

SUGGESTED GOODIES

Notebook - This Activity Book contains useful information for the six-week course and afterwards. Follow along with the appropriate section of the workbook during the session and take the time to go through it again on your own. There are blank pages for notes from each week's call or to start a journal on your difficulties or progress. Overall, this workbook has the potential to guide you in making great health improvements.

MP3 Player to download and play Visualizations and Meditations

Tongue Cleaner - The tongue cleaner is a simple, thin, inexpensive, U-shaped piece of stainless steel that is part of your transformation to good health. The blunt edge of the cleaner removes plaque from the surface of the tongue. More dentists in America are recommending the tongue cleaner because it helps to fight cavities by removing bacteria from the mouth. The tongue cleaner also helps to prevent bad breath, especially for people who eat a lot of dairy that can result in a build up of mucus in the mouth, nose, and throat. (See page 13 for more information on a Tongue Cleaner.)

Glass Bottle - One of the benefits of using glass is that it will not leach chemicals like plastic. This 24 ounce bottle is an inexpensive way of measuring the amount of water you are drinking. Most plastics contain PBA, which is a chemical that may have harmful health effects. There are PBA-free bottles, but I prefer (when possible) to drink out of glass. The aim is to increase the amount of purified water you drink to three 24 ounce bottles. If you do drink from plastic, the bottles should never be microwaved or left inside a car. High heat may alter the plastic and induce unhealthy chemicals into your water.

Chia Seeds - These small black or white seeds have incredible health benefits! They have at least double the amount of protein found in any grain, 3 times the antioxidants of blueberries, 3 times more iron than spinach, and double the amount of potassium in a banana. One to two tablespoons daily is all that is needed. They have no taste, so you may sprinkle them on any food or mix in water. To use them, add water and stir, let set for a minute and then continue to stir so they don't clump to the bottom. They will expand to about 9 times their original size.

Cinnamon - This spice may lower blood sugar in diabetics. In studies made, cinnamon may reduce inflammation with its powerful antioxidants. One-quarter teaspoon per day is recommended. It is delicious on food and in tea or other drinks.

Turmeric - It is a natural antiseptic and antibacterial agent, a natural liver detoxifier, pain killer, and may prevent or slow the progression of Alzheimer's. It has been used in India as an anti-inflammatory treatment for arthritis and rheumatoid arthritis, and may help in weight management. In Chinese medicine it is a treatment for depression. It speeds up wound healing and has been shown to help with inflammatory skin conditions. Turmeric has been said to have anti-cancer and cancer-healing properties. It can be added to food and drinks.

Green Tea - It is a great alternative to coffee as it provides a little bit of a pick-me-up affect without the side effects of acidity. Green tea has beneficial antioxidants and is said to have cancer-healing properties.

Chamomile Tea - This herb is best known as a natural sleep aid. It is relaxing and soothing to drink before bed to promote restful sleep. Chamomile is also an immune booster and has been found to prevent the progression of diabetic complications and hyperglycemia.

NOTE: If you take ANY medications, check with your doctor first before consuming any of these items.

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