

Empowering Natural Wellness!

Believe. Achieve. Succeed. Thrive.

WELCOME !

We hope you enjoy your September, 2010 issue of *Empowering Natural Wellness!*

This monthly newsletter is a joint production of four leading health and wellness expert coaches, bringing you more than 60 years of natural health, fitness, wellness, and peak performance training, coaching, counseling, and rehabilitation experience.

Your current issue provides valuable information covering:

- ✚ The importance of monitoring the effects of stress in your daily living;
- ✚ Your K.E.Y. to effective exercise each and every session;
- ✚ A simple skill for you to EXCEL in your everyday activities; and
- ✚ The powerful role of nutrition in brain and digestive health and functioning.

Please make this your newsletter by letting us know the topics and information most important and vital to assist you to your next level of health and wellness. Simply email us at ENWCoaches@gmail.com. We will do our best each month to address your concerns and answer your questions. Please do send us your feedback so we may improve the value to you and for you.

Go check out the articles and the information inside. We look forward to working together with you in upcoming issues each month!

In Joy!

FEATURE ARTICLES

Are you Stuck in a Rut or Feel Burnt-Out? 2



Coach Pat Bosman, RT, AP

The Real K.E.Y. To Having A Successful Exercise Session Every Time 3



Coach Deni Carruth, CCC

To EXCEL Now . . . Experience More! 4



Coach Malcolm Dayton, LPC, CHT

Stress-Memory-Hyperactivity-Mood & Food 5

Coach Annette Agabob, CH



Classes & Events 6

Articles (continued) 7

Biographies 8

Free Coaching Consultations, Story Guidelines 9

Terms of Use 10

SHARE YOUR POWERFUL STORY
WIN a 2nd FREE Coaching Consultation!
For Details, see page 9



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|Are you Stuck in a Rut or Feel Burnt-Out?

Ever felt that you are stuck in a rut, burnt-out or feeling depressed? Everything you try to do is an effort; you become fearful; or you start losing your self-confidence, then your self-esteem goes. You find that it is a battle to get out of bed in the morning. You become very negative, and everyone with whom you come into contact irritates you. I am sure you have been there, at some stage of your lives. These feelings may be caused by excessive stress due to work overload, deadlines, and not enough “me-time”.

If not checked, it could lead to burn-out and depression; and this could cause physical problems such as heart problems, chronic headaches, back and neck problems, diabetes and more.

This may make you feel like a failure and if it persists you will start believing it to be so.

What is the meaning of being stuck in a rut? This is when you do the same thing every day and your life becomes repetitive. Ask yourself, “When last did I go to the movies or out to dinner with the family and friends?” If the answer is “I can’t remember”, then you are stuck in a rut. Life is there to be enjoyed lived to the full and not just to exist.

What is stopping you? Could it be?

- You don’t have the time
- You do not have a baby sitter
- You are too tired

May be you have other reasons, note them down and try to change them.

What causes burnout?

Today we live in a world that is technologically orientated. We (as human beings) can’t keep up the pace, and therefore, we lose the perspective of who we are. This puts you under a lot of pressure to keep up. You tend to forget that you need a balance in your life.

Below is an example of an average person’s life today.

Take the total hours in a day	=	24 Hours
Sleeping (in bed, not necessary sleeping)		07
Time spent working (including commuting)		12
Life maintenance (eating, dressing, cooking)		04
Time for yourself (time with family, Gym)		01
Total hours		<u>24</u>
Total hours left		<u>00</u>

With a schedule like this, weekends become a game of catch-up for all the necessities of life; like doing the shopping, washing and ironing, buying groceries, home maintenance, and then don’t forget the work you brought home . . . to do over the weekend!

Now what about the leisure time -- for the hobbies or the sport you enjoy?

Continued on page 7



Pat’s Health Tip: An easy way to reduce stress is to spend a few minutes writing about your feelings. This has been shown to improve mood and lower stress.

The Real K.E.Y. To Having A Successful Exercise Session Every Time

To keep things simple, I'll use the word "K.E.Y." as an acronym to reveal three elements of successful exercise sessions every time.

1. K = KEEP it functional.

One of the biggest mistakes many exercisers make is starting their exercise program with the idea that their workouts must contain "X" number of spot-reducing exercises and their cardiovascular training has to be "X" number of minutes...too many minutes, by the way.

