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AND PROSPERITY ON EARTH ©

The World's Happiest & Most Positive Solution  
Based Newspaper 220th Edition 11th March 2019

# Discover How To Predict Your Own Future

By Derek White Editor © March 2019



Yes I know. It's quite a Headline and could be considered by some people to be a bit too far out there in the game of normal realities.

However to be sensible and putting aside Natural Disasters, Nature in general and things that are abso-

lutely and completely out of anyone's control, there is a simple process that people can use to their advantage to predict a fair amount of their future which is actually under their own control.

It is such a simple system that at first

glance one could easily dismiss it or reject it right away. If you were to do that you could easily be doing yourself a huge dis-favour.

Why? Because it has the gigantic potential to positively change the entire course of your life and your

future in ways you cannot possibly imagine right now.

Because it is so powerful I am going to lead up to it gently so that you can think with it and see the huge potential it could have for your life. The best part of this system is even

though it has a value beyond the budget of the average person's income, today I am giving you access to it completely free.

Now just because I am giving it to you for 'free' please don't make the mistake of thinking that this has no value and dismiss

it OK? Let's begin. Article continued on page...9

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My Gosh! Did you see that there is now a way of ending Unemployment, Poverty and Financial Hardship on Earth? Check it out in The Good News Newspaper in Australia



Did You Hear About That Amazing Inspirational Story In The Good News Newspaper From Australia?

Wow! Environmentally Friendly Good News At Last!

This Good News Newspaper Is Great! No More Doom and Gloom. Only positive solutions to the problems of life.

# Plant-Based Diet: What To Eat, Avoid, Meal Plan, & More



By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM  
Published on November 5, 2018



Continued from last week's 219th Edition.

whole grains (which are also gluten-free):[4]

**Legumes**  
Legumes contain loads of macronutrients and micronutrients and are an important source of protein for plant-based eaters.

- Oats
- Millet
- Wild or brown rice
- Amaranth
- Buckwheat
- All unrefined flours from these whole grain sources

• Beans: Black beans, kidney beans, lima beans, chickpeas, adzuki beans

- Peas: Green peas, snap peas, split peas, snow peas, black-eyed peas
- Lentils: Red lentils, yellow lentils, green lentils, orange lentils, black lentils
- Peanuts

**Whole Grains**  
All grains start whole, but processing strips one or more parts of the seed or kernel, as well as protein from the grain.

**Fats**  
There are many healthy fats and oils that can form an important part of your plant-based diet. Always look for organic options.

- Cold-pressed oils: Avocado, sesame, extra virgin olive oil (EVOO)
- Coconut oil
- Organic peanut oil

White flour and white rice are missing both the bran and germ of the grain and thus many micronutrients as well.[3]

**Nuts & Seeds**  
Nuts and seeds are a great snack on a plant-based diet, and seeds like quinoa can be served as a healthy grain in your meal plans.

Enriched or fortified grains have had previously stripped nutrients added back in — but these are not as healthy as those that retained their natural nutrients. I recommend the following

- Seeds: Quinoa, chia, sesame, flaxseed, hemp seeds, pumpkin seeds, sunflower seeds
- Nuts: Pecans, walnuts, pine nuts, Brazil nuts, cashews, cacao, hazelnuts, coconut

## Foods to Avoid

To reap the maximum benefits that whole, plant-derived nutrition can provide your body, mind, and spirit, eliminate these foods:

## Meat

- Red meat
- Processed meat like cold cuts, bacon, lunch meat
- Seafood and shellfish
- Poultry
- Pork

## Dairy & Eggs

- Milk
- Cheese
- Yogurt
- Buttermilk
- Eggs

## Processed Foods

- Soda and energy drinks
- Food with added sugar
- Refined flour
- Hydrogenated oil and trans-fats such

as margarine

- Refined, highly processed oils with high omega-6 levels (soybean, canola, corn, cottonseed oils)
- Processed “vegan cheese”

## Plant-Based Food to Avoid

Although these are technically allowed on a plant-based diet, I have found avoiding them leads to better overall health and well-being. Limit or avoid the following foods:

- Corn and white potatoes
- White rice
- Grains containing gluten such as barley, rye, wheat
- Soybeans
- All genetically modified (GMO) foods.

## Example Plant-Based Diet Meal Plan

The following meal

plan is an example of what following a plant-based diet could look like.

### Day One

- Breakfast: Fresh fruit topped with coconut flakes
- Lunch: Spinach salad with sliced almonds, olives, and sun-dried tomatoes served with homemade vinaigrette dressing
- Dinner: Spicy mushroom stir-fry

### Day Two

- Breakfast: Oatmeal with fruit and nuts
- Lunch: Quinoa salad with lemon basil dressing, fresh fruit
- Dinner: Green lentil salad with spiced carrots, side salad

### Day Three

- Breakfast: Whole grain sprouted bread with homemade sunflower butter
- Lunch: Coconut chickpea curry

• Dinner: Vegan chili; paprika parsnip fries with lemon cashew cream.

Health Benefits of a Plant-Based Diet  
Not everyone follows a plant-based diet for weight loss, although that may happen if you continue eating this way.

