

Listen! the wind is rising,  
and the air is wild with leaves,  
We have had our summer evenings,  
now for October eves!  
- Humbert Wolfe

I hope you are all enjoying these beautiful days of fall!

Two things I want to talk about in this newsletter:

Weight loss strategies  
My absence in the next week

First let's tackle weight loss.

I have been thinking about this for awhile and have done some research as well as drawn on my own experience in this area, and I am going to share with you the components that make up successful weight loss, including the maintenance of that loss.

These components are:

**Intention**  
**Proper nutritional Supplementation**  
**Affirmations and positive thinking**  
**Exercise**  
**Nurturing Self Care**  
**Adequate water intake**  
**Foods to avoid: wheat, dairy, sugar and caffeine**  
**Portion control**

This may seem like a lot to take in right now . . . It's definitely not the "quick fix" solution to weight loss. But, as you may know, those strategies don't work anyway.

Over the next couple of months I'll tackle one or two of these in my newsletter, and I'll aim to get them out a bit more frequently for those of you anxious to get "into the zone" of weight loss. Let's take on Intention and Supplementation today.

Intention first. There is so much to say about this subject that we won't possibly be able to cover, so this is more of a cliff's notes version. I have come to realize, however, that what I want comes much more quickly if I am holding on to an intention about it. So here are the basics:

First, an intention must be clear. It must be something that excites you, and it must be about "having" something, rather than "doing" something.  
Let me give you an example:

"I intend to lose 25 pounds. " Yes it's clear, but it's about doing something . . . ie. losing . . . And where will those pounds go? Are you planning to lose them in the woods, or take them on a long whirlwind car ride and hope to lose them that way? And isn't it more exciting to think of yourself at your goal weight, not thinking about what it is you want to lose?

Here's a better way:

I intend to have a 130 pound body. It's clear, it's about having, and could be very exciting for some!

Maybe what excites you is being able to put on a particular piece of clothing. Thus the intention becomes:

My intention is to have my gorgeous little black dress fit by December.

Or maybe it's about the health aspect.

My intention is to have a healthy, happy, size 10 body.

Is this making sense? You may also want to put a date on your intention to help keep you focused and aware.

Want more information about intentions? Read Wayne Dyer's book "The Power of Intention". If there's enough interest we could do a whole workshop on Intentions.

Nutritional Supplementation.

Most of us know that it is difficult to get all of the nutrition we need from our diets alone. Whether it's just because of the choices we make on a given day or because it's not always easy to eat organic all of the time. What happens then, is that our bodies start to "crave" certain nutrients. We often don't really know how to interpret the messages our body is giving us and may start to graze on this and that and still not feel satisfied.

It's why I recommend supplementation . . . And why supplementation is so important to weight loss. Satisfy your body by giving it the nutrition it wants.

I, of course, have been a strong proponent of Body Balance for many years now. It's food based, it's liquid and it tastes good. Many of my patients say that they don't get as sick with colds while taking it. (usually they notice when they stop taking it, and then realize when they're sick that they hadn't been as sick while taking the Body Balance!)

For weight loss though, I also recommend True Greens. How often do we get all of the green vegetables we need in a day? For me it's rarely. So True Greens becomes a must. And this along with the Body Balance, I know has made a big difference in my own weight loss. I simply don't have cravings when I am consistent with my supplementation.

Please call me if you are interested in learning more about these particular supplements, or go to my Life Force website to learn more and/or order: [www.lifeforce.net/20345144](http://www.lifeforce.net/20345144)

Secondly, I will be away at a meditation retreat from Wednesday October 11<sup>th</sup> through the 18<sup>th</sup>. I'll be back in the office on Thursday October 19<sup>th</sup>. Because I'll be up in Canada and unavailable for the most part, I have divided up the week between 2 of my colleagues. Jake Kiakahi (763-566-1926) will be taking any emergency calls while I'm gone from Wednesday through Saturday and Kristin Linner (651-379-1198) will be taking any emergency calls from Sunday through the following Wednesday. Please call their offices directly and follow the instructions on their voice mails. You may, of course, leave me any message that you like for

when I arrive back into the office. Also, in case you have been having trouble reaching me, I have had some difficulty with a phone service transfer. So 651-641-1850 is not currently working. Most of you have been using 651-641-1844 and that number is still available. Thank you for your patience in this matter!

Until next time,  
Blessings, Light and Love,

Michele Brookhaus, RSHom(NA), CCH

Youth is like spring, an over-praised season more remarkable  
for biting winds than genial breezes. Autumn is the mellower  
season, and what we lose in flowers we more than gain in fruits.  
- Samuel Butler