First, you cannot spot reduce, just in case you still fall for that line. And when it comes to success, much more important than QUANTITY is QUALITY. Almost every potential client I speak to is considerably more interested in the latest fad diet, latest fad exercise or how long they should or can stay on the cardio equipment.

The ability to do high quality, compound exercises that will help you function in your activities of daily living (ADL) and any recreational activities (after that), is a must if you want to be successful in your exercise regimen.

2. E = ENJOY yourself.

I simply must mention that if you enjoy your "workout" then you are exponentially more likely to complete your workout and get the results you desire,



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than those who reluctantly or grudgingly go to the gym or worse yet, a bootcamp or class full of "do any movement, just keep moving" exercisers.

Seriously, don't underestimate what I'm saying here. You'll get much more done as a result of having fun in your session.

I will add, that if the exercise is obviously just enjoyable (and safe), maybe the "results" are simply, "just for fun." And a few of those are great to have.

3. Y = YIELD results.

That being said, you simply must stick to a quality program long enough to get what you want. I cannot tell you how many people I've met along the way, who struggle with the affliction of "short-of-the-finish-line-itis."

They begin running the race with gusto; pick their gym, workout clothes, class, even exercise buddy; have the best intentions like they just heard the starting gun fire. They can even come up with motivation, inspiration and perspiration like they were sprinting down the track.

But when they round the first corner (usually within 6 weeks), they start slowing down. Before they know it, they're up in the stands watching others cross the finish line of success.

Continued on page 7

Deni's Reminder: The secret of your future is hidden in your daily routine.

~ Mike Murdock



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To EXCEL Now . . . Experience More!

When coaching an individual seeking to improve performance (whether for self healing, athletics or business), I am most frequently asked: “If I could do one thing to accelerate my achievement, what would you recommend?”

My initial reply is to guide attention to the first two letters of your overarching goal – that goal being to EXCEL; and those letters being “EX” (as in experience).

My answer, then, is “**Experience! Experience! Experience!**” . . . and I mean the **verb** (not the noun).

Experiencing is the **act** of coming into **conscious contact-with** the depth of sensations, feelings, and automatic responses occurring within you now (i.e., *as you carry out this activity*). It is **how you relate-with** the stimuli you are processing in this moment.

Most simply, experiencing is the process of carrying out an activity while simultaneously **being aware**:

- ✚ Aware of the sensory information coming in now (e.g., temperature, color, sound, feel);
- ✚ Aware of how bodymind is habitually responding now;
- ✚ Aware of the “mental” valence I am actively putting on this experience now (e.g., habitual thoughts, beliefs, biases, values).

“Whoa! How can I deal with all that and still participate in what I am doing?” Well, very simply,

therein lay the skills you are about to develop.

If you want to optimize your performance in an athletic endeavor (e.g., tennis), you must be willing to break-down bodymind mechanics step-by-step while carrying out your serve, your backhand, etc; and then, alter habitual responses from a place of informed awareness.

If you want to manage chronic pain or medication side effects, you must be aware of all you are experiencing as you encounter these symptoms. I cannot stress enough the well-established scientific fact that **“how you process anything affects how you experience everything**; and that is your key to EXCELLING in more and more moments!

It is from this **aware-experiencing** that you may most efficiently begin to modify your self healing achievements and to optimize how you perform.

Typically, I also stress the single most powerful and fundamental *skill* needed to excel is *D-Breathing* (i.e., for details, see *De-compression Breathing in “Optimize Breathing for Optimal Performance”*); as it is while D-Breathing that we may be most in aware-experiencing.

But underlying the mechanics of skilled D-Breathing, the key activity you are engaging is **being aware as you D-Breathe!**

Most interesting is the fact that you are already skilled in aware-experiencing. You do it multiple times each and every day; typically, however, for only brief moments. In learning to EXCEL, you simply learn to apply your inherent ability for longer and more effective periods of time.

If you would like a starting point on your journey to EXCEL, then please accept my **FREE** 65 minute teleseminar gift to you now:



**Click the CD for your mp3
Then click “download”**

**Click the Notebook to
access your Worksheets**

Malcolm’s FULLIVING™ Reason #1 to . . . Live in “Awe” Now!

