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What Signals Are You Really Sending Out?

Many people wonder why some things happen to them but don't happen to others. It actually is a question that has been asked by countless millions of people all through the ages, for the entire history of Earth and the Human Race.

Some people seem to effortlessly glide through life making great money, having happy jobs or careers, wonderful relationships whilst others have ongoing battles in many areas of their life.

How can it be so different for so many people?

Well as more and more research is done the evidence of how powerful the human mind really is comes to

light. For some people it can be extremely confusing and very frustrating. They work hard, do the right thing "seemingly" doing the same things as the successful people but still end up with not so good results.

Well the good news is that if a person wants to turn their life around into a much better one there is a pathway that they can follow that can make their life much better.

It all depends on how quickly or slowly a person wants to have positive change in their life. Continued on page 12.



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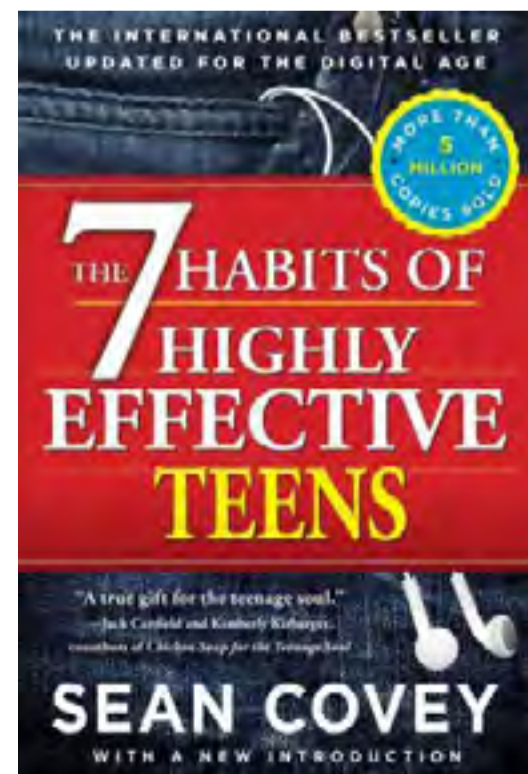
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Why We Take Things Personally

By Margaret Paul, Ph.D.



One of the biggest issues that many people struggle with is taking other people's behavior personally. Why do we do this?

Lila asked: "I would like to hear you speak about the potential reasons one would take other people's behavior personally and react as if another person's behavior is all their own fault."

I started studying Inner Bonding in January and realize this is a major theme for me.

I logically know other people's behavior has little to nothing to do with me, but my wounded self criticizes me as if I 'said or did the wrong thing,' making me the cause of the other person's behavior.

I notice my wounded self tells me if I could somehow find the perfect thing to say or do, this would not happen, and the thing I value would still be there."

Taking things personally has everything to do with the desire of our wounded self to have control over others.

As I've often written about, helplessness over others is one of the hardest feelings we have. Many people would rather feel almost anything else

- even shame - rather than feel helpless over others.

When you take things personally and tell yourself that the other person's behavior is your fault, this gives you the illusion of control.

If it's your fault, then you can do something about it. If only you say or do the right thing, then the person won't be mean to you, or won't reject you, or won't try to control you.

The false belief is that saying or doing the perfect thing takes away the feeling of helplessness - the goal of the wounded self.

Even if intellectually you know that you can't control the other person, what you are doing by taking their behavior personally is avoiding your own feeling of helplessness over them.

So, taking things personally is a form of control, not only over the other person, but over your own painful feelings. It's a way to avoid your pain, even though it brings a different pain.

In order to stop taking things personally, three things need to change:

1. You need to fully accept that you

can't control others. You need to accept that others may be mean, rejecting and controlling, no matter how wonderful or perfect you are.

2. You need to learn to lovingly accept and manage the core painful feeling of helplessness over others.

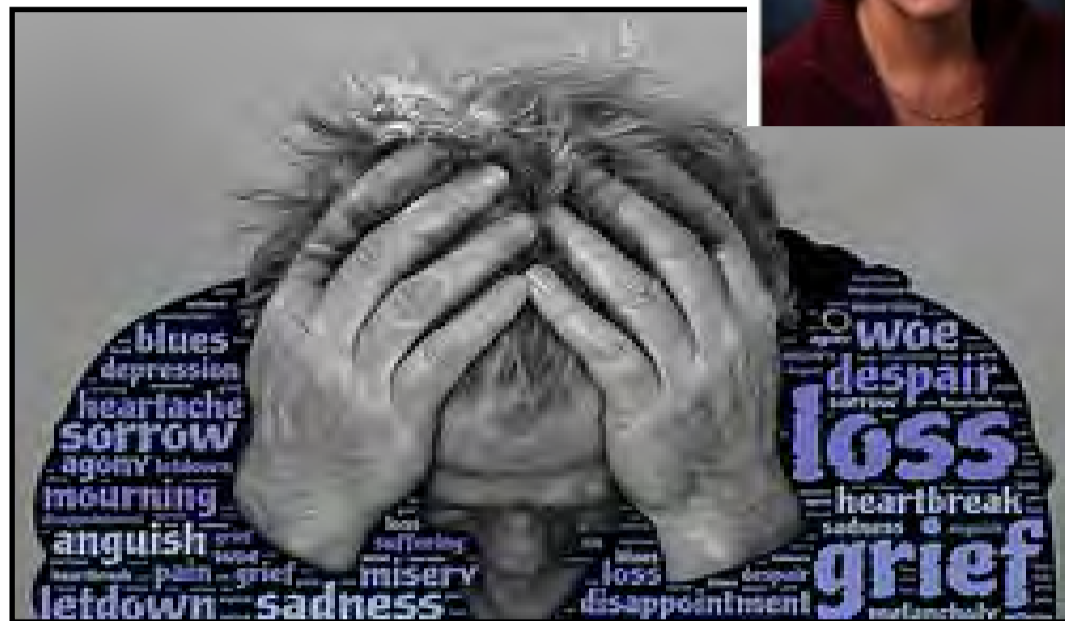
You need to learn to move toward the feeling rather than away from it.

You need to bring the love, compassion and comfort of Spirit to this very difficult feeling, staying present with it until it is ready to move through you.

