

the **5** *Insider
Secrets*

Every Woman **MUST** Know
to Supercharge Her Energy,
Her Health & Her Business



THE 5 INSIDER SECRETS EVERY WOMAN MUST KNOW TO SUPERCHARGE HER ENERGY, HER HEALTH AND HER BUSINESS

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Introduction

We would like to thank you for downloading this book. We have devoted much time and attention to bringing you the best, most up to date information available today. It is our intention to show you that you already have all that you need to be successful. If you are willing to spend a little time every morning doing these 5 rituals, we can guarantee that you will experience significant changes in your energy, health and business success.

“A positive ritual is a behavior that becomes automatic over time – fueled by some deeply held value.” Tony Schwartz

We have been teaching these simple tools and behaviors to our clients for years. We have never had someone practice these steps who did not achieve their goal. Regardless of who you are or what you do, you can learn and implement the things we are about to teach you. In the beginning, you may want to commit to only adding 1 or 2 new things to your morning routine. That can be a great starting point. It is far more important that you do 1 thing consistently than 5 every once in a while. These tools will only work if they are practiced daily.

Don't worry if in the past, you have had trouble keeping the commitments you make to yourself. Most people do when they first come to us. We are going to teach you how to make that different. When you do, you will see that things will go right for you an extraordinary percentage of the time.

If you have come to this site the odds are good that you are a lot like us, and your book shelves are full of self-help manuals that are going to teach you how to



Kathy D'Agati
Holistic Family
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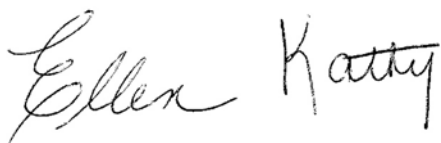
Ellen Harnett
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have the life you always dreamed of. Most of them contain great insight and wisdom but they don't really teach you how to get from the chaos of your life to the place of serenity they promise. We both have been inspired on more than one occasion to believe that we could go to sleep one night (it was usually a Sunday night) and awaken the next day with the ability to do things we had never been able to accomplish before. We were sure that we were ready THIS time and would begin the day (Monday) with a steely determination to be that person we read about who had everything we wanted in life. We were lucky if we made it to 10 o'clock before the whole thing fell apart. It was, of course, always someone else's fault for not doing everything perfectly right along with us. We started to believe that we could not take care of ourselves, be loving wives and mothers, caring friends, dutiful daughters, aunts, sisters, doting Grandmas and successful business women. Something was always suffering and most of the time it was ourselves.

One of the blessings of being a health and nutrition coach is that you learn pretty early on that when you don't take care of yourself, it is impossible to be there for someone else and that when you don't show up at your job looking and feeling your best, people are not attracted to what you have to say. We needed to find a way to be the loving women we wanted to be and the high earning successful business women we wanted to be. We had read and studied the lives of women who had done just that, so we knew it was very possible. We just had to figure out how to do it with our own lives.

What we are about to teach you are the things that we created for ourselves. We never ask our clients to do something we have not experienced and done first. We know that if we can do it, we can teach you how to do it too.

If you are ready to start, turn the page and we will begin at the beginning...

A handwritten signature in cursive script that reads "Ellen Kathy". The letters are fluid and connected, with a mix of capital and lowercase letters.

Ellen Harnett and Kathy D'Agati

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"Those who think they have no time for healthy eating will sooner or later have to find time for illness."

-Edward Stanley (1826-1893) from *The Conduct of Life*

Insider Secret #1

THE BIG BOLD POWERFUL BREAKFAST RITUAL

We invite you to consider each of these rituals carefully and decide which ones to implement immediately. It would be overwhelming to start all of them at once. We strongly believe in step by step changes that are manageable and sustainable. If there is only one morning ritual that you are willing and able to commit to now – THIS IS IT!

Eat breakfast no matter what.

This chapter is dedicated to removing the obstacles that have gotten in your way in the past. You can experience the power of the breakfast ritual every single day.

Are you wondering why we are calling breakfast a "ritual" instead of a meal? It's actually quite simple. The dictionary defines "ritual" as a series of actions or type of behavior regularly and invariably followed by someone. Rituals develop over time and become integral parts of our lives.