People often start a plant-based diet for health reasons — decreasing your risk of heart disease, diabetes, and obesity, for example — or to support a more sustainable planet.

Below are some of the benefits you might find after adopting this incredible way of eating. Article continued on page...7

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 The World's Happiest & Most Positive Solution Based Newspaper. 173rd Edition 11th March 2019

**“When Health Is Absent, Wisdom Cannot Reveal Itself, Art Cannot Manifest, Strength Cannot Fight, Wealth Becomes Useless And Intelligence Cannot Be Applied.”**

Quote By Herophilus The Father Of Anatomy Who Founded The First School Of Anatomy

To Help You Have Better Health And Increase Your Life Span Please Visit [www.healthelicious.com.au](http://www.healthelicious.com.au)

**Healthelicious Lifespan Correction**

Most mammals live a maturity 4 to 7 times their growth span but we humans are lucky to live a maturity twice ours. For too many of those years we lack energy and are unwell, we merely exist rather than being fully alive and healthy.

Current Average Life Span      Stolen Potential

Age: Birth      25      55      85 Death      145

Growth Span      Well Adult Years      Unwell Years      Stolen Golden Years

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**Purpose: To deliver optimal nutrition to boost your energy, restore, maintain and extend your health.**

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# What You Get By Achieving Your Goals Is Not As Important As What You Become

By Rosemarie Sumalinog Gonzales



We all have a passion. So, find something you really enjoy doing, no matter how small. For me, it is a few things.

I enjoy writing and I find pleasure in reading or playing computer games with my kids a couple of nights a week.

This allows to refresh and relax my mind even during the most stressful of days.

Stress will build and build once all you think is WORK. When swamped with work, family life, etc. we often forget about ourselves.

What I mean by this is to find a few hours off and do something you like to do.

For example, I enjoyed a nice trip to the highlands and enjoy nature. Just spending some quality time with myself makes all the difference.

In other words, it means that you have many blessings in your life whether you see them or not. It is



important to recognize what you have, and take joy in it. I may work a lot of hours and get stressed beyond belief sometimes, but then by simply taking a look with my kids playing and smiling, I get satisfied.

My efforts are all worth it. In fact, it is all a matter of perspective and choosing what to focus on. Just remember, enjoy what you do, and enjoy who you are more.

The true purpose of

a goal is to help you grow. Everything in your life becomes better when you grow.

A real goal are a few things you never did before. A goal are a few things that may scare you and excite you at the same time.

In short, after you set your goal, you do not have to be shrewd to succeed in it. Do not even rely on that. Solely rely on one thing that you simply want.

What you get may be a bonus from your hard work and effort. Growth may be a natural a part of life.

That's why it's necessary to hunt ways to grow. Goal setting allows you to grasp and to head in the right direction with life.

Make your goal bigger than before and set a time frame to achieve it. After you reach your goal you recognize that you also become a better version of you.

Everything in your life can improve. Just make sure you have a goal.

Decide what you want, how to measure it and when you want it. Then, focus on the things that will take you in the direction of your goal. Lastly, don't spend any time thinking of why you can't. Only think of how you can.

To accomplish your goals focus in the process of achieving them rather than the prize.

It is very important to set your goals and work towards accomplishing them.

You cannot quantify the prize you get for fulfilling your goals apart from how they make you feel.

Are you satisfied with the outcome of your efforts?

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# 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](https://www.dreamtreebanjos.com)  
Cheers, Geoffrey



# Plant-Based Diet: What To Eat, Avoid Meal Plan, & More

By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM  
Published on November 5, 2018



Continued from page 3.

## Lose Weight

Following a plant-based diet can help you lose weight. An oft-touted fact is that vegetarians generally have a lower body weight than people who eat both meat and vegetables. One review of 15 studies found that people who followed a vegetarian diet on doctor's orders lost an average of 7.5 pounds.

Men who started heavier and those who followed this way of eating for a longer period lost even more weight.[5]

Overweight adults who ate various plant-based diets for six months lost more weight than those who ate meat.

Vegans lost twice the weight of pescatarian (people who eat fish but no other meat), meat eaters, and even vegetarians who ate eggs and dairy — and decreased their levels of saturated fats to boot.[6]

People on vegetarian weight-loss diets also felt equally full after a meal as those on meat-inclusive diets.[7]

## Improve Your Heart Health

Plant-based diets may improve your car-

diovascular health by lowering your cholesterol levels and balancing your blood pressure.

While diets high in meat, dairy and unhealthy fats may clog arteries,[8]vegetarian diets, in contrast, can lower blood levels of low-density lipoprotein (LDL or "bad" cholesterol).

People eating low-carb, high-protein plant-based diets with healthy fats may see even more pronounced heart health benefits.[9] Low-carb vegetarian diets may also lower blood sugar and blood pressure.[1,

10]

## Boost Your Energy

Some people following a plant-based diet report feeling more energy and vitality.[11] The more alert you feel, the more you can do the things you love and the more fully you can live your life.