3. You need to learn to define your own worth through your connection with your spiritual Guidance so that when others are hurtful, you no longer believe that their behavior has anything to do with you, no matter how much they may blame you for it.

As you practice Inner Bonding and learn to define your intrinsic worth, you no longer make others' approval responsible for your sense of worth and safety.

As you learn to lovingly manage your own painful feelings, you no longer need



to control others in an effort to get them to change as a way to avoid your pain. Everything changes for you when you learn to deeply value yourself.

When you value yourself, it doesn't occur to you to take others' behavior personally.

Others' unloving behavior hurts our heart, but when we learn to lovingly manage our loneliness, heartbreak, grief and helplessness over others, we stop taking others' behavior personally, and we can manage the hurt without trying to control others by being

perfect or saying the right thing.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including

"Do I Have To Give Up Me To Be Loved By You?"

and "Healing Your Aloneness."

She is the co-creator of the powerful Inner Bonding® healing process.

Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or email her at

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Coconut Oil Burns Fat, Boosts Your Immune System And Keeps Your Skin Healthy

By Mark Rosenberg, M.D.



TROPICAL OIL - MIRACULOUS CURE-ALL OR FOE?

For many years doctors and nutritionists have told their patients to stay away from tropical oils because they are saturated fats that were thought to raise “bad” LDL cholesterol levels and not be heart-healthy.

However, some of my patients have recently read or heard about the health benefits of coconut oil and are confused as to whether they should use it or not. Here is what I tell my patients about coconut oil and what you should know about this interesting oil.

Healthy or Harmful?

Most Americans remember coconut and palm oils as being ingredients in artificial powdered coffee creamers and other products as stabilizing agents that also imparted a richer, smoother taste.

However, tropical oils were thought to be harmful to your health because of the saturated fat content and the word from healthcare professionals was to avoid foods that contained these types of fats.

Oddly, though, Pacific

Islander populations, who routinely get 30% to 60% of their daily calories from palm oil, have almost non-existent levels of cardiovascular disease!

How is that possible when they consume so much coconut oil, a heavily saturated fat thought to contribute to heart disease in America?

The answer seems to lay in the fact that coconut oil is a natural, vegetable saturated fat rather than an artificially created “trans fat”, found to be the true culprits of high bad cholesterol levels.

Trans fats are artificially created fats made from injecting hydrogen atoms into vegetable and seed oils to add to their shelf life.

On the flip side, coconut oil has, in the past few years, been redeemed of its unhealthy, saturated fat “tropical oil” label.

Nutritionists and health researchers are now singing its praises as a most healthy fat to use every day without concern of it raising bad cholesterol levels and, in fact, protecting against cardiovascular disease.

Here are some of this oil’s benefits:



- Boosts immune system.

Contains lauric acids, which has antiviral, antibacterial and antiprotazoal, anti-inflammatory properties. The only other natural substance that contains lauric acid is mother’s milk.

• Burns fat.

The oil is a medium chain triglyceride that burns like carbohydrates in the liver but without a spike in insulin. Boosts metabolic rate - the rate at which you burn energy - helping your body use fat for energy rather contributing to weight loss.

- Superior stable cooking oil. Unlike other Omega 6 fat

vegetable oils, stays stable at high heats.

Cooking with other vegetable oils like sunflower, canola, soy, safflower, can badly denature the oil, causing them to become heart hazardous transfats.

High heat in frying also causes these oils to oxidize and destroys the antioxidants in them, making them even more dangerous for your heart and vessels.

• Boosts your thyroid.

This is a somewhat controversial claim, and may not work that way for everyone who uses coconut oil, but comes from the thought that co-

conut oil may boost metabolism.

• Skin benefits.

Because of its small molecular size, coconut oil used topically on the skin can penetrate the skin’s top layer and strengthen connective tissues there. It keeps the skin supple to prevent wrinkling, sagging, and dryness.

Also thought to lighten brown age and sun spots.

• Diabetes control.

1-3 tablespoons a day can help stabilize blood sugar levels by controlling insulin spikes.

• Heart health.

Lauric acid thought to

help lower blood pressure and cholesterol.

• Digestive disorders.

Many users of this oil swear that it helps their Crohns or other digestive disorders such as constipation.

In others, it may cause some diarrhea, but this may be from using too much. As with all oils and foods, moderation is the key, 1-3 tablespoons a day taken with food should not cause intestinal upsets.

Article continued on page...8.

Quick Vegan Chana Masala

Quick Vegan Chana Masala.

From Cookie and Kate, this is a quick and easy, spicy, hearty Indian recipe that's vegan friendly, gluten free, and delicious! For a twist, you can substitute the rice with quinoa.

Ingredients

- 1 tablespoon coconut oil or olive oil
- 1 1/2 teaspoons cumin seeds
- 1 yellow onion, chopped
- 1 tablespoon pressed or minced fresh garlic
- 1 tablespoon peeled and minced fresh ginger (about a 1-inch piece)
- 1 green Serrano

pepper, minced (seed it first if you want less spice)

1 1/2 teaspoons garam masala (or tikka masala)

1 1/2 teaspoons ground coriander

1/2 teaspoon ground turmeric

3/4 teaspoon fine-grain sea salt

1/4 teaspoon cayenne pepper (optional)

1 can (28 ounces) whole peeled tomatoes, with their juices

2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), drained and rinsed

1 cup uncooked brown basmati rice, for serving

(rice is optional, I like to cook extra rice to have on hand for other meals)

Lemon wedges, for garnishing

Fresh cilantro, chopped, for garnishing (optional)

Directions

1. Cook the rice (if you want to serve the chana masala on rice): Bring a large pot of water to boil on the stove. Pour in the rice and give it a stir.

Boil the rice for 30 minutes, then turn off the heat and drain the rice. Return the rice to the pot and cover the pot.

Let the rice steam for 10 minutes. Remove the lid, fluff the rice with a fork and season with sea

salt to taste.

2. Cook the chana masala: In a Dutch oven or large saucepan, heat the oil over medium heat.

When a drop of water sizzles upon hitting the pan, reduce the heat to medium-low and add the cumin seeds.

Toast the seeds for a minute or two, stirring frequently, until the seeds are golden and fragrant. Watch carefully to avoid burning the seeds.