How many mornings do you wake up, brush your teeth, shower, get dressed and suddenly realize you're already late? You grab your bag and fly out the door. Breakfast just became that good intention now fading into the warp speed of rush hour, cell phone jingling and e-mails flying in and out. You're texting, facebooking, tweeting and trying to figure out how to juggle home and family. No time to even think about a healthy breakfast. If you eat at all, it's a supersized coffee and a bagel or doughnut.



You're now "dining" in the car, while madly reviewing your insanely long to-do list, talking on the phone and feeling the stress mount. Sound familiar?

Eating regular meals (especially breakfast) is a healthy habit that many of us skimp on or skip entirely because we think we just don't have the time. I was astounded to discover that some 55 million adults start their day deprived of the glorious tastes and health benefits of a good breakfast. On the rare occasion that I run out of my house in a mad rush without breakfast, the consequences are disastrous. The brain fog inevitably creeps in, I'm cranky, I run out of steam by mid-morning and I'm ravenous enough to eat a small cow by lunchtime. It's not a pretty picture!

We know it is daunting to find the time in the morning madness to cook a meal. Let's talk about why we are insisting that you do it anyway. In addition to great energy and focus, recent research from the Universities of Colorado and Massachusetts shows that eating breakfast on a daily basis is one of the most effective ways to keep your weight in check, to lower bad cholesterol (or maintain an already low level) and to reduce the risk of developing hypertension and type-2 diabetes (reaching epidemic proportions in the US!). There are studies that show that if we consume our entire daily intake of calories in the morning, we lose weight and if we consume the same amount of calories in the evening, we gain weight. Our metabolism is designed for a hearty breakfast, a moderate lunch and a light supper ("breakfast like a king, lunch like a prince, and supper like a pauper"). The enzymes and other substances in our body that help digest our food are at their peak activity in the morning and early afternoon. Our bodies need to be fueled regularly, at least every 3 to 5 hours. You wouldn't neglect putting gas in your car when the gauge is on empty. You can imagine how much we need to "break - fast" after 8 to 12 hours without any food supply!



So what are we going to do about that time management issue? You just need to find 10 extra minutes, but you can't seem to do it. The answer is right next to your bed - that super seductive snooze alarm! It has been my nemesis on many a potentially efficient morning. The snooze segments are always 9 minutes. All you have to do is hit that button once instead of twice and you will have the extra time you need to prepare the recipes below. Some of these breakfast beauties require ingredients to be prepped ahead of time in order to "beat the clock" in under 10. It's simple and only requires minimal effort in advance. Just chop up some varied veggies, i.e. onions, scallions, broccoli, peppers, mushrooms, tomatoes, spinach and put them in your frig in containers (glass containers are really good). If that's too

much prep work for you, simply buy precut veggies in the supermarket. All the markets have these ready-made containers in the produce department. Whole Foods has an array of bins filled with a beautiful assortment of cut veggies. You can mix and match anything you like. Once you have these stored in the refrigerator, you can “throw together” an impressive nutrient loaded omelet in minutes – or a breakfast burrito, quesadilla, tofu scramble.

Here are the recipes for my top 5 picks for 10 minute power breakfasts! I’ve actually timed each one for any skeptics who may be reading this. They can all be prepared, start to finish, in 10 minutes or less. If you are someone who simply swears that you can’t eat a big breakfast when you wake up, try splitting the meals in half. You can also have a glass of water and a piece of fruit when you wake up and eat your breakfast a little later if your schedule permits. Either way, it is guaranteed to supercharge your energy and your health. When your energy is sky rocketing – your business is bound to prosper!

Let’s keep our hands off the snooze button and raise our spoons and forks for a toast to big bold powerful breakfasts!

RECIPES

Power Breakfast #1

BLUEBERRY BANANA BLAST

- 1 cup frozen blueberries
- 1 frozen ripe banana (or fresh + 4-5 ice cubes)
- 1 handful baby spinach leaves (yes, really!)
- 1 scoop brown rice protein powder
- 1 cup unsweetened almond milk (can substitute rice or coconut milk)
- 2 tsps. honey or organic raw blue agave nectar

Put everything in the blender, turn up the speed to high and it's ready in minutes!