One study found that people with osteoarthritis had significantly more energy, greater mobility, and less daily pain after eating a plant-based diet for just two weeks compared with people eating a standard omnivorous American diet.[12]

## Make Your Belly Happy

The term microbiome describes the trillions of microorganisms (bacteria, fungi, and viruses) housed within the gut.[13]

You can actually cultivate your microbiome to have depression-busting, obesity-fighting probiotics — good microbes — by changing your diet to plant-based foods.

Fermented sauerkraut, kimchi, kefir, and non-dairy yogurt are packed with healthy strains of intestinal bacteria that, with regular consumption, will help develop your microbiome in a positive direc-

tion.[14] To feed the probiotics, you need prebiotics — fibers from foods like garlic, bananas, onions, and radishes. A plant-based diet can include all these foods, improving your gut with every bite.

## Help Planet Earth

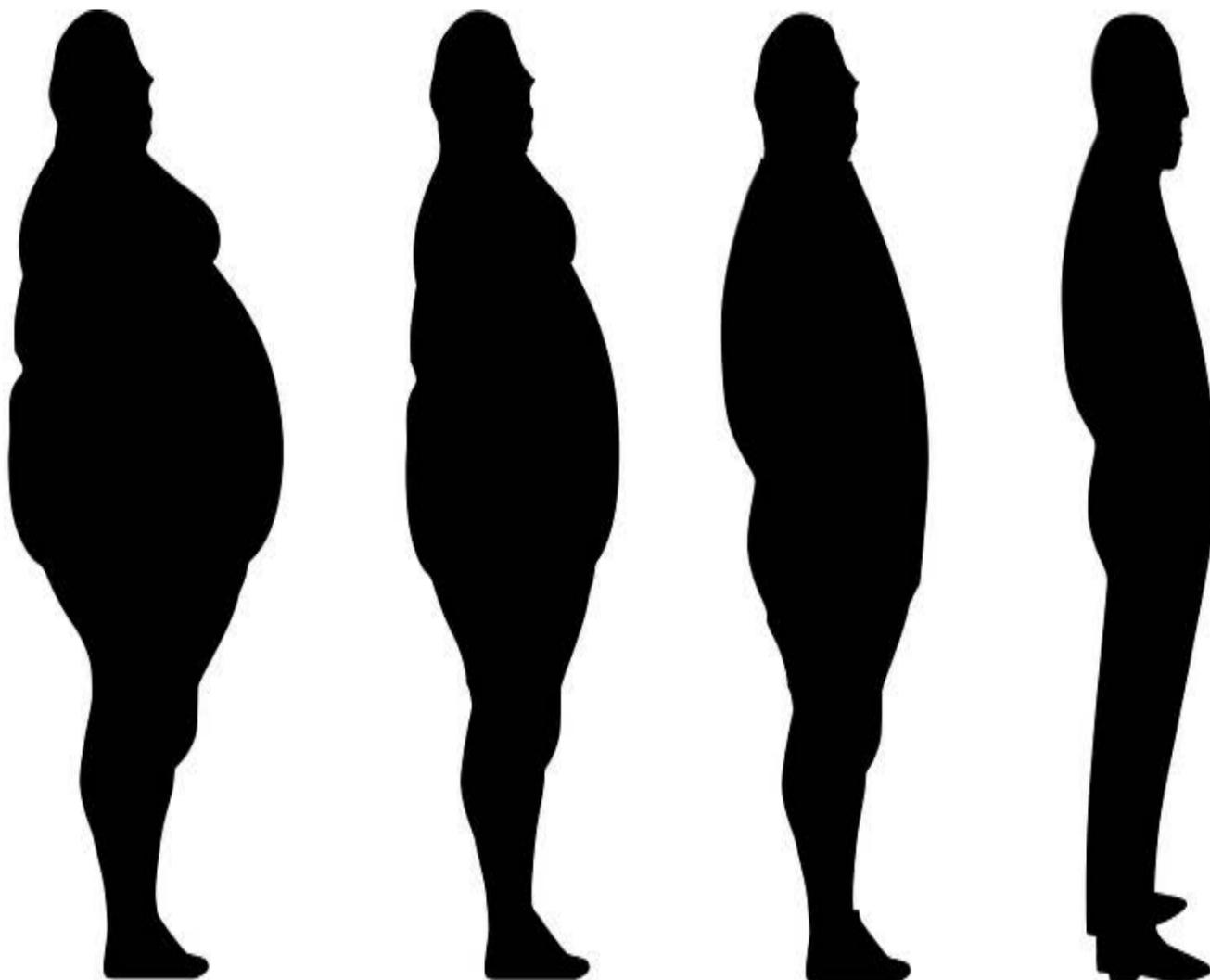
Eating a plant-based diet is gentler on the planet. Rearing livestock leads to deforestation, which not only eliminates wildlife habitat but also worsens climate change by emitting greenhouse gases into the atmosphere.

Livestock account for one-third of all green-

house gas emissions on the planet — more than all global transportation combined — cars, trucks, trains, and planes.[15]

Eating meat also exposes humans to bovine antibiotics, hormones, and other unnecessary chemicals. Reducing meat consumption lowers resource consumption.

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# Bella Dental Care because we care...



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Bella Dental Care is located on Level One of the **Atlas Building** in Norwest's commercial area.

