

Live Long and Happy

We all want to find that magic elixir to help us live long, happy and healthy lives. There are so many feel good remedies out there with no scientific basis or study behind them, claiming to bring us good health and happiness.

I guess we all know that to be well, we need to help ourselves by getting enough sleep, exercising regularly and eating well. Getting the right amount of vitamins, minerals antioxidants and Essential Fatty Acids are critical in this equation also. Wild Blend is a quick and easy way to fill this need in one simple easy step.

Life is about balance though and there are many ways you can relax, lift your mood and just get a kick out of life. From time to time we all lose our 'wiggle' and we feel flat without it. Did you know that about 40% of how happy we feel is directly influenced by the types of activities we participate in, things we deliberately do to become happy. So, it stands to reason that wherever possible you should be doing things that are fun, enjoyable and generally get your happy hormones happening.

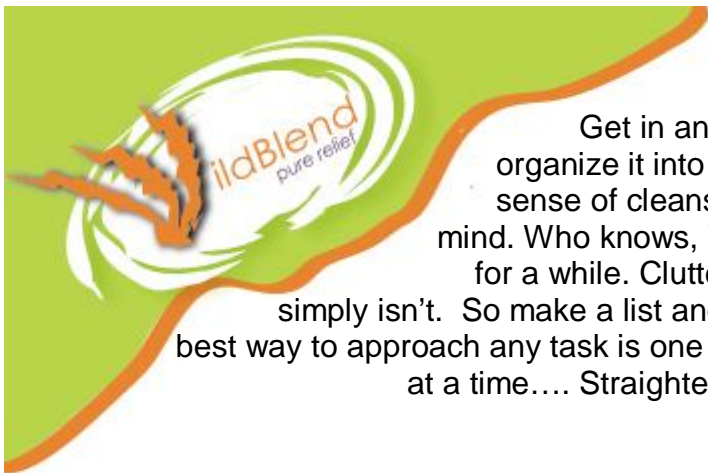
Here are a few tips on getting your wiggle back so you can dance your dance and begin writing an even more amazing story of our life....

- ***Eat healthy wholesome foods for our body***

Your body is your temple and all foods and supplements are not created equal. So what you choose to fuel your body with has a profound effect on how you feel in so many ways. Choosing foods that are as natural as possible is the ideal fuel for keeping you body free from ill health and disease by having a premium source of fuel for optimum nutrition for your cells. If your body is able to fuel itself properly, there is a sense of wellbeing created both in body and then the mind which creates better health and experiences for you every day. Wild Blend is a nature's way of providing your body with an abundant synergy of life sustaining Essential Fatty Acids, vitamins, minerals and antioxidants integral to good health. This is the starting block for your healthy life. Couple this with great food and you're on your way to a great healthy body. I know that we all falter and eating healthy all the time can be a bit hard to swallow but you can only give it your best shot and your body will feel better and be yearning for the healthy foods to keep feeling well. This is your body's way of encouraging you to continue on the path of optimum nutrition. Your body will help you if you let it!!!

- ***Open up your windows and blinds and let the sun shine in***

We spend so much time inside with work and our home lives that we seem often to spend very little time enjoying the outdoors. If you work in an office you are probably spending a fair amount of the day in air-conditioning. Throw open the windows in the morning and breathe in some fresh air, fill your lungs and allow the beautiful circulation to spread though the house and office areas you spend most of your time. You will notice an instant feeling of calm when you let the sunshine stream into the room when you first wake up. Perhaps you can eat your breakfast or lunch where you can be exposed to a little bit of sunshine and daylight. Studies have shown that by exposing yourself to these simple ingredients you can have a vastly positive effect on your mood, sleep patterns and general feeling so happiness and wellbeing.



- **Clear Away Clutter**

Get in and clear away the clutter that doesn't serve you. Either organize it into a usable format or get rid of it. This will give you a real sense of cleansing your home or your office and thereby clearing your mind. Who knows, You may even find something that has been misplaced for a while. Clutter can be a reminder of stuff that needs to be done and simply isn't. So make a list and start checking them off, one at a time. After all, the best way to approach any task is one step at a time. How do you climb Mt Everest, one step at a time.... Straighten up and give yourself credit for this, a pat on the back.

- **Inhale a Calming Scent**

Aromatherapy scents can have a real effect on your mood and your state. Light an aromatherapy candle or an oil burner and let the amazing qualities of some essential oils waft through your home or office to calm your mood in a busy or stress filled day. Some studies show that Lavender or orange oil can help you to feel less anxious, more positive and calmer. Combine this with your daily dose of Wild Blend's highly active essential fatty acids and you are well on your way to alleviating symptoms of depression and anxiousness and you will move into a much calmer space to go through your day.

- **Walk around the Block**

Exercise!! Just move more...

How many times have you felt completely snowed under at work, really feeling the pressure and you simply can't think. You can't find a way through the issues you are being presented with at that moment. Get up and take yourself outside and go for a walk. Even if it is for five minutes. This break will fill your lungs with fresh oxygen and allow you to break the pattern of the work or personal situation you are in at that moment. Take a few deep breaths as you walk and allow the stresses of your day to lift away from you and clear your mind. There will be plenty of time to address the issues you were confronted with before when you get back to the office or wherever. You will probably find that the space you have given yourself in taking a walk has given you a completely different perspective on where you were before and the situation seems different or easier and the solution to a problem that may have eluded you before, suddenly becomes clear. There are studies that show that if you get more light exposure during the day you will have better sleep patterns and that you are more productive as a result, being more alert and happier. You may also pass someone in the street or the park that gives you a smile and you can brighten your day and your mood instantly. Share your joy and it will come back to you ten fold. Exercise is a wonderful way to lift your mood so enjoy some right now. Get up and move and enjoy your wiggle.

Copyright- Wild Blend International 2009

Wild Blend International

P.O.Box 821 Glenorchy Tas 7010

03 6239 0474

mail@wildblend.com.au

www.wildblend.com.au

0408128325