Power Breakfast #2

VERY VEGGIE OMELET

- 2 eggs
- ½ cup baby spinach leaves
- 1 tbs. chopped onion
- 1 tbs. chopped tomato

Sauté onion for 2 minutes, add tomato for 1 minute, wilt spinach leaves. Add eggs and cook until bottom is set – flip and cook just a few more minutes. Sprinkle with sea salt and pepper to taste. By the way, if you are not skilled at “flipping” just scramble it all together and enjoy. It will taste the same..... Voila! – Under 10 minutes (if you have your veggies pre-chopped of course)



Power Breakfast #3

BERRIES 'N CREAM

You can use plain Greek style yogurt, dairy free coconut yogurt or tofutti non-dairy sour cream

1 cup yogurt or non-dairy sour cream

1 tsp. vanilla flavoring (Frontier brand is excellent)

1 tsp. cinnamon

1 cup mixed berries - blueberries, raspberries, blackberries, strawberries (your choice)

1/3 cup pumpkin or sunflower seeds

Honey (1-2 tsps. Optional)



Mix vanilla and cinnamon into yogurt. Add berries and mix. Top with pumpkin or sunflower seeds. You can dry toast them ahead of time for an extra burst of flavor. Simply put them in a heated dry skillet and toast for a few minutes until they turn golden and fragrant. Store in an airtight glass container.

Power Breakfast #4

THE BREAKFAST BURRITO

1 corn or gluten free tortilla (Maria and Ricardo is a very good brand for gluten free tortillas)

1/4 cup refried beans (canned organic – Amy's or Eden are two good brands)

1 egg

1/2 tsp. olive oil

1 tbs. salsa

1 tbs. chopped chives (can use dried chives if you choose)



Heat skillet and add oil. Scramble egg (takes less than 1 minute in a hot skillet). Spread refried beans on 1/3 of tortilla. Place egg on top of refried beans. Sprinkle with chives and top with salsa. (1 tbs. ready-made guacamole or non-dairy sour cream optional). Roll up and it's ready to eat. If you need to have a portable breakfast to take to your office, just wrap in foil or parchment paper. If you are going to reheat in a microwave then use parchment paper. If you are able to reheat in a toaster oven - use foil.

Power Breakfast #5

APPLE ALMOND DELIGHT

1 apple thinly sliced

1 tbs. almond butter

1 tsp. cinnamon

1 Ezekiel/sprouted grain English Muffin (can be found at Whole Foods Market, many local health food stores as well as Stop 'n Shop, Shop-Rite. The company is Food for Life and the bread will be in the freezer section)

Toast English Muffin. Spread half of the almond butter on each side. Arrange apple slices on top of nut butter and sprinkle with cinnamon.



"Most of us spend more time reacting to immediate crisis and responding to the expectations of others than we do making considered choices guided by a clear sense of what matters most."

Tony Schwartz

Insider Secret #2

THE "I AM IN CHARGE OF MY OWN LIFE" MORNING RITUAL

Most of us live our lives running just fast enough to stay one step ahead of the avalanche. We feel that if we stop long enough to breathe, we will soon be swallowed up in a pile so deep we won't be able to dig ourselves out. We have such a long list of pressing items to take care of, that we go from one problem to the next without stopping to think if what we are doing is actually the best use of our time. The choices you make based on expediency are often not the ones you would make if you were hoping to achieve a particular outcome.

It is impossible to create the life and business of your dreams when your only goal is to make it through the day.

Too often we get so busy with our lives that we find weeks have passed and we haven't done any of the things that are important to our sense of well being. If you are waiting for things to "ease up a little" before you start living your life, don't be surprised if you wake up one day and realize that so much of it has already slipped away. We operate on the premise that if we work really hard today, we will have enough someday to "buy" our life back.

There will never be a time in life for you to give yourself what you need that is better than right now.

One of the greatest rewards our clients receive from working with us is experiencing how much more they can accomplish in a day when they make conscious decisions

about their actions based on what is most important. I think most of us do start our day with those intentions, but then life gets in the way. I will give you an example. You just learned from Ellen that you can't have health, energy and success unless you start every day with breakfast. She has shown you that it doesn't take long to prepare, so now you have promised yourself that you will start every day with something to eat. You are sure that you will find 10 minutes somewhere in the morning and that's as far as you think it through. The problem begins the next day when you wake up and realize that there isn't anything in the house to eat. You have an early appointment so you can't stop anywhere. You are going to run out after the appointment but your employee called in sick and before you know it another day has gone by. Sound familiar?



