

# LIVING WELL

## USE APPLE CIDER VINEGAR IN NEW WAYS

Apple cider vinegar is often regarded as a magic potion, a cure-all and a kitchen pantry necessity. It has many uses, but here are three that don't involve food preparation.

### Natural disinfectant

If you don't want your home to smell like bleach or other pungent cleaners, try using apple cider vinegar. Just mix one part water with one part apple cider vinegar for an eco-friendly and effective solution. Then, use your homemade cleaner on countertops, microwave, stovetop, sinks, and tile flooring.

### Hair rinse

Mix one part apple cider vinegar with three parts water and

work into your hair between shampooing and conditioning. After regular use, you'll experience an increase in shine and a decrease in dandruff. Give this treatment a try once a week for best results.

### Facial toner

If you want to balance the pH of your skin without the harsh alcohol found in many store-bought toners, try mixing one part apple cider vinegar with three parts water. Dab the solution on your face with a cotton ball (avoiding the eyes) and let dry before applying a moisturizer. Your skin will feel clean and bright. For sensitive skin, consult your dermatologist before using this solution.



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### READ YOUR WAY TO BETTER WELLNESS

Trends in health and wellness are always changing. But, the fact that self-care is essential to our daily routines is a constant. Being intentional with the way we eat, the products we use, and the act of taking time for ourselves is important. So, in order to help you find wellness in your own life, here are three popular resources.

***The Good Mood Kitchen: Simple Recipes and Nutritional Tips for Emotional Balance* by Leslie Korn** – Who doesn't want to eat their way to a better mood? This book focuses on changing your food choices in order to maximize the benefits to your body *and* mind. These tasty recipes will provide a delicious solution to mood swings and that overall "yuck" feeling. The

book addresses gluten sensitivity as well as other common allergy concerns. Dr. Korn helps readers identify common nutritional issues related to depression, anxiety and other mood-related difficulties.

***Skin Cleanse: The Simple, All-Natural Program for Clear, Calm, Happy Skin* by Adina Grigore** – The founder of natural skincare line SW Basics shares all-natural recipes that use inexpensive ingredients found at the grocery store. Grigore points out issues with processed, packaged, "all-natural" beauty products that don't live up to their lofty promises. She also helps readers understand the underlying causes of their own skin problems in order to utilize her

products and recipes for clear and happy skin.

***Judgment Detox: Release the Beliefs That Hold You Back from Living A Better Life* by Gabrielle Bernstein** – Find practical ways to get rid of resentment and transform negative energy. Bernstein, a previous *New York Times* bestselling author, walks readers through six steps of detoxifying from judgmental thoughts in order to find peace and joy. Being mindful of our own relationship with judgment allows us to take control and grow into happier people. This is a must-read for anyone dealing with judgment, jealousy, resentment, or negative feelings toward others.

### WRITE YOUR FUTURE SELF A LETTER

It may sound weird, but have you ever thought about writing yourself a letter? This is a way to set goals, encourage yourself, and get a better perspective on your progress. You may choose to write a letter to your future self and open it a year from now, five years from now, or on a certain milestone birthday or retirement date.

Here are a few writing prompts to get your pen moving in the right direction:

If you could have any job, what would it be? What steps can

you take to get there? Map out a career path (or change of career path) you can get excited about.

Who are the most treasured people in your life? What do you intend to do in order to build and strengthen those relationships? Take this time to reflect on the people for whom you are most thankful.

What are your wildest dreams? What goals do you want to reach before you read this letter? Set big, but realistic goals that can be achieved within the timeframe set to open the letter.



### EASY AT-HOME ARM WORKOUTS



Ready to kick your arm workouts into high gear? Use these three simple techniques to tone your arms, even if you don't have access to a gym. Depending on your fitness level, begin with 2-3 sets of repetitions and then challenge yourself to keep increasing the number of sets.

**1. Tricep dips** – Start by standing in front of a chair, facing away from the seat. Bend your knees at a 90° angle and

place your hands on the seat, palms down, and with your fingers pointing forward. Bend your elbows to a 90° angle, lowering yourself toward the ground. Straighten your arms again to complete a single rep. Repeat for 10 reps before resting. For a more difficult workout, move your feet farther away from the chair.

**2. Planks** – Begin on your stomach with hands in push-up position, slightly wider than

shoulder-width apart. Lift yourself straight up onto your forearms and keep your toes grounded. Engage your core, and hold this position for 30 seconds before resting. Repeat three times.

**3. Modified push-ups** – Place your arms in push-up position with your feet elevated on the seat of a chair. Then, lower your arms to a 90° angle and extend. Complete 10 reps before resting.

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# RECIPE

## CHOCOLATE COCONUT ENERGY BITES

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### Ingredients

- ½ cup pecans
- 15 Medjool dates, pitted and chopped
- ½ cup shredded, unsweetened coconut (divided)
- 1 Tbsp. coconut oil
- 1½ Tbsp. cocoa powder
- Pinch of salt
- 1 Tbsp. water

### Directions

Pulse pecans in food processor until finely chopped. Add dates, ¼ cup coconut, coconut oil, cocoa powder, salt, and water. Pulse until well mixed. Roll spoonfuls of the mixture (about 1 Tbsp. each) into individual bites. Evenly coat in remaining coconut.

Set bites on parchment paper or a nonstick pan and refrigerate for 30 minutes.

Energy bites may be stored in refrigerator for up to two weeks.

*Makes 16 energy bites*



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