3. Raise the heat to medium and stir in the onion, garlic, ginger and serrano. Cook for about five minutes, stirring often.

Stir in the garam masala (or tikka

masala), coriander, turmeric, salt and cayenne (if using), and cook for two more minutes.

4. Add the whole peeled tomatoes and their juices. Use the back of a wooden spoon to break the tomatoes apart. You can leave some chunks of tomato for texture.

5. Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer and cook for 10 minutes or longer to allow the flavors to develop.

6. Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro.



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Also known as happy gas. Available for particularly anxious patients.

Coconut Oil Burns Fat, Boosts Your Immune System And Keeps Your Skin Healthy

By Mark Rosenberg, M.D.



Article continued from page...

Recommendation

Based on the fact that most research has shown coconut oil to be beneficial to human health, I feel there is a place for it in your diet - if only to replace other vegetable cooking oils that dangerously oxidize at high levels.

As I tell my patients, coconut oil may be of great benefit to your health, even if only by eliminating other oils that have been proven to be harmful after heating to the high temperatures used in frying.

Also, based on the fact that it has been a staple ingredient of Pacific Islander cultures for centuries and their cardiovascular disease levels, and other diseases associated with high saturated fat diets, are fairly nonexistent.

Institute For Healthy Aging. With more than two decades of experience in treating thousands of patients, you could say I've seen it all.

I treat a wide range of medical conditions- from cancer to obesity- and believe that natural, practical alternatives carry the day.

I believe that education is fundamental to prevention and wellness. I've partnered with other medical experts and developed an online health education site,

<http://www.HealthyAnswers.com> which offers a wealth of natural health information, written by top physicians and medical experts.

Article Source: http://EzineArticles.com/expert/Mark_

I'd conclude that using coconut oil is not likely to adversely affect your cholesterol levels and cause cardiovascular damage.

I'd say go ahead and enjoy coconut oil 1-3 times a day!

I am one of the few doctors in this country who is board certified in anti-aging and am currently the Director of South Florida's

The screenshot shows the HealthyAnswers.com website interface. At the top, there are social media icons for Google+, Facebook, and Twitter, along with navigation links for Home, About, Experts, Shop Now, Videos, and Contact. A search bar is also present. Below the navigation, a blue banner lists various health topics: Healthy Aging, Fitness, Nutrition, Social Life, Money Matters, Fun & Enjoyment, Peaceful Mind, and Personal Growth.

The main content area features three article listings, each with a 'Tagged: Healthy Aging' label, a title, a post date, a short summary, and a 'READ FULL STORY' button. The first article is 'Folic Acid Lowers Risk for Summer Heat Cardiac Events' (June 6, 2015). The second is 'Science's Promising New Hope Against Skin Aging' (May 26, 2015). The third is 'Heart Disease Risk Soars After 2 Weeks of This...' (May 8, 2015).

On the right side of the page, there are several promotional banners: 'Claim Your FREE e-Book Now!' for '50 Secrets For A Long Life of Happiness', 'Order NOW!' with a shopping cart icon, 'Boomer NEWS TOP STORIES', 'VIDEO GALLERY', 'Remember When...' with a clock icon, and 'SHARE YOUR STORY' with a 'My Life' notebook icon.



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Why You Can't Lose Weight -How To Break The Habits That Hold You Back

By Dr. Becky Gillaspay



Do you wonder why you can get so enthusiastic about weight loss one day, and then completely abandon your goal the next? Are you painfully aware of what your horrible eating habits are doing to your health, yet find it impossible to go one day without diet sabotage?

There is a very real tug-of-war that goes on within each and every one of us. The war rages between your conscious and subconscious mind.

Your conscious mind knows all the reasons you MUST change. Your subconscious mind has gotten used to the way things are and resists change.

You can continue to try forcing change, but don't expect a new outcome. The better way is to create change. Let's take a look at how it is done.

Why habits are hard to change:

Habits are a mechanism your brain has created to save brain power. Habits run on autopilot freeing up your brain to deal with other issues.

Consider learning how to drive.

When you first got behind the wheel of a car at the age of 16, you noticed every-

thing about that car. It took a long time to adjust the seat, adjust the mirror, and figure out where the turn signal was. And, your mind was ever vigilant as your eyes constantly moved from the speedometer to the road.

If you had to keep this level of consciousness every time you got behind the wheel of a car, driving would be a maddening and all-consuming activity.

Instead, your brain started putting driving tasks together, and driving became a subconscious activity. How many times have you driven from "Point A" to "Point B" and remembered little about the drive?

Like driving, your eating has become a subconscious habit. So if you try to force yourself to change by turning your life upside down and going cold turkey on all of your old eating habits, your body and mind will feel very uncomfortable... too uncomfortable and you will quit.

How to break old habits and create new ones:

To break the habits of the old you, you need to create change by working with your body and mind at the



same time.

To change your body, you need a strategic approach to changing the foods you are eating.

Instead of trying to change everything about your diet overnight, ease into change over a 7 day period by methodically replacing junk foods with healthy foods.

By doing this you give your body time to adapt, and you avoid overwhelm.

To change your mind, you need to focus on

why life will be better when you are eating a healthy diet.

What will it be like walking into your church or social function at a sly 125 pounds? How would it feel to try on new clothes at your ideal weight?

Focusing on what is wrong with the current you will keep you locked in your old destructive habits.

Focusing on the new you naturally pulls you to new and healthy habits.

Would you like to know how to strategically change the foods you are eating to avoid overwhelm?

You can follow the Free 7 Day Plan on my website.

This plan has evolved from my work as a professor of health and wellness courses for two universities. It gives you the exact foods to eat to move from a junk food diet to a super foods diet in one week.

Are you interested in changing your mind so you can stop the in-

ternal tug-of-war that keeps you locked in your old habits?

Learn how to mentally change habits by clicking this link.

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Many blind children in Burundi never reach their 5th birthday. Luckily, Cesaria's grandmother got her the urgent medical attention she needed.



Vann's story

The village kids had started teasing Vann because she was different – until a 20 minute operation changed her life.



Aung and Lin's story

Aung is Lin's full time guardian. Sadly, his ailing eyesight was forcing him to stop work and Lin was having to care for him instead of going to school



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How To Break Through Depression

By Alfred Bellanti

"I personally guarantee if you make a serious effort to use just a few of the techniques in this book you will notice the difference within the next 30 days."