We cannot change the other people in our lives nor can we change much about the world we live in, but we can change the way we respond to it. We do that best when we take the time every morning to list all the things we want to do before we go to bed that night. Most of us have calendars and appointment books that are filled to the brim with to-do lists. That is not what I am talking about. I am asking you to create a time in your morning when you spend a few minutes thinking about what is really important to you and deciding how you can make it part of your day. When goals are value driven, it adds so much quality and satisfaction to everything you do. You will approach all things with a better attitude when you do this.

You need to start living your life to its fullest - **you need to start today.**

It is human nature to resist change even when it is for the good. It requires that you step outside your comfort zone long enough to create a new habit. The best way to create a new habit is to form a ritual around it. Across time and cultures, rituals have been used to make transitions. Rituals make change manageable and safe. Here is how I do what I call my "I am in charge of my own life ritual."

Get a pad or notebook and write down all the things that are important for you to do today. An example:

- Prepare breakfast
- Eat breakfast (sitting down at a table that's not your desk)
- Exercise for 15 minutes? 30 minutes?
- Prepare lunch
- Eat lunch (table again required-not working)
- Have a nourishing mid afternoon snack
- Send email to a friend just to stay in touch and say Hi
- Make lunch date for next week
- Spend 15 minutes outside in the sun (can have lunch or snack on a park bench)
- Make list of everything you need to make meals for a week
- Stop at food store to get all you need (plus some fresh flowers just because)
- Get something for dinner that's quick, easy and nourishing
- Go to bed at ___ hour so I get 8 hours sleep

You get the idea. Next you need to look at your schedule and decide exactly when you are going to do these things. It is important that it not just be a wish list, but that you find where in the day each of these things can happen. You will be amazed at how powerful this is. As you accomplish each of the things on your list, it's important to cross them off. You will not believe how much better you will feel when you start caring for yourself in this way. Your energy will soar and you will accomplish more in a day than you ever have done before. It just takes an extra couple of minutes every morning to set the intention and make it happen.

Do it today, then get up tomorrow and do it again.

When these new healthy habits become what you do automatically without thinking, you can use this method to create the next new behavior you want to make a part of your life.

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

-Plato

Insider Secret #3

THE EXCELLENT EXERCISE RITUAL

This article is not being written by a personal trainer or someone with a degree in sports physiology. However, yours truly has spent a lifetime on (and occasionally off) the exercise wagon. I'm one of those really annoying people who actually loves exercise. I have had numerous gym memberships, taken aerobic dance, jazzercise, zumba and yoga classes, run, walked, lifted weights, worked out with trainers, played tennis, racquetball and a host of other activities. I have quite a lengthy "resume" of workout routines. Therefore, I have the "more years than I want to admit experience factor" to talk about this subject. Each new workout regime started as an adjunct to some kind of weight loss program. It turns out that although losing pounds and inches was sweet, the mental component was even sweeter.

Improved self-esteem is a key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine (which we, of course, do not recommend!). For example, the feeling that follows a workout is often described as "euphoric." The term "runner's high," is an explicit way of describing how these "feel good" brain chemicals can shift and improve your outlook on life.

You will love adding this particular "ritual" to your day because very few natural remedies for stress relief work faster or better than a burst of exercise. You don't need a gym, expensive equipment or pricey personal trainers. There is a sea of activities to choose from. You can change your routine as often as you like, but whatever you do – choose things you really enjoy doing. It is so important to find your own "flavors" when

it comes to working out. It's much like choosing the foods that taste good to you. If your healthy meals are delicious, you'll continue to eat well. If you can actually have fun doing your workout, the likelihood is far greater that you will stick with it. If you would rather watch paint dry than lift weights – then I suggest you build muscle by swinging a tennis racquet, climbing etc. If the thought of going for a run makes you want to “lie down and wait for the thought to pass” – then perhaps you'll want to take a dance class (or just “boogie down” in the privacy of your bedroom). Boredom is definitely an exercise buzz kill. I often hear clients say they have to “force” themselves to exercise. How long do you think they keep that up?