Not only is the universe stranger than we think: It is stranger than we can think.

~ Werner Heisenberg (Nobel Prize winning physicist)

Stress-Memory-Hyperactivity-Mood & Food: The Brain and Digestive Connection as it relates to stress.

In today's fast paced lifestyle, we are aware of stress, and how it can have a negative effect on our health; and yet, we are so used to it, we don't even realize how much it is really affecting our health.

How does this stress we experience on a daily basis affect our bodies, and the chemical balance within our brain?

If you suffer with problems such as:

- + poor memory,
- + anxiety,
- + feeling sad,
- + mood swings
- + kids that are hyper, over emotional, and have trouble sleeping; and
- + difficulty in "thinking positive".

Can many of these struggles be contributed to a lack of nutrients? What if we could replenish specific nutrients, that are all natural, and they could help you and your family to:

- + think more clearly,
- + be more focused,
- + be more calm and less reactive; and
- + feel less stressed and more energetic?

What if the lack of "neurotransmitters" found in the brain, and the gut were contributing to many of these struggles?

Scientific studies have shown that many problems such as stress, hyperactivity, and even alcoholism



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can be linked to an imbalance of chemicals in the brain. You see it is not your fault. There are many environmental, food and inherited weaknesses that contribute to this imbalance.

Brain cells "communicate" with each other using chemical messengers called neurotransmitters, composed of amino acids.

When the brain is deficient of certain amino acids, these neurotransmitters can stop functioning correctly.

The result can be a range of emotional and mental difficulties, including the inability to concentrate and think clearly, or to cope with everyday stress. If we don't get to the root cause of these problems, we don't make any progress in feeling better.

When you experience stress on a regular basis, it also disrupts your digestive system, (which is also a place where neurotransmitters reside).

You see our "gut" has been found to act as "our second brain".

Therefore, replenishing neurotransmitters to assist the brain function better, may give you relief and positive results. Then, also taking care of the digestive system, where neurotransmitters also thrive, is important.

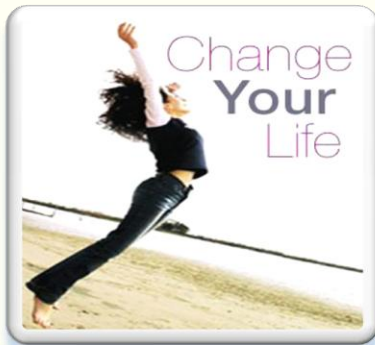
Continued on page 7

***Start your day with Neu-Becalm'd
An all natural nutritional supplement that
can help replenish the neurotransmitters
in the brain!***



***Annette's Natural Health Question
If it says "Organic" or "All Natural", should you buy it?
Find Out Here!***

Classes & Events

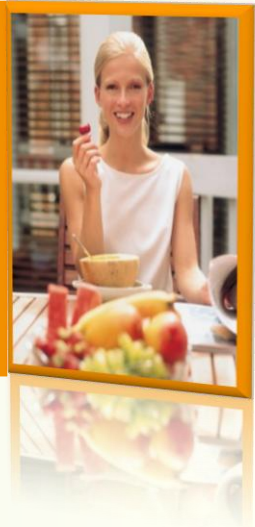


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BREAKTHROUGH



The Inside Story
from Tony Robbins

Recommended Reading!

Siegel, D.J. (2010). ***MINDSIGHT: The New Science of Personal Transformation***

Articles (continued)

Pat Bosman continued from page 2

This is what causes burn-out.

If this sort of pace carries on for a long period of time, it will start affecting your health. The classic symptoms may include the following:

Depleted Physical Energy: Causes you to feel constantly tired.

Emotional Exhaustion: You feel very impatient, moody, or you get frustrated with yourself and others.

Immune System: This may result in, increased minor illnesses, such as colds and flu, or, can be the cause of more serious illnesses, like heart problems. This can lead to depression.

Withdrawal from Relationships: Having a lack of interest in communicating with family or friends

Negative Outlook of the future: It is difficult to get excited about life.

Burn-out will affect your work performance and your family life.

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Deni Carruth continued from page 3

So let me share with you the golden rule of success: Be consistent in your goals and actions, and persistent in your efforts.

