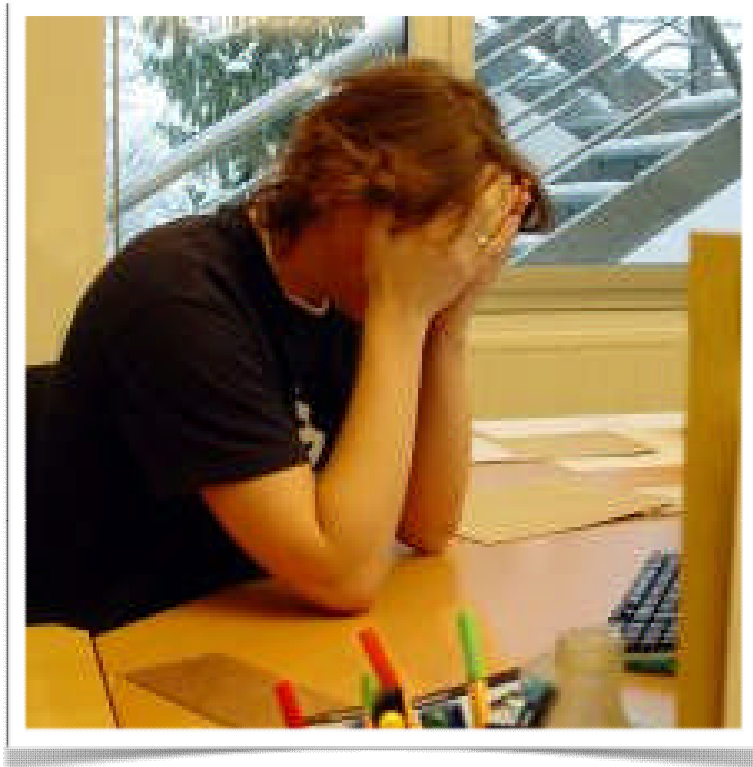


SPECIAL REPORT

Your Toxic Truth:

The hidden toxins that are most overlooked and
common to all



By

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Introduction

As I am writing this Thanksgiving Day has past us by here in Canada where I live and run my business. Of course, during this time I like to reflect on the things I appreciate in my life.

This year I was extremely overwhelmed with a heart of thanksgiving for the health of my wife, Beverly. You see, it has been 7 years since she was suffering from severe pain, exhaustion, insomnia, and depression.

However, it feels like it was yesterday that she was struggling and slipping away from me... and I was helpless to stop it! Those feelings of frustration were so strong and took a long time for me to come to grips with.

I am just so thankful that she is healthy, alive, pain free and full of energy today! She has her life back!!!

It has been our mission together to help others who are looking for ways to feel better, live longer, restore youth and beauty to their skin, lose weight, sleep through the night, or put an end to their aches and pain.

We have been in business since 2003 selling incredible products that actually help people achieve those hopes and dreams of gaining a healthier life. But I have been trying to think of ways to have an even greater impact.

So I wrote an email to my newsletter subscribers asking them what it is I can do to get them to their health goals. With over 2,850 emails sent out, I was blown away with the incredible responses we received.

Since that day I have been working feverishly to create valuable content that can reach people where they are and get them to where they want to be. That's where this report and our free video series come in.

As I began to study the email replies I noticed that everyone's issues basically fell into 1 of 3 categories... sleep, pain, or weight control. That's exactly where Bev was before we took action!

After talking with my son we discovered that there was one area that threads itself throughout the other three and has a huge impact on them. As a matter of fact, I realized that this was the exact area that paved the way for Bev and I to be where we are today.

It went completely unnoticed, yet without it we would be right back to where we were before. So, do you want to know what this pivotal piece of the pie is?

She changed her **mental and emotional health!**

Everyone gets so caught up in what we can see that we tend to forget about the hidden problems. The end result is a cycle of never actually achieving overall full mind and body health.

Let me share a quick analogy to help you get a visual of where I am going here.

Think about a house. We'll break it up into two parts - the foundation and the house itself. Let's say I needed to replace my roof because of damages. Would it be worth the investment if I don't also fix my cracked and caving-in foundation? Of course not!