It's because this book comes from the soul! I write from my own experience and my own personal struggle with depression.

I was finally blessed with the gift of recovery and with the benefit of hindsight. I was able to trace the steps that led me down into depression and then to the steps that helped me out of it again.

I later researched more about depression because at the time there was not much knowledge about it.

During that time all

I could find was depression medication, a weekly visit to for what was loosely termed 'Psychotherapy', and in the extreme Electro Convulsive Therapy (ECT).

They didn't even address the symptoms of depression.

I have now researched and evaluated most of the current treatments and covered most of them in this book.

From these I selected ones I believe would be the most effective for you, keeping in mind that everyone is different and what suits one may not suit another.

From this book you will learn:

How to become objective about depression so that you can overcome it.

How to lift yourself out of your current depression.

What you can do to help yourself.

Ways that have been proven to increase happiness.

Types of treatment available

So if you are determined to break through your depression you have found the right book.

Start your journey out of depression NOW and take control of your life starting TODAY!

Alfred Bellanti

For enquiries please contact The Editor of The Good News Newspaper to be put in touch with Alfred.

What Signals Are You Really Sending Out?



From page 1.

It all starts with the signals you send out from your mind.

You see your mind is like a very high powered radio broadcasting tower. It puts out your every thought on a 24 hour a day 7 days a week, 365 day a year basis.

These waves of energy are completely invisible to the naked eye but none the less they can be picked up by other people at short or great distances.

Face to face, on the phone, off the phone, on video, off video. This is not new knowl-

edge and there have been endless studies covering this, however, the positive transformational impact this information can have on a person is profound.

It is also estimated that the average person has 50,000 to 70,000 thoughts per day. Some reports say less, some reports say more.

But the important thing to realise is that with this amount of thinking going on that not all of it is going to be good thinking.

If people are worried about something, for example money and the lack of it, what are they sending out? An-

swer: waves of worry that they don't have enough money so they will always not have enough money. The process goes on and on.

If they are jealous of someone or something they send out waves of jealousy. Unconfident = waves of being unconfident, broke = waves of "I'm broke", thoughts of "I cannot have" = waves of "I cannot have." I don't trust anyone = waves of distrust. I don't like people = waves of dislike.

On the other side of the coin is the positive side where a person is thinking I'm rich,

I have lots of money, everybody loves me and I love them, I have a fantastic life, career, I love my partner, family, kids, friends, my boss, my work colleagues and I trust people to do the right thing.

So as you can see this list of negative and positive thoughts and waves that people put out is an extremely long one, plus or minus 50,000 - 70,000 long.

The really important thing to realise about all of this is: continued on page...16

5 Remedies for Leaky Gut

By Dr. Edward Group DC, NP, DACBN,
DCBCN, DABFM First Published on March 10, 2016

Digestion is a complex process with many moving parts and there are many steps along the way for something to go wrong. One of the more increasingly common disorders is a condition known as “leaky gut.”

Leaky gut, otherwise known as intestinal hyperpermeability, is when perforations develop and allow undigested food and toxins to pass back into the body. Sound like a problem?

It is. Leaky gut can be the starting point for anything from food intolerances to inflammatory bowel disease. If leaky gut is a problem for you, you have options, and here are five to get you started.

1. Water

One of easiest things you can do to defend against leaky gut is to stay well hydrated. Chronic dehydration causes constipation. This, in turn, allows

bacteria to linger and inflame the intestinal lining, leading to—you guessed it—leaky gut.

2. Probiotics

Your gut is home to lots of bacteria—good and bad. Sometimes an imbalance can occur and the bad bacteria can take hold. When that happens, regaining balance is of vital importance. A probiotic supplement can help replenish the good guys and soothe and calm an unsteady gut environment. [1]

3. Digestive Enzymes

Taking digestive enzymes before eating a meal is an excellent way to help ensure your food is properly digested, lessening the chance that partially digested food will cause more harm to your body. In addition, studies also suggest digestive enzymes can help encourage a healthy bowel environment. [2]

4. L-Glutamine

L-glutamine is an essential amino acid with anti-inflammatory properties that works by coating cell walls and protecting against irritants. Studies suggest it could aid in the repair and growth of the intestinal lining and reduce some of the problems associated with leaky gut. [3]

5. Omega-3 Fatty Acids

Increasing the amount of omega-3 fatty acids in your diet is another way to combat inflammation. Some research even suggests omega-3s could work to alleviate symptoms of inflammatory bowel disease. [4]

There are a couple ways to get more of this nutrient; you could consider a supplement, or simply eat more fatty fish, like salmon. If you're a vegan or concerned about some of the aspects of eating fish,



that, of course, limits your options.

Is leaky gut currently a problem for you? Have you tried any of these five remedies, or do you have another to share? Leave a comment on our website and share your thoughts.

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What Signals Are You Really Sending Out?

Do You Want To Live In A Beautiful Mansion Or Live in Crowded Suburbia?



Or



Article continued from page...

In your hands, on your computer screen or however you are reading this article you have something in front of you which can completely transform your entire life.

Now for those of you who have no interest in having a rich life there is nothing wrong with that. Everybody lives their life in the way which they want to lead it.

However, if you have or are starting to get dissatisfied with your life and you want something better then this article can help you go from where you are to the place you want to be.

For this article to be of any benefit to

you you must firmly realise and connect the facts and the dots that the overall thoughts you have in your mind and the language you speak to yourself and others is the direct link to the outcomes that you have in your life.

There are no *ifs*, *buts* or *maybes* to this rule of what we think is what we get.

For example: you will not generally find a person who is earning \$30,000 a year driving a Ferrari and living in a \$1 Million Dollar Mansion. Generally speaking you will not find someone who is earning \$300,000 a year living in a small 1 bedroom apartment in a run down house.

You will not find an average golfer who

plays 1 or 2 rounds of golf every few months playing at Royal St Andrews Golf Club in Scotland to try and win the Scottish Open.

Remember, if you keep on manifesting an undesirable outcome in your life it is because of the language in your head and the words you speak and for no other reason.

To start turning your life around if that is what you want from an undesirable state to a more desirable state you must without fail go to work big time on the thoughts and words that you use in your life.