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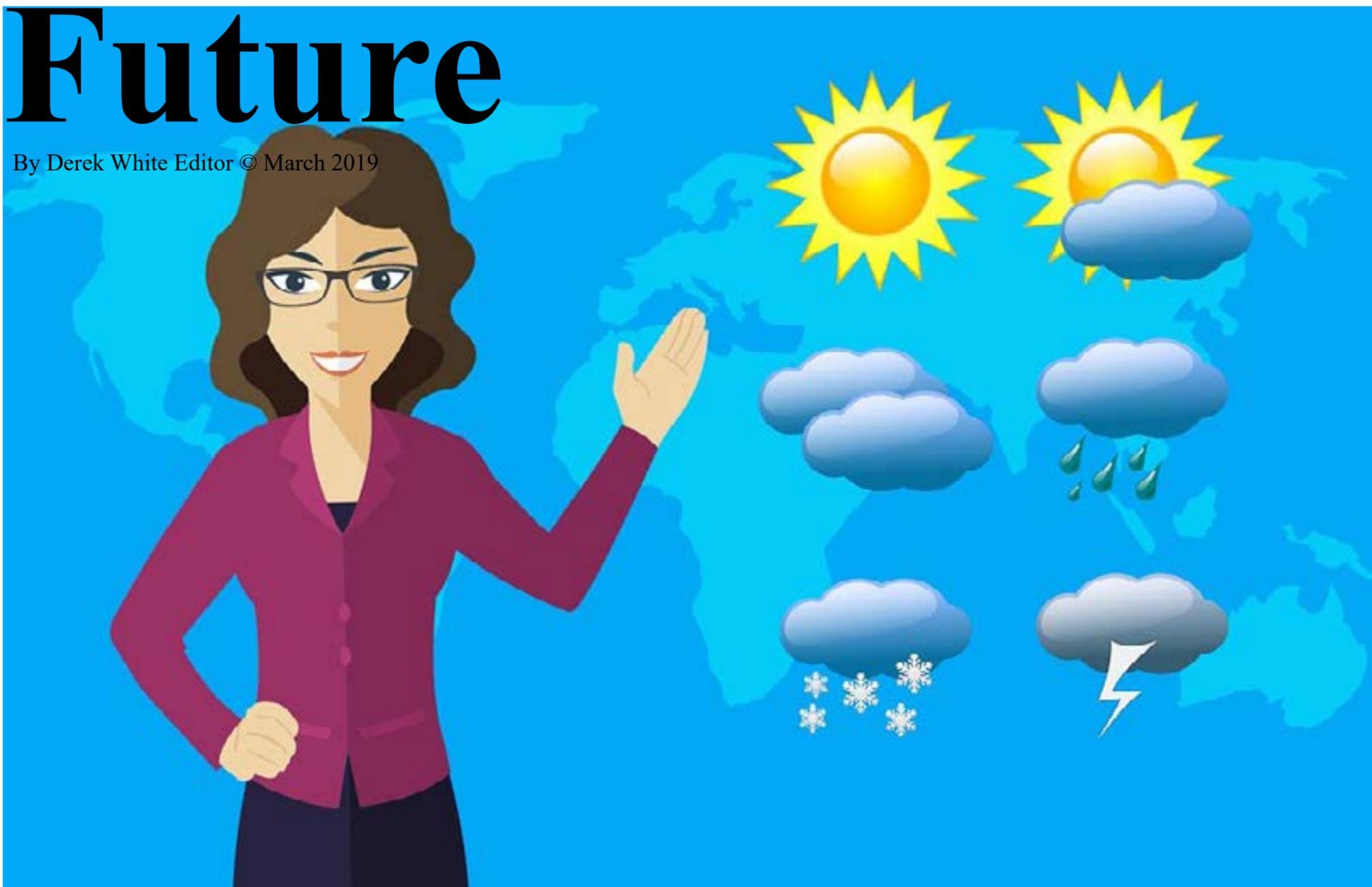
**Implants,** Surgical Extractions and Wisdom Tooth Extractions.

### Nitrous Oxide

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

# Discover How To Predict Your Own Future

By Derek White Editor © March 2019



Article continued from the front page...

will run into in their future.

Now to some of you, the above picture of the female weather forecaster telling us what the weather is going to be like in relation to the Headline of this article: **Discover How To Predict Your Own Future**, may not immediately be apparent to you.

Let us get into some examples so you can start thinking with this. **Let's look at the above picture from a health and fitness perspective.**

If a person chooses to do no exercise, eat the wrong foods and over indulges in alcohol, for awhile and depending on what shape they are in to begin with they can get away with their choices for maybe a few weeks or a month or so. But as

time goes by if they choose to continue to do no exercise and continue to consume the wrong foods and over drinks then it is only a matter of time before their body will start complaining.

It will start getting fatter and out of breath going up the stairs or hills of life. A person will start having bad moods, getting grumpy, not wanting to go out, etc.

Now if you look at the above picture again from these different perspectives

you will see that the person we are discussing started out fairly bright, sunny and happy and then gradually became a bit cloudy, then became overcast and a bit 'rainy.'