It is really helpful to combine something else you love with your workout. Listening to your favorite music while doing a cardio workout makes it so much less tedious (whether you are walking, running, peddling, etc.) Love to read and can't find time? There are books you can download or purchase for your iPod or mp3 player. Listening to music or a good book while walking is positively therapeutic. It can actually

change the course of your day. Recently, I received some distressing news about someone I love. Even after a lifetime of being “eyeball deep” in nutrition, it was really tempting to down a gallon of Ben and Jerry's. I quickly came to my senses and made a bee line for my gym, hopped on the elliptical machine, turned the TV to a ridiculous soap opera (secret guilty pleasure!) and pounded away the worry and fear for 45 minutes.

Exercise did not change the problem, but it helped me change my perspective on it. It gave me clarity and opened up a channel to find a way that I could better help this person. It also lifted my spirits. All of that in 45 minutes and not a shrink or a couch in sight. You can accomplish the same thing in less time and you can do it with nothing more than a good pair of athletic shoes and an iPod. If twenty minutes still seems daunting to you, it has been proven that short bursts of exercise during the day (10 minute segments) are as effective as one longer workout. If we are really honest, most



of us can find 10 minutes a couple of times a day to take a walk. The results are incredible.

In the last few years, I have read dozens of articles about the benefits of “interval training”. I am mentioning this because it is a fabulous way to get a lot of bang for your workout buck. Most of us want a routine that works us hard in hardly any time at all. Short workouts (20 minutes) are often easier for many people to fit into their schedules, whether morning, noon or night. There are many varieties of interval workouts. Some involve cardio like walking, spinning, elliptical training with short bursts of high power work followed by periods of recovery. Others involve cardio and weights. If you are having trouble finding time to get a workout that packs a real punch, try this suggestion. Magazines like Prevention, Fitness, Women’s Health, etc. always have articles on this subject. You can find reliable sources on the internet as well.

If you are not yet convinced that exercise is worth high billing on your priority list, the following is a “star studded” list of benefits from regular exercise. It has been proven to:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep
- Strengthen your heart
- Increase energy levels
- Lower blood pressure
- Improve muscle tone and strength
- Strengthen and builds bones
- Help reduce body fat
- Make you look and feel fit
- Increase overall health and well-being

Can you possibly beat that as a formula for success in business and in life? I honestly can’t think of any one practice that yields such amazing results (besides eating quality whole foods). It can be as simple or complex as you choose. Your workouts can be 10 minutes or 90 minutes. It all depends on you. The only bad decision about your exercise ritual would be not to have one! So we urge you to find something that really “floats your boat” and get started right away. You’ll feel amazing – I promise!

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

William Arthur Ward (American Scholar, author, editor, pastor and teacher)

Insider Secret #4

THE GREAT GRATITUDE MORNING RITUAL

How many times does your alarm go off and before your eyes are opened your mind is racing with all the tasks ahead of you? Worry, fear and other negative thoughts start creeping in and by the time you hit the shower your mind is in 5th gear. You've already forgotten how to breathe and surely you're not giving thanks for a new day. I have most definitely been there.

Writing a gratitude list is powerful stuff! It has an amazing ability to shift thinking and completely alter the outcome of the day. I have been writing and exchanging a gratitude list for almost 20 years. When I first discovered its appeal, I was desperately seeking a spiritual practice that would somehow blend my pragmatic self with my idealistic self. A very wise friend suggested that I begin taking inventory of the things in my life that were serving me well, keeping me happy and grounded, moving me towards success and fostering my creativity. She told me to write a list of things I was grateful for each morning before my day began. I was feeling really stuck and nothing else was working so I gave it a whirl. It started with really simple things like a cup of coffee, comfortable shoes to wear, hot water, clean underwear – really simple and basic. I had no idea how that would transform anything in my life, but I did it anyway. I soon discovered that many things I had taken for granted were the exact things that were enriching my life.