Some examples: if you keep on finding yourself saying, ***"I cannot afford it"***,

start saying to yourself,

"I am going to find the money to pay for it".

If you find yourself saying, ***"I will never get that pay rise because they always pass me over for someone else"***

or ***"I will never reach that income level or position in my business because the market is so negative and people don't trust anyone anymore and they don't want to spend their money"***,

start saying and thinking things like

"I'm going to get that pay rise and new position because I am the only person for the job".

Or, ***"people are going to love this new product because it helps them look and feel younger and I am going to get that income and position because I love helping people have a better life."***

In other words for your life to change for the better you have to really go to work big time on spotting, correcting and throwing out any negative thoughts or language and replace them with positive words and actions.

Remain positive at all times. Put a smile on your face that radiates warmth and acceptance to everyone around you. Compliment people, be genuinely interested in them and their life. Start doing this

on a daily basis. Smile from the moment you get up from the moment you go to sleep. Listen non stop to positive self improvement Cds and DVDs.

Go onto a crusade of personal improvement. Hope this helps you have a better life

It sure has turned my life around. Each day gets better and better by applying this stuff. The Editor Derek.

Creative Memory Scrapbooking is a Wonderful New Art Form

by: Spatch Merlin

For centuries the art of scrapbooking has been kept alive because we all love mementos and souvenirs of our past. We all like taking photos of our friends and our families because very often we do not get to spend as much time as we would like with them. Creative memories scrapbooking is a wonderful way of keeping these special occasions alive. It is a way of capturing the treasured moments you spend together in a personal photographic journal that you can make as decorative as you like.

Very often all our photographs stay in boxes or drawers because we never seem to have the time to sort through them. Some of our favourite ones may get framed or put into albums which then just stay on a bookshelf gathering dust. But photos often depict milestones in our lives. These photos are often

taken during important occasions such as weddings, christenings and birthday parties.

Scrapbooking has become one of the nicest hobbies for people to do when they are at home and creative memory scrapbooking means that all those old photos can now be retrieved from the boxes and drawers to be sorted and reminisced over in the nicest of possible ways. It is a very therapeutic pastime which keeps memories alive for the whole family to enjoy and appreciate. This whole concept of scrapbooking is an inventive approach to making sure nothing is ever forgotten. Scrapbooks are far nicer than simple photo albums because you can make them into beautifully decorative books which have your own very personal touch to them. These books tell the world exactly who you are and how

you express yourself. This is all achieved in the manner in which you create your personal scrapbook.

Your treasured moments are there for all to see on the pages you have personally made and creative memory scrapbooks suddenly have a life of their own, with memories of times long past suddenly jumping out of the pages at everyone who views them. The great part about it all is that you can add text to each of the pages, so that your story is not only visual but written as well. Each of the pages will lead to the next in a wonderful way if you plan it well.

To create a memory scrapbook is easy these days. Just by going on the Internet you will be able to find all the tools and materials you would ever need to start off doing this lovely and creative hobby. Just by looking around your own home, you

will find simple mementos and decorations which you can use to embellish your scrapbook. This is how they use to create scrapbooks in times long past.

We are lucky to have so much at our disposal, but it is always nicer to mix what you find yourself with things you find either in a craft store or on the Internet. You can create a very personal scrapbook by doing just this instead of just using prepared ready to use items. But if you are stuck for decorations or need extra embellishments to add that little bit extra to your scrapbook, you will find a treasure trove



of goodies by going on the Internet.

There are websites which specialise in scrapbooking and they offer some great ideas as well as supplying materials and kits which help get you started. Once you have created one scrapbook, you are well on your way to creating another because it is such a fun thing to do. Your children will love to be a part of the project and it will encour-

age them to use their imaginations and give you ideas on how to go about decorating your book.

A well kept scrapbook is an heirloom. It is a family legacy that generations to come will enjoy leafing through. It is something that you will enjoy creating, it will preserve your memories perfectly and it is a way of passing a little bit of yourself to those who come after you in one of the nicest art forms you can create.

Don't Forget To Take A Visit To Warner Brothers

Studio Tour In London UK

<https://www.wbstudiotour.co.uk/>



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Turning E.Books
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Passive Income

Learn To Play Banjo The EASY Way!

By Geoffrey White

Here Is Your First Free Lesson, Enjoy



Pick-Hammer intro part 1

Phone Geoffrey For Lessons In Sydney On: 0434 544 181

Or Go To: <https://www.dreamtreebanjos.com/>

Learn the NEW STYLE of easy-to-learn banjo... "Pick-Hammer". Pick-Hammer was developed many years ago out of the frustration in learning other banjo styles.

Banjo is NOT an easy instrument to learn, especially picking styles. It takes hours of concentrated practice and only the ones who REALLY want to learn and play make it to proficiency.

But imagine a two-finger style that is easy to learn and gets you playing right away? Geoffrey developed this style and has taught students for close to

a decade and has the results to prove it.

Success Stories

Micky says: "What took me 4 years with another teacher I learned in 4 weeks with Geoffrey! Highly recommended."

Karen says "As a woman of plus 50 years with no musical ability other than a long held passion to play banjo, it was extremely difficult for me to find a teacher.

My guardian angel was guiding me the day I stumbled on Geoffrey White on the internet. Geoffrey is an amazingly patient and supportive teacher.

His method is ideal for beginners because, while learning all the necessary basic skills, you are actually learning to play a tune and produce the wonderful banjo sounds which originally sparked our passion for this beautiful instrument...

Geoffrey is helping me to realise my dream and I highly recommend him as a teacher to banjo lovers wanting to learn or improve their skills".

Pete writes: "I started my lessons with Geoffrey not knowing very much about the banjo I received as a gift for Christmas.

Through Geoffrey's patience and expertise, I learned roll patterns, finger technique and by the end of our block of lessons, a whole tune! Couldn't have done it without his patience and banjo wisdom. Thank you!"

Click on the above FREE 15-minute LESSON and experience "Pick-Hammer" and have Geoffrey show you how easy it is to learn the banjo...call him for face to face lessons on 0434 544 181 or go to his website at www.dreamtreebanjos.com

Cheers, Geoffrey



Life Changing Quote's Of The Week!

See how you can apply them to your life to
make your life better.



