

# Nutritional Healing Technologies, Inc.

## ...The Road To Healthy Living!

*Greetings! I wish you and your family a very wonderful Holiday Season! May you and your family be blessed with Happiness, Great Health and Prosperity in the New and Coming Year and Always!*

### December Newsletter



#### **The Process of Letting Go:**

While December is the month of celebration and family time for us all ~ it is also the last month of the year. It is a great time to take a few minutes and look back upon the entire year (with gratitude) and realize all of our triumphs, challenges, and lessons that we have learned. As we all know, our biggest challenges are usually our best teachers.

In a sense, December (as the last month of the year) is the month of letting go and releasing things that are no longer of service to us. It is a great time to write down the accomplishments that we are proud of that we have achieved through this year and it is also a great time to write down what doesn't work in our lives and get ready to set up a new game plan for the future "1" month (January) that is approaching. If you are working on spiritual growth, learning to let go of particular challenges and habits or if you are working on manifesting greatness in your life etc. The following may help you:

For the challenges, it can be helpful to some to write down your challenges on a piece of paper and say a prayer while putting them in your fireplace to burn as a part of the letting go process. This is just a great way of releasing "stuff" so you can make room for more great and amazing things to come into your life. For manifesting, write down what you are trying to manifest in your life and give it a lot of focus by reading it aloud morning and night....the more you read it with feeling and excitement the more it will seem as if it has happened already and therefore, you will tend to attract it quicker. Happy Manifesting!



### **Products of the Month:**

**Cod Liver Oil** is a great Product to take during the Winter months....

It is rich in Vitamins A & D .....  
Great for supporting the Immune system to keep The little buggers Away.

For those of you who have Some great cookware on Your wish list for the holidays, Check out the link below For some great kitchen Gadgets!

<http://www.pamperedchef.biz/lindadjkitchen?page=products-main>

Tired of spending all that Money on organic fruits and Veggies only to have them to Go bad because you can't cook Them fast enough ..... I Highly recommend the green Everfresh bags below..... I have used them for years And you will be amazed at How well they keep your Organics from spoiling! They Are fantastic!

To order:  
[www.reusablebags...](http://www.reusablebags...)

### ***Allergies/Asthma:***

For those of you that are using a "real" Christmas tree... If there are any family members that have allergies, asthma etc.... Keep in mind that the real tree although very beautiful, if kept too long indoors, can sometimes be a potential source of mold for allergy/asthma sufferers. Using an air filter may be a great help. If you do not have one.... Check out the following:

<http://www.costplusappliances.com/catalog/index.php?cPath=1>

*May you be blessed with  
Health, abundance and  
Great wisdom in 2008!*

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