



# Hare's to Your Health



## Effects of School Lunches

**With the restart of school just around the corner AND popular request, we thought we would reprint the following article:**

In Appleton, Wisconsin, a revolution has occurred. The kids now behave. The hallways aren't frantic. Even the teachers are happy.

The school used to be out of control. Kids packed weapons and discipline problems swamped the principal's office. What happened?

A healthy lunch program was installed. Fast-food burgers, fries, and burritos gave way to fresh salads, meats, and whole-grain bread. Fresh fruits were added to the menu. Good drinking water arrived. **VENDING MACHINES WERE REMOVED.**

Grades are up, truancy is no longer a problem, arguments are rare, and teachers are able to spend their time teaching. No drop-outs, no expulsions, no discover-

ies of drug use, no carrying weapons, no suicide (every year). The principal states that she doesn't have to deal with daily discipline issues, there are no class disruptions, and there are no difficulties with student behavior. One student asserted that they could concentrate and that it was easier to get along with people.

This same principal sums up, "I can't buy the argument that it's too costly for schools to provide good nutrition for their students. I found that one cost will reduce another. I

don't have the vandalism. I don't have the litter. I don't have the need for high security."

Perhaps conditions such ADHD will become a dinosaur. Perhaps Ritalin will be seen as just another toxic chemical that was added to the bodies of kids in an attempt to put a lid on behavior that, in part, was the result of a subversion of the food supply.

We all want the best for our children, yet we often neglect the very basis for everything else that come later: proper nutrition. What a concept!



Hope your summer was enjoyable & relaxing!

## AUGUST SPECIAL

**10% OFF**  
**Children Formulas:**

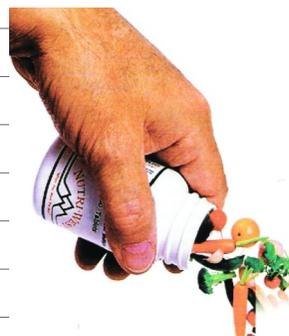
- ADD**
- Allerhale (ho)**
- ChronSinus (ho)**
- CIm Nrv (t)**
- Colon Plus (t)**
- Complete Child.Co-Factor**
- Complete Child.DHA/EPA**
- DPT-Tox (ho)**
- Drainage D-Tox Lymph**
- DTX-A (allergy tincture)**
- Immuno Plus (t)**
- Pedia-C**
- Total Bac-T**
- Total Children's Chew.**
- Total Flu-Cld (ho)**
- Virex (ho)**

## What's New @ Nutri-West Blue Ridge

**NUTRI-WEST BLUE RIDGE & DR. DAN MURPHY** will be presenting a seminar with a BRAND, NEW course - "Prolonging the Health Span"! Our event will be held September 16 (9am-6pm, lunch provided) and September 17 (8am-12pm) @ the Atlanta Marriott Century Center. If you would like to register or have further questions, please contact our office at 800-334-3793 or 843-342-3688; our email address is [nutriwestbr@hargray.com](mailto:nutriwestbr@hargray.com). Come join us!!!

**NWBR IS SPONSORING DR. DAN MURPHY @ LIFE UNIVERSITY'S CE Event Sept. 28-Oct. 1. He**

will be teaching Thursday (Sept. 28) with Dr. Jerry Clum on the "Opioid Epidemic" - a new, cutting-edge topic. Here's hoping to see you all there!



See our website, [www.nutriwestblueridge.com](http://www.nutriwestblueridge.com) for specials, upcoming seminars, product info!

# Have U Heard or Tried???

Parents take their children to after-school activities, help them with homework, arrange social events and make sure they go to a good, safe school, but good nutrition is largely ignored. This is often due to a parent's own poor eating habits, parents working full time, and/or using food as a reward.

Some recent facts:

- According to the American Heart Association, 63.4% children and teens have at least one metabolic abnormality.
- Autopsies of children who died in accidents found fatty streaks by the age of 3, and damage in the coronary arteries show up

by the age of 10.

- Height is mainly determined during the first five years of life, influenced by genetics.
- Obesity that occurs during childhood increases the number and size of fat cells for life.

To keep your child healthy, incorporate the following: eat a lot of whole foods, moderate carbohydrates, fat and protein, limit juice and soda, limit television, stay active, set a good example, test options, alternative choices such as homeopathic medicine, fish oil, whole food supplements, and multi-vitamins (*Nutritional Wellness*).

*Nutri-West has a number of alternative choices for children. Ask us about our child support packet!*

**We all need some sun exposure;** it is our primary source of vitamin D (Complete Hi D-3, Complete Immuno D-3, Vitamin D-400), which helps us absorb calcium for stronger, healthier bones. However it does not take much time in the sun for most people to get the vitamin D they need, and repeated unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer. With the right precautions, you can greatly reduce your chance of development of skin cancer.

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

- George Benerard Shaw



## Parting Words

If you put yourself in a positive frame of mind, you can accomplish anything. If you can clearly see your goal, see that it is within your grasp, there is nothing stopping you. That is why surrounding yourself with positive images and visual reminders can be just what the doctor ordered.

You may already have an inner voice telling you that you can do it, that you can reach your goal. Sometimes that inner voice could be distracted, a little discouraged or even intimidated. Sometimes it lacks conviction. Sometimes, you need an external voice telling you the same thing, reinforcing your confidence and determination.

Surrounding yourself with negativity will drain the energy, life, and hope right out of you like a leech. Seems pretty obvious, but too often, we allow these negative messages to seep through.

Thankfully the opposite is just as true. One of the quickest ways to boost your spir-

its and keep motivation high is to keep a positive picture of your goal close by. A picture or other visual of your ultimate goal is a huge motivator. Having it around all the time is a voice of encouragement whispering in your ear, helping you stay focused on the prize and energized to overcome any obstacle.

Everyone runs into a wall at some point. You are not alone if you feel discouraged. To keep it from happening, or to deal with it if it does, try these ideas:

**\*\*Use positive images - find a visual that shows why you want to get healthy**



in the first place, or what you will be doing after you reach your goal.

**\*\*Use positive words - keep notes of encouragement with you or choose a few favorite inspirational words.**

**\*\*Use positive books and movies - watch and read positive things that show you what is possible, trade your favorites with friends, find a hero and try to adapt their qualities to your journey.**

**\*\*Use positive music - let music that makes you feel good become the background theme of your life.**

With a visual nearby, your goal is right there. It is clear what you want. It is clearly within your grasp. You have the power to reach out and just take it.