Then as the person continues to make the wrong choices in life with their food and drink and doing no exercise, things will step by step go down hill for them into the coldness of the dark cloud. i.e. poor circulation of the air (i.e. their blood not correctly moving around

their body because of lack of exercise) which then ends up with them feeling like it is snowing or cold outside when it's not.

As they continue on with their incorrect choices they could end up feeling like they are caught up in a wild, dark storm with hailstones crashing down on them and their belongings.

Do you see the correlation between, Kidney Stones, Gall Stones and Hail Stones? And finally

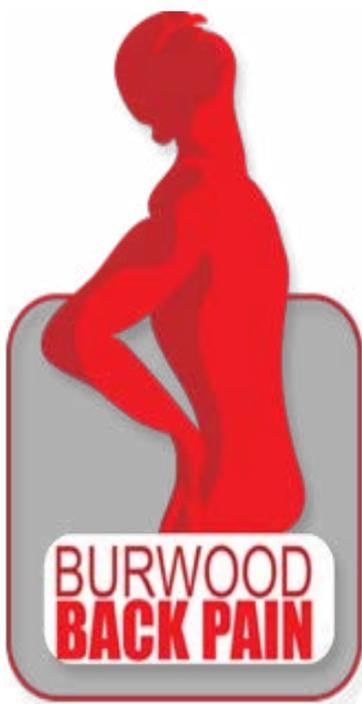
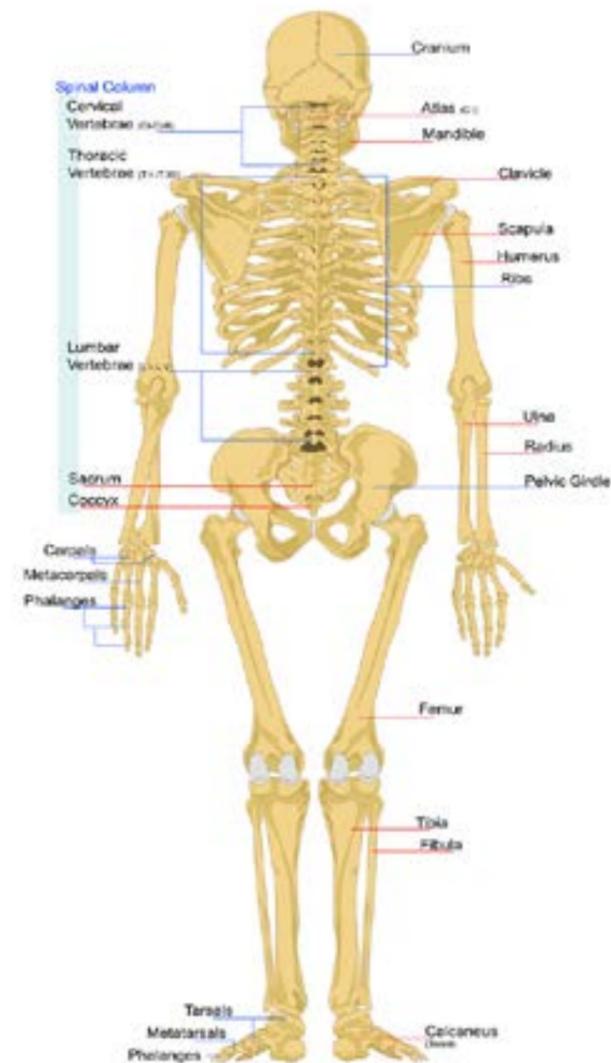
as they continue to ignore all the warning signs they can end up even worse and black as thunder with painful things happening in their bodies, (The Lightning Strikes).

They then either ultimately must go to the doctor or end up in the emergency dept of their local hospital or in some strange hospital far away from home if they are on a plane, train or cruise ship.

Article continued on page..12.

# If You Want No More Pain, Fly, Drive Or Catch The Train To Burwood Back Pain.

(Please Click Picture To Watch The Video)



### Personal Testimonial From The Editor Of The Good News Newspaper.

**NICK, CHRIS AND ALL THE FANTASIC STAFF AT BURWOOD BACK PAIN HAVE BEEN MY SAVING GRACE AND GUARDIAN ANGEL'S FOR MANY YEARS.**

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pain, Nick, Chris and all the staff cared for me so well that between them they kept me from having to spend the rest of my life in a wheelchair.

Since then they have rescued me from quite a number of serious spinal and neck problems. I cannot recommend them all highly enough. Derek White.

Everything Is Connected. If One Thing Is Out Of Alignment, It Can Likely Affect Something Else.

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# Plant-Based Diet: What To Eat, Avoid, Meal Plan, & More

By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM  
Published on November 5, 2018



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**Nutrients to Be Aware of on a Plant-Based Diet** Eating a plant-based diet has so many benefits that it's hard to believe it could do any wrong. However, when you avoid meat and dairy, you have to make sure you get enough of certain nutrients, or you could experience deficiencies.

**Protein** According to Harvard Medical School, most vegetarians (including people who follow a plant-based diet) get adequate daily protein. [16] Many elite athletes and Olympians have trained and competed — and won — while subscribing to a healthy, plant-based diet.

You can get the protein your body needs from plant-based sources including legumes, nuts, and whole grains.

