.nutritionadvisor.com/glutathione_foods.php

Today, the Cares for You team work with those who are ready, across Australia and Overseas unlocking people's unique potential. 'Cares for You' is known as innovative and their products and programs are easy to use, fast-acting and life-changing.



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Drop Us a Line

Any questions, feel free to contact us & we will explain the unique advantages of our particular Workshops, Reconnect Retreats & Programs.

Our Sincerest thanks to all of You

Thank You to everyone who joins the Cares For You family and thank you to those who pass it forward, you're gifts are what makes everyone so unique and special.

The Gift

The greatest gift
Is the one of giving.
With no expectations of return.
The heart which gives so freely
Is the one that rejoices everyday.
And in the eyes of those that receive
A light is ignited.
Unnoticing, but a gift is passed on.
One of joy and
A renewness of faith in mankind..

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