**Carry out a random acts of
kindness, with no
expectation of reward,
safe in the knowledge that
one day someone might do
the same for you.**

~Princess Diana~



Nothing brings me more happiness than trying to help the most vulnerable people in society. It is a goal and an essential part of my life - a kind of destiny. Whoever is in distress can call on me. I will come running wherever they are.

(Diana, Princess of Wales)

izquotes.com

Crosswords + Puzzles

CROSSWORDS THANKS TO CATH ED OF TGNNP

To keep your mind tuned up and ready for action.

Sudoku By Cath Executive Director

Sudoku

Easy

			6					8
		5	9					
	1	3					5	6
				6				
9		2				4		
			8			7	3	5
							2	
	4			2			8	9
3				1				

Medium

	2	9			8	5		3
	5			4				
		8					4	9
	9	4	6	2				
				7				
							9	6
			1					2
9					5	6		8
5					2		7	

Hard

	2	9			6			
4								1
7						8		
	9						8	
6				5		1		3
8							6	5
			1	4			3	8
							2	9
		5		6	3			

Easy

4	7	2	9	8	6	5	1	3
8	5	6	3	1	4	9	2	7
3	1	9	7	5	2	4	8	6
9	6	7	2	4	1	8	3	5
1	4	5	8	3	7	6	9	2
2	3	8	6	9	5	1	7	4
6	9	1	5	2	3	7	4	8
7	8	3	4	6	9	2	5	1
5	2	4	1	7	8	3	6	9

Medium

1	5	7	3	6	4	9	8	2
3	8	2	9	7	1	4	5	6
6	9	4	2	8	5	1	7	3
7	3	1	8	4	9	6	2	5
2	4	9	6	5	7	3	1	8
8	6	5	1	3	2	7	4	9
4	7	3	5	2	6	8	9	1
9	2	8	4	1	3	5	6	7
5	1	6	7	9	8	2	3	4

Hard

1	2	9	5	8	6	3	4	7
4	6	8	3	9	7	2	5	1
7	5	3	4	1	2	8	9	6
5	9	7	6	3	1	4	8	2
6	4	2	9	5	8	1	7	3
8	3	1	7	2	4	9	6	5
2	7	6	1	4	9	5	3	8
3	1	4	8	7	5	6	2	9
9	8	5	2	6	3	7	1	4

Across

- 1 not defended, open to attack (10)
- 6 cuts in (10)
- 9 shortened name for mother (2)
- 11 a level someone has achieved (pl) (8)
- 13 in what manner (3)
- 15 ..F (first two abbreviated letters for the invitro fertilisation program.) (2)
- 16 source point, started (10)
- 19 putting into order (10)
- 23 science degree (2)
- 24 measurement of weight (3)
- 12 first women's name (3)
- 14 either (2)
- 17 additional (4)
- 18 canine (pl) (4)
- 20 abbr road (2)
- 21 thing already referred to (2)
- 22 inside, within (2)

Down

- 1 abbr university (3)
- 2 very small point (3)
- 3 structure (9)
- 4 placing money into a bank (7)
- 5 furniture in an office (pl) (5)
- 7 negative response (2)
- 8 feline (3)
- 10 image (5)
- 11 kids play equipment in a park (pl) (6)

1		2		3		4		5
6	7			8				
				9				
10		11					12	
13	14					15		
16					17			18
19	20				21		22	
	23				24			

Last Week's Solutions

C	L	A	S	S	R	O	O	M	S
B	O	R	E		E	L		E	
S	U	M			I	D	E	A	S
	D		R	I	S	E		N	O
B	E	G	I	N		S	K	I	S
	R	E	D		A	T		N	
K		T		O	N		K	G	S
I	P		I	F		T	A		E
C	A	R	T		T	A	I	N	T
K		E	S	T	O	I	L	E	S

Crosswords + Puzzles

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To keep your mind tuned up and ready for action.

Sudoku By Cath Executive Director

Word Finder Puzzle 216th Edition

Z	O	O	F	J	S	T	B	I	C	Y	C	L	E	S	A	Q	E	N	B	I	I	N	V	N	O	K	Y	M	X
O	K	R	Y	T	R	L	G	T	M	X	M	P	E	E	M	M	K	G	O	D	A	M	O	V	E	L	X	A	H
W	U	B	R	O	E	B	B	Y	G	Q	C	V	S	G	U	I	F	O	R	M	I	M	W	L	E	T	S	K	O
S	X	U	P	D	X	D	A	A	J	B	O	V	E	X	S	T	L	G	N	I	L	E	G	C	F	J	N	E	U
F	H	X	R	A	Y	S	R	F	R	O	N	T	A	A	E	A	I	E	C	A	N	D	I	A	R	Y	T	S	S
F	E	A	F	R	A	I	D	Y	H	N	G	B	L	E	D	D	V	U	S	R	L	N	R	E	V	O	L	V	E
C	L	A	K	E	T	O	F	S	F	O	R	T	U	N	E	E	F	S	I	X	I	C	E	K	N	I	T	W	S
O	P	O	L	E	E	S	O	U	R	G	A	R	E	A	S	L	N	I	Q	S	U	T	A	D	I	Z	T	I	E
O	L	Q	W	E	T	D	T	W	Y	S	T	R	I	P	E	I	O	N	L	E	N	D	I	B	B	N	F	D	H
K	E	H	H	S	T	E	A	C	L	O	U	D	L	Y	A	V	R	G	B	E	M	T	R	C	I	B	D	E	A
E	S	T	I	F	H	E	R	O	E	S	L	I	A	L	R	E	F	A	L	L	S	X	S	E	I	N	K	R	G
R	S	X	P	T	V	O	T	N	M	G	A	L	P	F	S	R	E	A	I	B	R	E	A	D	B	S	E	G	E
S	E	B	R	U	S	H	L	C	A	L	T	X	A	R	F	S	P	F	G	L	C	K	D	N	I	H	E	Y	K
W	E	K	K	S	P	I	T	E	Y	A	E	A	W	C	L	A	M	S	P	A	R	P	I	R	T	D	L	S	C
W	D	W	O	F	A	N	S	N	O	R	S	L	O	N	G	E	S	T	R	O	A	M	A	B	E	N	A	V	Y
W	K	C	Q	O	N	K	T	T	R	E	E	S	S	N	D	I	D	B	M	T	N	K	X	Y	O	Y	O	W	L
P	Z	N	O	O	N	A	E	R	O	E	X	P	R	E	I	E	Q	O	M	R	S	I	P	I	Z	H	O	B	I
D	P	U	S	D	O	T	X	A	Y	R	G	A	O	T	B	O	L	C	U	U	S	I	T	P	S	N	U	R	T
A	T	A	G	L	I	E	T	T	K	O	E	H	G	M	O	U	N	T	D	L	G	A	I	N	S	E	C	T	X
L	E	N	F	B	A	C	A	I	I	C	X	D	F	I	I	T	U	S	T	Y	T	L	A	W	C	P	L	P	S
S	D	N	R	E	A	C	T	O	S	K	P	Y	O	S	L	T	T	R	C	E	Y	E	Y	N	H	T	U	U	N
T	I	O	Z	A	L	H	I	N	S	Y	E	F	Q	T	E	G	A	U	R	O	V	P	A	V	A	U	B	M	A
E	N	Y	K	T	K	I	L	C	U	N	R	A	R	I	D	C	H	P	O	V	W	E	R	S	L	M	O	B	P
E	O	S	B	E	E	E	E	Y	B	B	T	L	V	Z	F	Q	R	F	P	E	B	B	N	O	L	B	C	U	P
P	S	N	H	N	T	F	S	D	U	G	R	X	R	O	G	E	Z	O	T	R	D	I	U	T	E	L	N	D	E
X	A	L	Y	C	E	R	M	E	Y	N	R	O	R	K	T	Z	H	D	W	L	K	G	W	X	N	I	R	T	D
G	U	E	V	Y	E	O	P	E	N	I	C	O	N	C	E	A	L	E	D	E	G	F	A	G	N	T	J	C	
A	R	P	I	R	O	N	S	A	U	Y	T	O	I	M	T	J	H	I	V	D	V	E	L	H	I	G	K	U	H
P	S	L	C	P	S	C	A	R	R	T	T	D	N	U	M	V	F	S	I	K	G	R	N	I	N	J	B	R	E
A	A	H	O	S	E	H	W	T	Y	R	E	S	O	L	V	E	D	T	V	M	R	U	G	D	G	S	Y	Y	W

