

Greetings~! 2008!

Hi Everyone---- I wish you and your family a most Happy, Healthy and Prosperous 2008!

Wow....how time flies..... We have arrived to our "1" month (January) which is all about New Beginnings! A new clean slate begins! Here are some simple tips on how to begin a low-stress year!

1. It is a great time to start "Cooking Healthier"

<http://www.amazon.com/dp/1580543774?tag=throtoheli-20&camp=14573&creative=327641&linkCode=as1&creativeASIN=1580543774&adid=1ZGEH5660G24YXMHVQER&>

2. It is a great time to start an Exercise Program* -----Walking is a great beginning----Treat your feet to:

http://www.theroadtohealthyliving.com/shop/index.php?main_page=product_info&cPath=163&products_id=2018

3. Spend 15 minutes per day in meditation or prayer and watch how much smoother your day goes! <Http://www.brainsync.com/>

4. It is a great time to get organized--- a lot of us can spend hours daily looking for things that we can't find.... And some of us get stressed just from the visual noise that is around us.... If you find getting organized is challenging for you, you may want to consider hiring an organizer or have a friend that loves to organize help you.

5. It is a great time of year to get organized with finances and map all of your recurring bills on a spreadsheet!

6. It is a great time of year to listen to a motivational radio station check out ---- HayHouseRadio.com for some great inspirational people!

<Http://www.hayhouseradio.com/>

7. Set time aside each day for yourself and your family!

8. Wake with the sunrise ... You will be amazed at how much you will get

accomplished and how great you will sleep at night!

9. Are you up for some major changes but not sure which direction is best for you

----Hire a Life Coach to help you figure it out!

[Http://www.questcoaching.com/SiobhanMurphy.HTML](http://www.questcoaching.com/SiobhanMurphy.HTML)

10. Remember to take your vitamins daily!

11. If you have a dream now is the time to put it into action -----

http://www.tut.com/ipa.htm?a_aid=b16e5bcc&a_bid=a2d358f2

The biggest adventure you can ever take is to live the life of your dreams----.Oprah Winfrey

Too many of us are not living our dreams because we are living our fears---- Les Brown

Never let the odds keep you from doing what you know in your heart you were meant to do----H. Jackson Brown Jr.

12. And, of course, Laugh A lot!

This is the healthy recipe I wish for you by "author unknown"..... It is the best gift you can give or receive!

Hugging is healthy. It helps the immune system, cures depression, reduces stress and induces sleep. It's invigorating, rejuvenating and has no unpleasant side effects. Hugging is nothing less than a miracle drug. Hugging is all natural. It is organic, naturally sweet, no artificial ingredients, nonpolluting, environmentally friendly and 100 percent wholesome. Hugging is the ideal gift. Great for any occasion, fun to give and receive, shows you care, comes with its own wrapping and, of course, is fully returnable.

May you give and receive many of them this year!

Many Blessings,

Trish

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Quotation: "We must become the change we want to see"
~Ghandi

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I fully understand that Tricia Cardone, CN is not a medical doctor and I am not here for medical diagnostic or treatment procedures.

The information provided is presented for informational purposes only and should not be construed as medical advice.

Always check with your doctor before starting any exercise program.