Five-Hour Energy—Bottle Your Own!

…with

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True or False?

Only 8% of people meet the recommendations for a healthy lifestyle.
Only 3% of people meet the recommendations for a healthy lifestyle.
True or False?

A Third Of Americans are Sleep Deprived
What about Energy Drinks?

5-Hour Energy Drinks Cited in
- 13 Deaths
- 33 hospitalizations

Monster Cited in
- 5 deaths
- hospitalization
What about Energy Drinks?

- Rapid heart rate
- Increased Blood Pressure
- Anxiety
- Nervousness
- Diarrhea
- Decreases hydration levels
- Mildly Addictive
- Disrupts Sleep

Perpetuates the Cycle of Exhaustion!
Bottle Your Own Optimal Energy

- Get the **Sleep** you need
- **Hydrate** correctly
- **Fuel**: high octane, long lasting
- Energize with **Exercise**
- **Use music**
  - Use caffeine to your benefit— not your detriment
#1 Hydrate!

Starting the moment you get up in the morning
Benefits to Water

Studies show that:

• 75% of Americans are chronically dehydrated.

• Lack of water is the NUMBER ONE trigger of daytime fatigue!

• A mere 2% drop in body water can trigger fuzzy, short-term memory.
Fruit Water!
See Page 4 for Recipes
Make Healthy Pop!
Home 'r ade
#2 Nourish your cells deeply!
Kale
Grows June to December
Blueberries
Winter Squash & Pumpkin

This is a Butternut Squash.

This is a Carnival Squash. Cook like a Butternut Squash.

This is a Spaghetti Squash.

This is a Acorn Squash.
My Favorites....

- Butternut Squash
- Fresh Cut Butternut Squash
- Libby's 100% Pure Pumpkin
Alex Mitchell, 10, Grinnell, IA

“Here's a photo of the Surprise Pumpkin Pie I made by myself.”
Salmon, Trout & Sardines
Cooked Dried Beans
Probiotic-Rich Yogurt & Kefir
Flaxseed & Chia Seed
Nuts
And Don’t Forget....
Let’s Stay Connected!

Turn in:

• White Card

Or

• Join at my website
Take a moderate dose multi-vit & mineral supplement

Without Iron unless you are anemic

With 1,000 IU of Vitamin D

77-97 percent have vitamin D insufficiency
Low Vitamin D is now associated with:

- Increased risk for heart disease
- At least 17 types of cancer
- Diabetes, Depression,
- Asthma, Autoimmune diseases
- Lowered immunity
- Chronic pain, Arthritis, Osteoporosis,
- Macular degeneration, and multiple sclerosis
1000 mg of DHA & EPA Fish Oil per day
Energize Your Life with Music!
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What are your health goals for 2014?

• Lose weight?
• Drop your cholesterol?
• Lower your blood pressure?
• Control Diabetes?
At last, a way to lose weight without being on a diet.

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Lisa before…   Less 40 lbs. 9 mos.
Five-Hour Energy—Bottle Your Own!

Thank You
HAP and
Wayne State
YOU ROCK!!