You may be thinking that having more money to pay the bills, more help in the house or a nice vacation would be all you need to stop feeling worried and anxious. Well, I'm surely not going to tell you that writing gratitude lists will pay your bills. However, once you turn your thoughts to things that are going well, people you love or someone that helped you recently, those negative thoughts start to fade. When you begin your day writing gratitudes, new possibilities open up. Ideas start to form... and from there you

can take action. That inspired action is what leads to amazing results. It all starts with the little seed that gets planted just by writing down a simple phrase like “I am grateful it’s warm enough to wear flip flops”. Suddenly you are thinking about summer, beaches, freedom from being trapped in your winter boots, awesome toenail polish and a host of other pleasant things. When you write down something like this “_____ did the laundry today without my having to remind him/her”, it immediately flips a switch in your mind. Instead of dwelling on all the things that person isn’t doing, you spend at least a few seconds feeling appreciative for what they have done. This has avoided some really wicked arguments in my household many a day.

By the way, this is a routine that can easily be done in significantly less than 5 minutes. The list can be as short or as long as you like. All you need to do is write down the item and let it “marinate” for a brief moment before moving on to the next one. This will give you a chance to actually feel the emotion.



Here’s something that will further enlighten you to the rewards of this process. It is strange but true: Gratitude and anger cannot inhabit the same emotional space. So if you are ready to try this handy and practical way to shift consciousness (without hypnosis or brain washing) here are three suggestions for getting started.

1. Hand-write your gratitude list. Try not to boot up the computer for this exercise. The experience of actually writing out a list is valuable for several reasons. First, the physical act of writing helps imprint the feeling of gratitude at a deeper level, just like writing any list helps anchor the items in memory. Since writing is a slower process than typing, writing out your list by hand provides more time for contemplation and feeling the emotion, which makes for a more thoughtful list.
2. Set a realistic goal. Avoid the probability of giving up on this process by overwhelming yourself with an unreasonable number of items. If you set out to name 50 gratitudes, you’re likely to start looking up “canned gratitudes” on the internet. Remember, this is a process so make it a small number to start. It’s much more effective to find one good reason for being grateful than to start digging things up that you’re not really feeling anyway.

3. Change your thinking. Some folks were raised in a “glass is half empty” way of thinking. Until you are consistently inclined to see the glass as half full, you may have to act “as if.” Try writing a list of “Things that don’t really suck”. There are bound to be a few things you can find in that category! It doesn’t matter how mundane or “superficial” it may seem when you are writing. The best gratitudes are often the smallest things that we take for granted. Think of that feeling of relief you get when the lights come back on after a power outage. It is sure to make you grateful the next time you hit the switch.

In her book “Positivity”, Barbara Frederickson says “Gratitude gives back freely and creatively. It’s a truly pleasant feeling intermixed with joy and heartfelt appreciation.... Gratitude is not mindless manners or tit-for-tat reciprocity.... True gratitude is heartfelt and unscripted.” Any way you look at it, gratitude opens your heart and your mind to possibilities you may not otherwise have seen. This morning ritual will have you in an “energized, healthy and successful” frame of mind in no time.

We think, act and live, rarely stopping to think how the mind works or how we control it. Affirmations represent the key to unlocking the secret door to mind power. Learn how to use this unlimited, inexhaustible power to create your heart's desire.

Dr. Anne Marie Ever

Insider Secret #5:

THE MORNING VISUALIZATION AND AFFIRMATION RITUAL

Much of our life is lived on autopilot. Our schedules are so busy that we can't take the time to think and ponder about all that we do. That is why it is critical that we take time at the beginning of each day to consciously think about the good things we want to bring into our lives. It is like giving your mind the roadmap of where you want to go. When you become clear on where you are headed, your subconscious (autopilot) will make decisions based on your destination and will keep you going in the right direction. One of the best ways of setting the course is having an affirmation that you say repeatedly every morning.



An affirmation is similar to a prayer, wish or goal except it is more structured, focused and specific. It is also an order for change based on positive thinking, belief and faith.

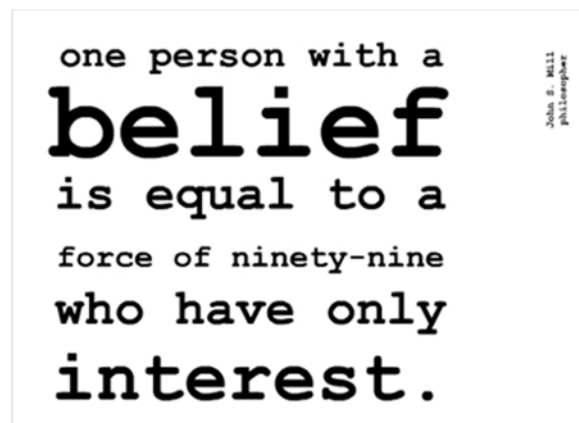
Affirmations are most effective when they are written down, read throughout the day every day (you can make it your screen saver), have a lot of emotion and feeling attached to them and are visualized with as much detail as possible. Let me give you an

