



Will you decide to be healthy NOW?

Is now a good time to decide?

Health and wellbeing is many things to many people.

We all know someone who has a life threatening or debilitating disease that handles these issues as though nothing is wrong with them at all. Then you can be presented with someone with exactly the same health problems and they handle it in a much different way.

I believe, the difference between these two people is their mindset, their headspace. It is widely known that we produce 'happy chemicals' in our bodies called endorphins when we are in a positive frame of mind, and feeling happy. Many experts agree in the old adage that, 'laughter is the best medicine'. We all feel better when we can have a good belly laugh at ourselves.

A good joke or a funny comic or movie can all bring this wonderful sense of wellbeing and happiness to us, no matter what health problems we have. Even if it just distracts the mind for a while from the problems we have in life, and lightens our mood, then it's a great form of therapy.

The mind is extremely powerful and things often don't turn out as bad as you imagine they will. In fact, it is fair to say that most of time, most of what we worry about, actually never happens at all. What a lot of energy expended over nothing!

I have developed a motto over the years, which has served me well.

'If a problem can be fixed, then fix it. If it cant then just roll with it and it will probably be ok, after all'

This motto basically puts things into two categories, those things you can do something about and those that you can't. I make every endeavour to alleviate problems that I have some control of and this gives me a sense of empowerment about where my lif is going. We all need to feel that in some way.

But if a situation is completely out of my control, then there is no point expending precious energy and good health worrying about it. Just get on with it and see what happens. After all, it is out of your hands and most seemingly bad situations have a silver lining that you become aware of later.

Just do it!!!

A positive head space can help you to overcome insurmountable obstacle.

Remember, as Henry Ford once said,' If you think you can or you think you can't, you are absolutely right'

What a way to live.



As we age, our ability to concentrate and complete tasks decreases from when we were younger. There has been a study done at a University of Alabama (US) which comprised of researching mental function as we age. In the study, the participants, nearly 3,000 older men and women, participated in ten 60- to 75-minute sessions of brain-boosting exercises. They found that the exercises sharpened their mental abilities so much and that their brains reacted performed like individuals who were ten years younger.

It seems to me then, that if the mind can be trained in this way to think like a younger person, then it can also be trained to think that your health may be better than you think. After all, what do you have to lose, if you give it a go. Certainly, there may be huge gains to be had.....

Add to this, good nutrition based on well rounded diet, relevant nutritional supplements that can assist your health, and exercise and growing older need not be a frightening experience. With ingredients like premium levels of Omega 3, 6, 9, CLA (conjugated linoleic acid), vitamins, neuro-transmitters, minerals and natural antioxidants, Wild Blend will give your body the best chance to reinvent itself and give you back your natural wiggle.