INDUSTRY | PROFESSIONAL DEVELOPMENT

New Year – New You

by **Paul Morris**

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Well it is the New Year already and the days are starting to fly by.

The big question is, *"What are you going to do this new year to become a new you?"*

January is the perfect time to make some new year's resolutions that can be life changing when implemented and adhered to throughout the next twelve months.

In the next twelve months, you can become a new you… physically, mentally, socially, financially and spiritually. All by setting a few goals and making some lifestyle changes.

In this article, we are going to address becoming a new you from a health perspective, because "your health is your wealth" and without your health you do not have the energy or stamina to accomplish much else in life.

So here are some simple guidelines you can adopt to start your journey toward building a new you for 2017.

Immediately start eating organically grown vegetables. This will immediately eliminate a plethora of herbicides, pesticides, fungicides and chemical fertilizers. This also means you will be consuming NO GMO foods. This one resolution alone will be a major move in the direction of better health. Many naturopathic doctors start out their patients with this one protocol and see remarkable results in a very short time.

•If you eat beef, then eat only grass fed, pastured, organic beef that has no rBGH hormone injections or antibiotics.
•If you eat chicken purchase only “PASTURED” chicken preferably from local farmers.
•If you purchase eggs, buy only “PASTURED” eggs from pasture raised hens. Cage free and vegetarian do not mean what you think it means.
•Eliminate canned foods as much as possible. Yes, there are organic canned foods, and they would be the better choice but try to eliminate anything that comes in a can.
•Eat foods high in fiber and drink lots of filtered water so that you poop at least once a day. (Twice would be better).
•Get a whole house water filter that removes chlorine, fluoride, heavy metals and VOC’s. If you can’t afford that then get under the sink or above the sink ‘point of use water filters’ including filters for your shower.
•Start taking good quality (not synthetic) food supplements to make sure you are getting all the vitamins (especially vitamin c), minerals (magnesium), omegas, amino acids and phytonutrients that your body needs.
•Make sure you are getting a probiotic into your daily regimen and eat more fermented foods.
•Eliminate sugar as much as possible. You will not believe how much your general health may improve.
•Eliminate artificial sweeteners such as aspartame and sucralose.
•Use only TOXIN FREE home care, personal care and cosmetic products.
•Get 7 to 8 hours of sound sleep per night. (Do not bring cell phone into bedroom)
•Wear Blue Blocker lenses when watching TV or viewing a computer screen or even looking at the screen on your smart phone. Also, wear your blue blockers when working under fluorescent lighting or LED lighting. Yes, LED lighting has those harmful blue light waves that are damaging to your eyes.
•Get more exposure to early morning or late afternoon sunshine.

I could easily list dozens of other items but these are the main ones that are in your control.

Why should I do all of this you might ask?

Well your body is constantly rebuilding itself every second all year long and by starting to make these lifestyle changes this year you are beginning your journey to becoming a whole NEW YOU one year from now and experiencing optimal health.

Your stomach lining replaces itself in five days.
Your skin renews every month as the old layer sloughs off.
Your liver rebuilds in six weeks.
Your DNA is constantly repairing itself and renews in only two months.
Your bones have replaced all its cells in three months.
Your blood cells have all been replaced with new ones in four months.
And your brain has replicated its cells in one year!

Every second of the day cells become parent cells and give birth to daughter cells. The question is… are these new cells just replicas of the old tired cells, or are you giving your body the nutrition and the proper environment for the new cells to be healthy and strong?

Start making these changes today and begin your journey to a NEW YOU this year!

Enjoy the journey,
Paul Morris

A former school teacher with a bachelor's degree in Education with a minor in psychology **Paul Morris** is a top network marketer and trainer who has been building marketing organizations for 47 years. He is known as the mentor's mentor. He is a former Amway Executive Diamond and has been #1 in the nation with several network marketing companies. Paul has used the principles taught in this lesson to build several organizations to in excess of fifty thousand and to well over one hundred thousand distributors. One organization

was approaching one half million distributor/customers. Paul has held monthly volumes in his downline organization alone in excess of 15 million dollars per month.

Many people 'practice what they preach,' but it is said of Paul, that "Paul preaches what he practices" and has practiced his entire life. Paul can be reached at 954 818-0665 or via email at paulmorrisfl@yahoo.com

Paul has been an authorized facilitator for the Lou Tice, Pacific Institute of Seattle, Washington conducting seminars around the world on the power of self-talk and affirmations.

He is also the owner of an **"Owens Training of America"** distributorship for the greater Delaware Valley area encompassing the Philadelphia geographical area and has taught numerous seminars locally and globally on the psychology of one's inner drives and motivations and character types and how to relate with each one and what techniques to implement to eliminate fear from one's life and become pure "love motivated".

Paul's hobby is growing organic vegetables in his own back yard. He encourages people to "grow what they eat, and eat what they grow." On the social/spiritual side of life Paul has spent much of his free time in Scouting, Jail and Prison Ministry and other outreach ministries. He is happily married and the father of three children and has six grandchildren. Whether it is a group of 14 in a living room or a crowd of 14,000 in an auditorium, Paul is sure to have them laughing, crying, and ultimately motivated and inspired to become all that they are capable of becoming. Paul's philosophy is that success in this industry is not measured by the dollars you earned but rather by the lives you have touched and influenced in a positive way.