example of what I am talking about. Many of us deal with weight issues, so I will show you how an affirmation can help you achieve your weight loss goal. I like to do my visualizations and affirmations while taking my morning shower. It is such a private place that it is easy for me to go into my other world. When I begin to visualize I can see what I am wearing, what size it is, how it fits, what color I have on today and how the fabric moves with my body. I can feel how confident I am when I look and dress this way.

The more you use all of your senses and become fully engaged in the visualization, the more powerful it becomes.

An affirmation that I would say along with this might be: My body is getting slimmer and slimmer. I easily drop excess weight and fat from the right places in my body. I am completely balanced and peaceful. I move easily and joyfully toward my ideal weight.

You can make up your own affirmation, just be certain that it is always in the present tense.



Once you have spent some time every morning living in the body you desire, you certainly want to stay there. So later in the day when you are presented with the choice of having a grilled salmon salad or a calzone, your decision will be easy to make. You have already gotten very clear about what you want for yourself and you don't want any roadblocks in the way. Your natural desire will be to want to stay in the place of feeling

amazing in your body. As you get better at this, you will even find that if your hand is mindlessly going into the cookie jar, your subconscious will put up an alert and you will stop yourself before you put it in your mouth. You won't feel deprived because you are giving yourself what you really want instead. Make sense?

Removing old negative beliefs and replacing them with positive ones is an essential part of creating what you want in life.

Never underestimate the wondrous power of the subconscious mind. The more you practice visualizations and affirmations, the easier it will be for you to overcome your fears and get rid of bad habits. It will improve your relationship with yourself and

others, and will help you to verbalize and write out your goals. In the process, it will also help you develop a deep belief in yourself.

A good example of a business affirmation comes from Dr. Evers:

"I, (your name), deserve and now attract into my store or place of business a minimum of____ paying clients or customers daily. This nets me in excess of \$_____ monthly. Everyone is totally pleased with my services and products. I believe in myself and my company. My business increases monthly. We are all happy, to the good of all parties concerned. Thank you, thank you, thank you."

Why don't you give it a try? Be courageous. Think about having a successful business that brings you prosperity and abundant wealth. Live success and be a success!

We hope that you found this information to be useful. We have given you new approaches to some age old problems that have helped many of our clients succeed. We practice these rituals in our own lives and have found them to be transformational. We are guessing that you actually know some of the things YOU should be doing to achieve better health and increase your energy levels, but you don't actually DO them, right?

We find that when we meet people who are successful in so many areas of their life, but hopelessly stuck in others, that there are always 3 critical missing ingredients. Those 3 ingredients are:

- The Right System
- The Right Support
- Consistent Accountability

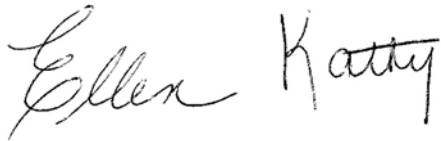
We could tell you every mistake and every secret we know to having energy, weight loss, health and business success, things that have cost us thousands of dollars and many years to learn.....the truth is, they won't do you any good unless you use them! And the only way to learn how to use these secrets the RIGHT way is to have the support and accountability from someone who's been where you are and gotten consistent results. Read what one of our clients had to say:

"I have seen remarkable improvements as a direct result of working with Kathy and Ellen. As a business owner, I have a crazy schedule and there just never seems to be enough time in the day. Even worse, I was shot by 3 PM each day- so I pretty much "lost" 2 hours a day. Within weeks of working with Back to Basic Wellness I gained those hours back. I have improved my personal productivity by at least 25%....and feel GREAT!"

Donna M, Montclair, NJ

If that sounds like something you would love, make sure you check your email for a very special limited time offer we are sending just for you.

Wishing you abundant energy, health and success!

A handwritten signature in cursive script that reads "Ellen Kathy". The letters are fluid and connected, with a mix of capital and lowercase letters.

Ellen Harnett and Kathy D'Agati