



For a better life

The Natural Way to a Healthy and Energetic Lifestyle Newsletter # 24 2012

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Are you aware of the essential needs of your body and how easily you can provide for these needs?

There are [numerous articles](#) written in non-medical terms wherever possible. Besides obtaining benefits for yourself, you will be displaying and encouraging **HEALTHY LIFESTYLE HABITS TO TEACH YOUR CHILDREN**

The Life of a Fruit

It happens all the time. An apple will eventually fall from the tree unless you pick it first. So what?

Let's dig a little deeper. The apple has been in that tree for weeks. It has survived rain storms, strong winds and sunshine but never fell off the tree. Then almost suddenly, it turns a bright red color and falls off the tree.

When we think about its life, all fruits – apples, bananas, oranges, plums, peaches, grapes and cherries – are all totally green and they blend in perfectly with the leaves of the tree before they become ripe and ready for picking. Did you ever notice how tight the skin is that acts as a protection against insects whilst keeping its juices protected?

How many times have you bought too many of a fruit and notice how it will turn into a brown over-ripe color which loses its appeal and taste? Have you ever taken advantage of the free seeds of the fruit which can provide you with a lifetime of fruit? All that is needed is for you to plant them. But notice that you are not only planting the seed for the fruit. You are going to also reap the benefits of a tree of wood, complete with roots and bark and leaves

and blossoms that will produce replicas of the original tasty fruit. Don't forget to notice that to grow and produce, it needs only water, nourishment, and soil. This miraculous manufacturing process can be repeated over and over again.

Enjoy the Fruits of Life!

Are most of us are Too Busy to take good care of our very own Human Body! Or is it that we are not sure how to provide for it's Needs?

Does this statement apply to you?

If so, you can change right now. The information that you require is presented in an easy to read & logical format. And the time needed to read this note? A few minutes.

And the time needed to devote to the changes? The absolute minimum. What knowledge is required? Nil.

So what is needed?

All that is required is a minor change in your eating and drinking habits which will be done whilst you are eating your normal meals anyway. However if you wish to commence an exercise and/or stretching program at the same time – a great idea – you should set aside 1 ½ hours a week.

What will I gain from it?

“You have everything to gain and nothing to lose”. After all, your Body requires you to perform certain specific functions and it will take care of the rest. In addition, the Body was designed to BE ACTIVE. Inactivity can be lethal.

[Link – Read more...](#)

Parents as Role Models

It is frightening but unfortunately true that *Parents sincerely believe that their children are not observing how the Parents behave*. Beware – they don't miss a trick. Every aspect from minor almost insignificant habits to the more serious

habits that will have a negative or positive influence of their lifestyle, health and future, ARE BEING NOTED.

The most powerful way to influence and educate your kids in to a healthy lifestyle is to live by example. Act in a positive way and offer them a life that cannot be bought – a life of happiness, health and respect.

Kids learn by your behavior, actions and words. They are more than likely to imitate your actions and lifestyle.

A CRITICAL DUTY OF EVERY PARENT MUST SURELY BE TO “SET AN EXAMPLE.”

Let’s list a few habits that could possibly Influence the behavior of your children

[Read more.....](#)

[Parents as Role Models - Me & My Body](#)

TREES

Everybody knows that a tree comes from a seed. All you have to do is put the seed in to the ground, wait a few weeks, and just before the seed disintegrates completely - up from the ground sprouts a tiny oak, or a birch or one of many other wonderful trees depending on the type of seed planted.

Does any of this have to do with The Creator?

After all, everybody knows that seeds come from trees and trees come from seeds.

If you keep saying this enough times, you may come to think of the very first tree, or was it a seed? If it was a tree, where did it come from? But that should be simple to find out. Or is it so simple?

Or have we got it all wrong? Perhaps there was some type of miraculous organism thousands of years ago that somehow knew that there was going to be such things as human beings and they would need fruit, wood and maybe even shade.

So where do we get the idea that a tree could only have been brought about by The Creator?

Could it be that because all the thousands of leaves on a tree are always arranged with the dark, glossy green side facing up, so that they could maximize the effect of the direct rays of the sun in turning life-giving sunlight into food for the tree. And then take note how one branch never grows directly on top off another.

You have noticed how beautiful the color changes of the leaves are as autumn arrives and then turn different colors again before they fall off the tree.

Trees do not drop off its leaves until they are no longer needed for shade or food, and they also hold on to the blossoms until

they are fertilized and to their seeds until they are mature and their fruits until they are ripe.

Have you ever thought how one small seed can eventually become such a source of protection for bees, squirrels and woodpeckers, as well as how, combined with water and soil, it sprouts roots, leaves, wood and bark? Wow! Quite Miraculous.

**Your Body is your greatest asset.
Learn about it and Provide for its Needs.**

Situations where we may be able to offer advice and help.....

- * I don't have time or the incentive for Exercise or to join a health club.*
- * How do I start an Exercise program?*
- * Is Stretching enough without Exercise?*
- * I have to become more active. But how?*
- * I want to control my eating habits. But how?*
- * My persistent headaches are killing me.*
- * I cannot get out of my fast-food habit.*
- * I never thought that at the ripe age of 60, I would not be able to play with my grandchildren.*

Introduce a friend or family member to our website -

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A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".

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