As a fitness professional, I know there are a wide variety of other “keys” to having a successful exercise session; the right mindset, the time in your calendar and space in your home (which by the way, doesn’t take much of either) proper form, good nutrition and a solid support system (to name a few), but this K.E.Y. forms a solid foundation for you to build upon as you continue your quest for success. See you on your victory lap!

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Annette Agabob continued from page 5

The long term solution is to take care of “both body systems”:

- ✚ nervous system (including the brain,) and,
- ✚ digestive system.

How neurotransmitters work.

These “neurotransmitters” form thoughts, store and retrieve information in the brain, and translate thoughts and memories into physical actions and emotions.

When there is an imbalance, it can affect many aspects of your daily life, including whether you have clarity of mind, sharp memory, calm feelings, and a relaxed state of mind and body.

You may have heard the saying, “don’t sweat the small stuff”, and as true as this statement is, the question remains...what if you “**are** sweating the small stuff”, because it doesn’t “feel like small stuff”?

What if you are stressed out about your kids, how they are doing at school, or perhaps your work situation may be the cause of your stress.

We cannot ignore the small stuff ...because it can turn into “big stuff”.

Our nutritional levels within our bodies can become depleted, much like a bank account. We can be mildly in “the negative”, or we can become completely bankrupt. It is more difficult to climb out of a deep hole of deficiency, than it is to begin replenishing and restoring our nutrient supplies now.

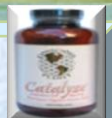
Exercise, proper nutrition, and taking time to have fun, will help the body “heal itself”. There is hope and help available for you, to Improve Your Health, Naturally!

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Coach Biographies

Coach Annette Agabob, CH



Annette was “bitten by the natural health bug”, and became a Chartered Herbalist in 1995. She continued with her studies, adding The Science of Iridology, Whole Food Nutrition, Vibrational Healing, Spiritualpreneur, and Wellness Coaching.

Annette has a passion to help busy moms and entrepreneurs have less stress, more energy and more Fun-Naturally!

She has been inspiring, teaching and coaching others in how to reclaim and maintain their health, and life, naturally.

She loves living the country life, with her husband, 2 boys, and their many pets.

Coach Pat Bosman, RT, AP

Fifteen years ago, Pat left her full time employment in the corporate world to run her full time practice as a Registered Therapeutic Reflexologist, in Gauteng, South Africa. At the beginning of 2008, she started a second practice at The Anxiety and Trauma Clinic of the Morningside Medi-Clinic.

Pat’s passion and expertise are focused on dealing with people who suffer from depression, anxiety, panic attacks, diabetes, intestinal dysfunctions and stress with a holistic view to her client’s overall well-being. Because of her own personal experience with depression, she ran the West Rand Depression and Anxiety support Group for a number of years.

Last year Pat published her first book “Eight Steps to a New You” This year Pat started an online Health Coaching business: [**Eight Steps to a New You**](#)



Coach Deni Carruth, CCC



Deni is certified as a life and business coach, personal fitness professional and corrective exercise specialist. Deni is the creator of the **MasterKeysCoaching System** and the **VICTOR Coaching Programs**.

Deni helps female entrepreneurs be successful in their bodies so they can be even *more* successful in their business. She helps them overcome the setbacks and struggles they experience on a physical, mental and spiritual level so they can present their passion in a body that is healthy, strong and energized.

Deni’s signature system, **Five MasterKeys™** allows entrepreneurs to quickly zero in on their Divine Natural Assignment (DNA) and move straight into success through purposeful actions, enabling them to receive joy and abundance everyday.

Coach Malcolm Dayton, LPC, CHt

Malcolm is a Licensed Counselor & Coach, certified in MindBody Medicine and Hypnotherapy. For over two decades, Malcolm has specialized in coaching and training two primary groups:

1. Those facing the daily challenges of living with chronic illness; and
2. Athletes, entrepreneurs & students seeking to achieve personal levels of peak performance.

Having lived all his life with chronic illness (MS, asthma, immune disease), Malcolm’s passion has been to **thrive beyond limits! Malcolm truly walks his talk.** He has developed a proprietary life mastery program -- [**FULLIVING™ Self Healing and Peak Performance Coaching**](#) to assist you to **thrive beyond limits – to achieve at your optimal levels** in your life, your work and your family!



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Contact Coach Annette

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Or [Complete Free Session Information](#)

Contact Coach Deni

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