**Vitamin B-12** Vitamin B-12 is found only in animal products. If you eat a plant-based diet, you could end up with a B-12 deficiency unless you take a supplement. Research shows that more than half of vegans and 7 percent of vegetarians are B-12 deficient. [17] Since dairy and eggs contain B-12, lacto-ovo vegetarians may get enough — or may

not. To be sure, all vegans and vegetarians should get their blood levels tested regularly and consume a highly absorbable B-12 supplement.

**Iron**, Since meat contains high levels of iron, when you avoid it instead of plant fare, you could end up with an iron deficiency, which can cause anemia. Some plant foods contain iron, but you may need to seek them out — along with foods that boost iron absorption. Phytic acid, a compound in some plant seeds, can prevent the body from absorbing certain essential minerals such as iron, zinc, and calcium.

Phytic acid attaches to micronutrients, preventing the body from using them. Taking an enzyme supplement that contains the enzyme phytase can help break down phytic acid. [18]

**Calcium** Most people who eat a plant-based diet tend to get plenty of calcium, especially if they eat calcium-rich dark green leafy vegetables, like spinach and kale. But if you're not a fan of these, or you fall into a category of people who need more of this mineral, calcium orotate is your best choice with 90 to 95 percent absorption.

Calcium should always be taken with magnesium, which further aids its use and absorption in the body. Vitamin D3 is also needed for optimal calcium absorption.

**Omega-3 Fatty Acids (DHA)** Although plant-based diets and omnivorous diets tend to have equal intakes of  $\alpha$ -linolenic acid (ALA) fatty acids, plant-based diets tend to provide less of two other omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) [19] which are critical to preventing and managing certain chronic conditions, including coronary heart disease. [20]

**Make sure you get enough in your diet.**

**Vitamin D** Vitamin D3 is actually a hormone that maintains strong bones and balances calcium levels in the body, among other things. And while our bodies produce it when exposed to the ultraviolet B rays of the sun, people farther from the equator are often vitamin D-deficient.

People eating a plant-based diet tend to have lower levels of D3, since this vitamin is mainly found in fortified, processed food, like breakfast cereal, juices, and margarine,



or soy and cow's milk — all things you'll avoid on a plant-based diet. [21]

**Is a Plant-Based Diet Right for You?**

There are countless reasons to follow a plant-based diet. For starters, you may lose weight, reduce your risk of metabolic disorders and other health ailments, and you'll steer clear of food additives and chemical preservatives.

I recommend starting slowly. Gradually eliminate dairy and meat over six months to one year. This slow process allows your body to adjust and helps you avoid side effects, which may include fatigue or weakness due to the initial detoxification process of ridding the body of meat and animal prod-

ucts. People taking medications should take extra precautions since diet changes can affect how your body processes these pharmaceuticals. [22]

Plus, slowly introducing high fiber-foods like those in the plant-based diet can help offset a potential upset stomach that could arise from a more sudden shift. [13] If possible, consult your physician and seek the help of a nutritionist before changing your diet.

**Points to Remember**

A whole food plant-based diet includes fruits, vegetables, legumes, nuts, and grains that come directly from nature and is the foundation for optimal health and well-being. While vegetarians may eat processed and packaged foods,

plant-based diets focus instead on eating whole foods, making recipes from scratch, and eating as close to a food's natural form as possible.

Benefits of a plant-based diet include improving your heart health, losing weight, boosting your energy levels, and improving digestion.

A plant-based diet is also friendlier to the planet and animals.

On a plant-based diet, you may need to seek out certain nutrients, including B-12, iron, and vitamin D.

Adopting a plant-based diet is the best choice for your health and well-being, and for the environment.

# Discover How To Predict Your Own Future

By Derek White Editor © March 2019

Article continued from page 9.

So now from looking at Health Matters in relation to predicting a person's Health Weather Forecast that they will run into depending on what decisions and actions a person takes, one can begin to see the power of the decisions we all make in the different areas of our lives which can follow in a similar pattern to the predicting and forecasting of the weather.

And just like in Real Life Weather Forecasting sometimes it is spot on and sometimes it is either completely wrong or not accurate at all.

The reason for this in Real Life Weather Forecasting is because any Country you want to name in the World is made up of quite large land masses.

And just because the Weather Balloon or Satellite says there are strong winds, rain clouds etc., it does not mean that those strong winds or rain clouds will arrive at your house. So because your body and your life are not a very

large land mass in comparison to any Country on Earth one can start getting pretty good and very accurate at predicting your own future depending on the decisions and actions you take on a daily, weekly, monthly and yearly basis.

To give you some more quick fire and easy to understand predictions to show you how powerful this decision making process is and resulting outcomes from those decisions here are some predictable outcomes:

1: You and your Partner in life decide to take on a \$600,000 home-loan debt and between you both with your available incomes and other expenses in life are only able to pay \$2,200 a month to your mortgage.

With adding up all the interest and compound interest on your home loan it is highly likely even with no major upsets happening in your lives that over 30+ Years it is easily predictable that you will have to pay back \$1.8 Million Dollars.



2: Buying a car which only has a driving range of 300 kilometers before the petrol or gas runs out and you have to drive around 60,000 kilometers a year to and from work etc.