No matter what else is wrong with my house (plumbing, outdated appliances, termites, etc.), I have to also take care of the foundation to ensure that those other fixes will have long term value. Otherwise any improvements I make will be in vain and be a waste of time and money.

Now, we can also reverse this and let's say your foundation is strong at the moment, but you neglect to take care of the other problems. The issues can end up affecting the foundation and causing even deeper, more costly damages.

Another quick analogy relating to cars. Sorry, but I worked in the automotive repair and sales business for about 35 years. I love that stuff!

Let's break the car up into two pieces as well - the body and the engine. What overall good is it to get a paint job if the engine doesn't work? All you would have is a pretty lawn ornament.

What does this have to do with you and your health? Great question!

I believe that our body and mind are connected, especially with regards to our health. No matter how healthy you are physically, if your mental and emotional health is weak it will have an impact on you. In light of the analogy the mental and emotional health can represent your foundation (or engine) and your physical health the rest of the house (or body of the car).

Just like that house or car, what good would it be to take care of diabetes or obesity if emotionally you are a wreck? Its effects will be short lived and end up right back where they were or even worse.

As I said earlier I have noticed that the mental and emotional health factors are thread throughout the physical health concerns. Everyone from the cancer patient to the person who can't keep off the weight struggle with the mind.

It is my goal with this report to help you not just take care of your body, but strengthen your mind. Providing a great "foundation" for your physical health to rest upon. This report is broken down into two sections - the sources of toxins to the mind and tips and suggestions for improving your mind.

Section 1 - Mental and Emotional Toxic Sources

Although the toxins of the body are different and present themselves in diverse ways, their effects can be just as harmful. In this section I want to help you recognize sources of mental and emotional "toxins".

News and Media

Sadly, this area of toxicity is often overlooked and rarely addressed. What we put in our ears, eyes, and mind has a tremendous impact on us mentally and emotionally.

All you have to do is watch the news to see what I am talking about. Unfortunately negative, anxiety-and-fear-producing stories make up 95% of the coverage.

If all we're seeing is the murders, robberies, rapes, and so on we can't help but become a bit cynical and paranoid about our neighbors and society. That attitude then leads to seclusion and surface relationships with those around us.

Consider all the movies, music and TV shows that we expose ourselves to on a regular basis. Is it healthy in shaping a positive mindset? Does their message encourage a positive self worth and love for others?

I am not saying that it is all bad, but rather I want to open your eyes to see the bigger picture and recognize possible avenues of toxicity.

Chemical toxins by choice

Nicotine

I was amazed to find that about 1.3 billion people choose to smoke in our world. The nicotine in cigarettes is a stimulant which increases the heart rate and blood pressure. Its effects are not only physical, but have shown to be psychological as well.

Some studies have shown that smokers are 3 times more likely to suffer from panic attacks than non-smokers. Quitting this habit also will reveal its grip not only on the body, but also the mind.

Caffeine

Like nicotine, caffeine is a stimulant. In low doses people have found caffeine to have therapeutic benefits. But in our energy drink and coffee bar laden culture, the doses have gotten out of hand.

A walk through a college dorm during exams will reveal the self induced insomnia and high anxiety effects of caffeine. One doesn't need to read the many studies done on the effects of caffeine to see its impact on a person.

Alcohol

Now let's take a look at the other side. Alcohol is a central nervous system depressant which lowers the heart rate and blood pressure. Most people report that a low dose of alcohol calms them.

However, when consumed more frequently, in larger amounts, and over long periods of time, alcohol can take a major toll on a person's body and mind. It also creates a withdrawal when the person isn't drinking. This again affects a person's mental and emotional state.

Other toxins

Other toxins that are under a close watch for their effects on a person mind are synthetic food colors, artificial sweeteners, and monosodium glutamate (MSG). Now science hasn't come to any conclusions yet, but people believe that these ingredients have made them more susceptible to panic attacks and other emotional instabilities.

Of course, any medication or narcotic (both stimulants and depressants) that alter brain biochemistry can have an adverse effect on a person's mind. As with all of the toxins, it is dependent and will vary based on the individual. It is best to know yourself and how you will be affected by each.