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Y	X	K	A	X	H	H	O	K	H	Q	Z	S	K	S	S	K	C	T	A	N	K	S	S	W	H	F	E	L	T
P	C	T	O	S	S	E	D	P	B	I	T	T	E	N	W	O	T	L	A	S	S	I	S	T	A	N	T	N	U
U	U	N	I	T	Y	E	A	R	A	C	N	U	Y	E	A	U	O	C	T	E	K	N	R	V	N	S	A	R	X
B	A	R	E	L	Y	T	W	R	E	N	U	C	F	U	M	D	N	N	L	R	U	D	E	S	Y	S	G	A	R
J	E	Y	S	O	L	V	E	J	S	A	I	K	H	D	N	B	U	G	E	A	Q	E	O	A	A	S	E	C	A
R	E	S	C	U	E	D	B	M	K	M	M	I	F	U	R	A	N	W	G	R	V	X	W	E	K	T	S	K	Y
U	A	V	T	V	I	O	R	O	P	M	A	J	O	R	Y	I	O	S	O	D	D	L	L	A	K	E	S	T	Y
H	R	W	O	R	A	T	E	R	A	O	N	P	X	L	N	L	V	E	E	W	I	P	R	D	K	A	P	B	R
S	M	M	B	E	E	Y	F	I	E	R	C	E	I	A	K	L	U	E	A	A	Q	A	F	N	R	M	E	A	L
C	E	Q	P	T	H	D	E	B	V	U	S	R	E	R	E	I	R	G	R	G	T	F	L	H	E	E	C	N	A
R	H	T	E	K	I	U	R	M	E	B	A	M	E	C	N	O	T	S	P	B	L	S	Y	L	I	C	L	A	Y
E	T	F	T	E	Q	B	D	I	R	N	Y	W	N	W	F	C	N	C	K	L	S	E	A	T	N	P	A	A	S
W	M	R	W	E	D	I	N	D	I	A	N	Q	O	E	Z	E	G	H	H	U	O	T	N	U	T	S	K	C	Y
M	E	H	E	T	E	P	W	D	L	N	F	C	B	K	T	D	A	E	A	E	N	U	R	S	E	S	M	H	P
B	M	T	I	D	E	A	R	L	T	E	J	G	L	A	E	W	B	M	M	E	N	O	G	R	I	N	U	R	H
R	E	A	C	T	G	O	N	E	S	R	D	U	E	E	C	O	L	E	M	P	S	L	I	H	B	T	M	I	O
A	C	T	A	A	Y	E	E	B	J	E	S	B	M	M	R	E	E	E	O	T	I	P	S	I	G	A	S	N	
C	D	C	H	A	R	M	I	N	G	F	C	P	H	K	N	K	G	R	R	H	U	I	N	L	I	A	P	T	E
E	O	W	O	R	K	I	N	G	M	O	R	O	E	O	G	A	Y	W	A	I	I	N	E	K	U	E	B	M	F
L	F	M	Y	U	T	V	E	A	X	E	I	W	L	N	R	A	G	I	N	G	F	H	T	S	E	G	R	A	Y
E	X	F	P	J	N	H	H	Q	H	O	P	E	I	U	D	N	S	J	L	H	L	H	S	R	M	P	R	S	D
T	F	A	E	E	I	T	R	A	Y	S	T	R	O	N	G	U	B	E	T	L	N	K	I	L	E	A	I	S	F
S	F	J	J	C	T	X	R	E	Y	U	A	C	R	M	U	H	E	R	A	Y	G	P	C	L	T	I	L	T	H
B	Y	I	V	X	T	E	X	Y	E	D	N	Z	Y	A	Y	J	A	C	D	S	M	K	K	C	M	R	S	O	S
F	J	O	G	U	E	S	T	B	S	E	P	O	I	N	T	E	M	O	D	E	O	L	E	N	T	T	D	C	P
P	E	A	G	L	B	Z	P	L	H	I	D	N	A	S	K	S	S	D	C	O	T	N	S	T	H	E	H	K	B
A	N	U	B	Z	V	A	H	I	A	I	D	U	N	P	N	D	J	E	L	L	Y	A	T	G	B	O	W	I	A
C	R	B	S	Y	S	E	C	C	G	Z	B	E	G	R	E	L	C	O	M	M	U	N	I	C	A	T	E	N	S
D	U	S	H	O	O	K	I	K	G	O	V	Y	E	A	E	E	J	O	B	E	Y	E	D	L	A	D	L	G	I
B	R	T	Y	P	E	F	Y	N	Y	O	U	D	L	Y	O	G	H	U	R	T	T	W	S	O	S	A	F	E	N