In petrol or gas alone with each fill up costing you around \$80, you have just predictably decided to cost yourself another \$16,000 a year in car expenses. And that is not including, repairs, insurance, maintenance etc.

3: The beautiful, creative and loving decision to create and have a family with 2 children.

By the time both kids are around 12 years old, mostly in the western world as expenses are much higher, the parents will have pre-

dictably have spent on average around \$312,000 on them. That's approximately \$12,980 per child per year annually in a middle-income family. [Source](#)

4: If the average person eats between 2,300 and 3,770 calories a day depending on which Country they live in: For the source, please click [Here](#). that's either 16,100 or 26,390 calories consumed per week.

[Per the Harvard University Website it states that to lose 1 Lb of fat you have to burn off approximately 3,500 calories.](#)

So with the decisions people are making all around the world to consume the above calories then to lose weight in practical terms an average person would

have to burn off more than 12,000 to 15,000 calories per week to lose weight, and that's without exercise.

As you can easily see from this handful of examples, in every area of our lives the decisions we make and the actions we take from those decisions will all have a definite and predictable outcome.

So when I created the Headline, **"Discover How To Predict Your Own Future"**, this was the Priceless and very Valuable Technology I was referring to.

You see, many people complain of not having the life they dream of or the money they would like.

Using this Priceless Technology of making the right decision and the taking right action

in any area of a person's life will lead a person to the right outcome and will decide and predict their future for them.

If you want a better future where your dreams and goals actually come true you have to sit down and very carefully think about and make very wise decisions and then take the appropriate actions that will actually bring you your desired outcomes.

This is how you will be able to predict a lot more of your future. And of course keeping in mind that Mother Nature will do as she pleases!

Kind regards Derek White Editor.

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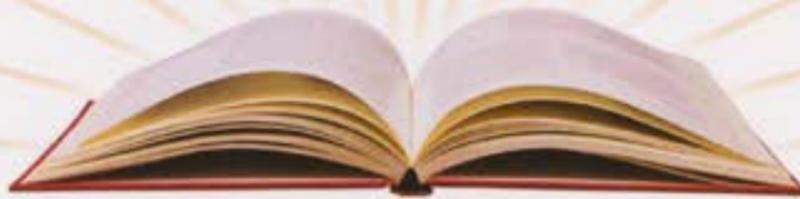
Website: [youthjamradio.com](http://www.youthjamradio.com)



# A Highly Recommended Read For Your Success In Life

THE FIFTEEN PRINCIPLES TO WINNING BY THE  
MOTIVATIONAL CHAMPION OF ALL TIME

# THE LAW OF SUCCESS



*The Master Wealth-Builder's Complete and  
Original Lesson Plan for Achieving Your Dreams*

# NAPOLÉON HILL

author of *Think and Grow Rich*

# Quote Of The Week!

SEE HOW YOU CAN APPLY IT TO MAKE YOUR LIFE AND OTHER PEOPLE'S LIVES BETTER.

**“The Thoughts,  
Decisions And  
Actions We  
Make Every Day  
Predict Our  
Daily, Weekly,  
Monthly And  
Yearly  
Outcomes.  
Choose Them  
Wisely”.**

Derek White, © March 2019



# Crosswords + Puzzles

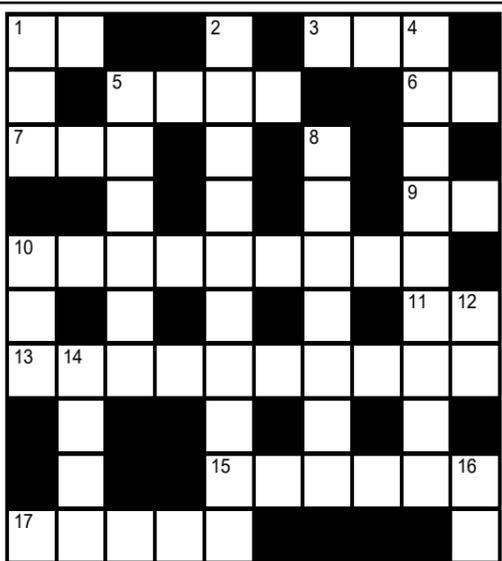
CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

## TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

### How Tuned Up Is Your Mind? Here Is This Week's 220th Edition Crossword.

#### Across

- 1 leave (2)
- 3 gas in the atmosphere (3)
- 5 require (4)
- 6 abbr Europe (2)
- 7 also (3)
- 9 abbr Emergency Room (2)
- 10 type of fast food (9)
- 11 printing measurement (2)
- 13 choices (10)
- 15 part of the body the feels things and relays that information to the brain (6)
- 17 false reporting (5)



#### Down

- 1 receive (3)
- 2 putting something down (10)
- 4 selecting the source of something (9)
- 5 usual (6)
- 8 madder (7)
- 10 owns (3)
- 12 abbr North South (2)
- 14 jealousy (4)
- 16 therefore (2)