Emotional baggage

We all have emotional baggage that can be lurking in our lives. The toxins from the thoughts that develop can consume us. Have you ever been so mad at someone that every time you think of them you become upset again? Have you spent time and energy thinking of bad things about them?

Did you have a rough childhood or a difficult marriage? Such emotional scars can be very deep. The problem with them is that people can't see they are there. If you

had a physical cut on your head that was there, they would see it. People can sometimes pick at your emotional scars, whether it is done intentionally or not.

Stress

People get stressed just reading the word. Stress can be simply defined as any type of change that brings about physical, emotional, or mental strain.

Many of us may be aware of the physical symptoms and effects of stress - muscle tension, rapid breathing, or an increased pulse and depression, diabetes, ulcers, obesity just to name a few. But there are also emotional effects of stress which can be like a roller coaster of highs and lows.

Emotional effects of stress can range from emotional overeating to a feeling of being overwhelmed and pressured. It can increase the incidences of frustration, feelings of a lack of purpose in life, or depression and anxiety.

People often complain of poorer concentration, forgetfulness, or have difficulty making decisions when stressed. The stress that you are feeling can be bottled up, waiting to express itself through increased anger and frustration.

According to a national poll of Americans, 42% say that their stress has increased since last year. It would take up pages and pages to list all the possible sources of stress in our lives, including everything from finances, over-scheduling, and physical health concerns, to family problems and unrealistic expectations.

Negative thoughts and criticism

Negative thoughts and criticism from others can be toxic and harmful to your mental and emotional health. Of course, I'm not talking about constructive advice meant to aid someone in a task or life. Rather, the fault finding, critical comments made with a hurtful agenda.

These critical words can have long lasting effects on a person and end up being passed on to others. Some will even say that this is a form of mental abuse and should be treated as such.

Section 2 - Improving mental and emotional health

It would be horrible if I just left you with a laundry list of things that can break down your mental and emotional health without offering any help. As a matter of fact I would only be adding to the problem.

So I would like to share with you my favorite tips and suggestions for improving both your mental and emotional health. I will be sharing them in no particular order.

Counseling

Even if they don't have the ultimate solution for you, a trusted friend or family member can listen. It is amazing how much better we feel when we get things out there in the open. You may find it is a good idea to seek a professional counselor or therapist as well. They can help to guide you through fears and experiences that you aren't yet ready to face on your own.

Many of these issues can be very complex in nature. For example, you may be experiencing very high levels of anxiety. Although you want to reduce your anxiety level without a professional you may not be able to identify what the underlying cause is. What is very interesting is how complex the mind is. Things that we experienced long ago can still be affecting the decisions we make today. Sometimes, changing the mindset we have is what it takes for us to break free of that cycle. However, until it is recognized as a cycle there is no evaluating it for change.

Meditation

Since ancient times meditation has been used to cleanse a person's mind. Monks most notably have used it to reduce stress and focus their minds to think clearly.

Meditation is something that works best when you are consistent. Don't get discouraged. Set aside time each day to be spent clearing your mind and calming the body. You may even want to find a meditation class near you.

Yoga

Yoga can be a great way to bring the body and mind closer together. Think of your mind as a rubber band. As you take part in yoga, it will become more and more limber. That amount of stretching is very important for you to be able to grow on a mental level.

When you learn new forms of yoga, your level of mental clarity and balance with the body will get stronger too. It is a good idea to start out with the basic positions first and progress from there. Plus, the increasing challenge is going to prevent you from becoming easily bored with the routine.

Forgiveness

It doesn't take much effort to hate someone or to hold a grudge. In fact, such an emotion is one that comes very natural to most of us. However, truly forgiving someone for what they have done or they didn't do is something you have complete control over.

It can be very hard to offer forgiveness, which is understandable. However, if you are really working towards it then you will get there. It is important to realize that there is no time frame for when you should be offering that forgiveness. Harboring these feelings will only tear YOU apart emotionally.