Smiles Will Constantly Brighten Your Day

by: Whinston Sparks

Grinning is 1 of the easiest and cheapest methods to enhance one's high quality of life and the advantages from grinning reach extra than just a single individual at a time. Smiling is contagious, alterations our mood, can make us look younger and additional interesting, creates us glimpse extra successful and relieves pressure.

via your actions and you will draw people today towards you by presenting an appearance of happiness.

As stated above, smiling can also transform your mood. Seeing other individuals smile can adjust your mood simply because they are presenting a view of happiness. If you are feeling low, you ought to try smiling even if your feelings on the inside do not reflect it. It has been proven that grinning can trick your body into tricking your mood and can reverse sad or depressed feelings.

Grinning is contagious. When you smile, it causes others to smile. For example when you see others grinning, you want to smile as well. It just makes you think excellent thoughts when you see an individual smiling at you or even just in your direction and when you smile you are doing the same for other people. You are actively passing along a great feeling

Smiling draws individuals in simply because a smile on ones face can make their appearance very much more appealing. Smiling also causes people seem younger mainly because when



you smile it lifts the muscles in the face. In addition, nothing is more appealing to a potential partner than an irresistible smile. So start grinning and spread the love.

Grinning can make you flourish. Even though this may be tough to believe, it is true. When you walk

into a function wearing a smile, you will seem definitely more pleasant and outgoing. It has been proven that people today who smile a lot more are less likely to be passed up for promotions. Use these facts to enhance the high quality of your existence and move you ahead in your

career. Your next work advancement may possibly just be a smile away.

If you feel stressed at work, home, or just in general try a smile on for size. Smiling initially gives you the appearance of not being stressed and secondly it helps by lowering your blood

pressure, boosts your immune system, and releases endorphins that make you feel excellent and melts the pressure away.

It is awesome how such a little act can transform so many lives.



Tool Kit For Healthy Men



Think Zinc Male and female bodies have a specific biological function and each anatomy is designed to accommodate these differences. Male and female nutritional health requirements are also different.

This valuable mineral is lost from the body due to alcohol intake and sweating. Surgery, weight loss and burns can also deplete the body's zinc levels.

Protein Protein comprises small sub units called amino acids which act as the building blocks to our body and are needed for cell regeneration, hormone production, as well as muscle growth and repair.

Protein also provides the body with a sustainable energy source to keep us going throughout the day. While daily protein requirements are different for everyone, men involved in strenuous work or physical activities generally require a higher amount in their diet.

With our busy lifestyles, a simple, easy and effective way to introduce more protein into the diet can be the addition of a good quality protein powder such as whey, pea or rice protein. These are available in various forms to accommodate a range of individual needs.

While women generally require more calcium and iron, it is zinc that can be craved by the male body. So, the first supplement you may want to include in your men's health tool kit is a quality zinc supplement.

Zinc carries out a number of functions in the male body. It is particularly helpful during puberty and mature age as it is involved in sperm cell formation and fertility, as well as hormone metabolism and balance.

Low soil concentration of zinc and modern day food processing means it is one of the most common deficiencies in people today. Aside from its specific use in the male body, zinc also helps to heal wounds and skin problems as well as promote healthy body tissue.

Zinc is also crucial for the manufacture and repair of DNA and plays an important role in strengthening the immune

Male stamina herbs Tribulus terrestris Throughout history reverence has been attributed to particular 'male' herbs.

Tribulus, a herb used in Traditional Chinese Medicine, has recently experienced a resurgence of popularity due to its potent health and stamina promoting properties which may be useful during times of physical exertion.

Shown to have beneficial effects in dilating coronary arteries and improving coronary circulation, Tribulus may be helpful for improving overall energy and providing cardiovascular support.

Tribulus can at times be combined with ginseng and the liver tonic, St Mary's thistle, to produce a more specific male health formula which may be beneficial for busy men, and also those engaged in constant physical activity.

In addition, Tribulus may be useful for improving libido and sperm cell development as it can potentially help increase the levels of two nat

urally occurring hormones in the body, DHEA (dehydroepiandrosterone) and testosterone.

Epimedium sagittatum (Horny goat weed) Used by practitioners for more than 2,000 years, horny goat weed holds an important place in Traditional Chinese Medicine and is gaining popularity around the world.

The plant has long been employed to restore sexual fire by acting as an aphrodisiac and increasing libido. It has also been used as a remedy to help boost erectile function, alleviate fatigue and provide possible cardiovascular support by improving blood flow throughout the body.

Saw Palmetto The herb, saw palmetto, has tonic properties and may prove beneficial by helping to regulate male hormone levels.

Saw palmetto may

be particularly useful for mature age men to help bring balance to the system. This balance may help provide a preventative solution or possible support to those with Benign Prostatic Hyperplasia (BPH), also known as benign enlargement of the prostate. The mechanism of action involved in hormonal balance has also been found to help with hair loss or balding.

Studies have indicated that saw palmetto may also assist in relieving mild fluid build-up.

Epilobium parviflorum Epilobium parviflorum has long been used in traditional herbal medicine as a male tonic. For mature aged men, Epilobium can be a helpful herb that may be combined with saw palmetto to help support the prostate and reduce the incidence of BPH. BPH is associated with lower urinary tract symp

toms and is becoming increasingly common in men over the age of 45.

Various protein sources include:

- milk
- cheese
- yogurt
- eggs
- red meat
- poultry
- fish
- legumes
- nuts
- seeds

Good food sources of zinc include:

- oysters
- red meat
- fish
- poultry

Article source: <http://www.healthylife.com.au/healthy-you/mens-health/tool-kit-for-healthy-men/>