#### 219th Edition Solution.



# Give Yourself A Break From Cleaning !!



Windows, Mirrors



Carpet Cleaning



Dusting



Vacuuming

Mopping



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# Crosswords + Puzzles

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

**TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.**

## Sudoku

### Easy 220th

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

### Medium 220th

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

### Hard 220th

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

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Vacuuming  
Mopping  
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## 219th Editions Week's Sudoku Solutions

### Easy

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

### Medium

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

### Hard

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

# Crosswords + Puzzles

## TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

### Word Search 220th Edition

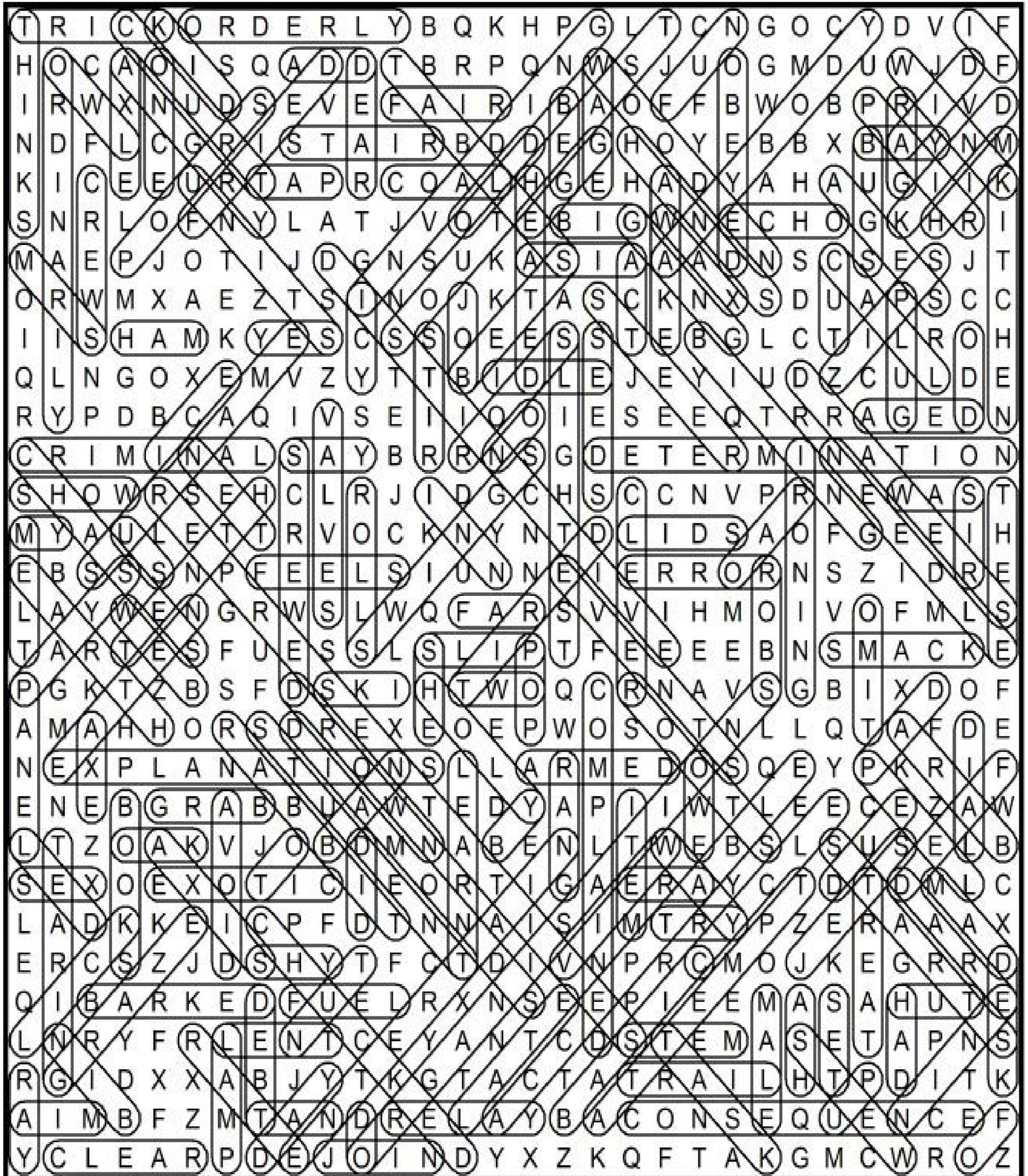
G	H	V	N	K	N	I	T	W	L	W	W	Z	J	T	S	W	K	A	K	E	P	L	Q	R	V	G	U	E	T
C	Y	A	O	R	S	K	H	R	I	M	O	P	E	B	B	L	E	S	L	M	J	H	I	T	E	M	S	S	S
A	B	S	A	T	H	Q	L	M	A	S	M	Y	R	L	H	Z	I	B	E	I	N	T	E	N	S	E	S	T	E
T	E	E	S	D	E	H	S	Q	E	Y	E	L	D	A	W	L	I	G	T	C	S	L	B	T	H	N	N	A	X
C	D	A	A	N	J	R	A	I	S	I	N	S	E	M	S	R	A	T	H	E	O	O	R	U	H	O	N	T	O
H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

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Crosswords + Puzzles

To keep your mind tuned up and ready for action.

Word Search 219th Edition Solution:





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