Owning your emotions

Owning your emotions is a great way to have freedom emotionally. You shouldn't be hiding your emotions. However, you need to be sure they are expressed right. How many times do we feel hurt, but we express our emotions as anger?

Sending such mixed signals can make it very hard for you to have control over your emotions. Take the time to ask yourself why you react in a certain way. In many situations, it is a type of learned behavior. We will continue to repeat those patterns unless we recognize them for what they are.

Bonus ways to improve the mind:

- ✔ **Gain confidence and peace with who you are** - Identify your strengths and weaknesses and improve up on them. Also get to know who you are and what makes you happy.
- ✔ **Stay fit and eat right** - A balanced diet and exercise can help you to reduce stress and enjoy life. Go for a walk and eat something healthy
- ✔ **Identify and deal with moods** - Find safe and constructive ways to express your feelings of joy, sadness, anger, and fear.
- ✔ **Cut off negative influences** - Whether it's people, places or things, getting rid of negative influences can have a huge impact on your state of mind. Kick a bad habit or let go of critical friends.
- ✔ **Volunteer** - It's amazing what serving and caring for others can actually do to you. It gives you a positive sense of purpose and satisfaction that paid work can't.
- ✔ **Spend time with family and friends** - We are not meant to be alone (all the time). Interacting with others is healthy for our social, emotional, and mental development. Rather than doing that errand alone, go with someone you haven't seen in while and catch up.
- ✔ **Create an organized budget** - One of the biggest sources of stress can be our finances. This will help you limit that over-spending on "wants" instead of the things you "need".
- ✔ **Exercise your mind** - How often we focus on our bodies and forget the mind. Do something a bit challenging like a puzzle, a riddle, or read a good book.
- ✔ **Get plenty of rest** - Gotta love that power nap! Make sure you are getting plenty of sleep at night (at least 7 hours). Don't feel guilty about staying in and relaxing for a change.
- ✔ **Slow down and go one at a time** - In our fast paced culture we tend to rush through life. Take a deep breath and focus on one thing at a time. Staring at a huge laundry list of things to do can break you down.
- ✔ **TWIST IT UP!!!** - For even greater impact try combining any of these tips to increase their mental and emotional rejuvenation. For instance, go exercising with a friend or family member. How about staying in for the night and reading a good book. Okay, you get the point.

None of these things are a cure or magic pill. It is your motivation and heart behind what you do that helps make the transformation. So make a commitment to yourself today to change your mindset and enjoy life to its fullest.

The process of detoxing the mind and the body is one that has to be done together. A common reason for stress and fatigue is that your body is out of sync with your mind. Being conflicted within yourself is very hard. It affects you in a negative way.

What happens if you neglect your house or car...it breaks down. Your body is the same. Finding that balance where the body and the mind can be in sync with each other is going to free you from a tangled web of concerns and issues. If you try to detoxify only your mind or only your body it isn't going to be as powerful as if you are working on them together.

Now that you are working to strengthen your foundation it is time to straighten up the rest of the house. This is why we have also been working on a brand new video series that will go into more details about toxins in your body and the harmful and sometimes deadly effects they can have on you.

Please join us for this series. Not only will it greatly impact your health and quality of life, but it's completely FREE! These videos will come to you by email in the very near future. So, watch you inbox and be sure to give us your feedback.

Thank you for your time!

Live Healthier!

John Jacobs

Healthier Living 4 You

About the author:

John Jacobs has been an entrepreneur his entire life and has owned numerous businesses. He has been a Class A auto mechanic for 32 years and owned / operated a used vehicle dealership/ service/ auto body garage for 15 years. John knows the importance of quality products, high customer service and the importance of working together with a TEAM.

John's strengths are bringing Innovative products to market for industry trends and become a branded/leader in the Alternative Health Industry and development of alternative energy systems. John is very actively involved in Self Improvement, not only working on himself but helping others to improve themselves as well.

John never stops reading and learning and continuously reaching for the next level within himself. He strides to new levels within himself, with the help of his mentors and his Life Coach. John has proven this time and time again and has recently co-authored a book with Dr. Wayne Dyer. Wakeup Live the Life you Love series ... Wake Up Moments.