

The Nichols Newsletter

September 2005

Edition No. 65

“Do the Thing and You Will Get the Energy to Do the Thing” – Emerson

August Rank Advancements!

Executives! Susan Henry, Edie Hull and Tammy Wiggins!

Managers! Daniel Skibbie

Supervisors! Roxanne Payne, James Morgan, Richard Bruce

**Congratulations Rank Advancements for August
– especially to those new Executives!**

Top Ten Volumes – August

1. Yoshiko Kitamura
2. James Long
3. Billie Hatzenbuehler
4. Geri and Mike
5. Jim Purvis
6. Ron and Bonnie Keever
7. Iva Poole
8. Shirle Sherwood
9. Karen and David Sandler
10. Helen Chamlee

Yes You Can, Feel Great/Look Great

DVD from Michael D’Avolio

Looking for a great sales tool for explaining the Neways Harmful Ingredients Mission?

Michael D’Avolio’s DVD is all about the Neways product mission. The DVD is a condensed version of Michael’s Yes You Can DVD only including the information just on the products. It’s called Yes You Can, Feel Great – Look Great. It’s very professional and effective.

We plan on handing it to Doctors, Chiropractors, and Dentists to educate them on the harmful ingredients issue. You can also include it in any orders from local customers or hand it to anyone interested in learning more about the products.

You can go to www.universalpartnersgroup.com for the order form.

Tips for Time Management

Executive Bonnie Satterfield recently learned from a course from MLM University a way to start the day which can increase our time management skills for our business. What she learned was to ask ourselves every morning upon awaking the following questions:

1. What’s Most Important about Today?
2. What **Must** Happen Today?
3. What’s Important about the Future?

Bonnie explained that the idea behind these three questions is to find out where we need to most efficiently spend our time during the day to get us to where we want to go.

She also mentioned that writing out the answers to the questions makes the process even more effective as writing creates thinking.

Another Hint: Every evening before you fall asleep, think of ten things you did right during your day keeping in mind that **what gets acknowledged gets repeated!**

Dr. Rapp Books For Sale

We still have six unclaimed Dr. Rapp books Our Toxic World – A Wake Up Call for sale. The price is only \$17.00 per book which includes all shipping costs. This price is also 50% off the retail book cost.

Our Toxic World discusses in detail how chemicals are damaging our bodies and our brains, how chemicals are affecting our behavior, and how they’re altering human sex functions such as fertility and sterility. Dr. Rapp also discusses chemical sensitivities, pesticides, food contamination and how chemicals are affecting child development and what to do about it.

It’s a great book to have in your Neways library. Very detailed and poignant.

If you’d like a book or two, contact Signe at signenichols@cox.net or call 623-594-9554

Travel Fitness

Downsized version of an article By Fabio Comana,
M.A., M.S. of ACE Fitness

Whether business or travel, we often find ourselves traveling across time zones and having to deal with the effects of jet lag. While individuals differ in the degree of jet lag they suffer, simple adjustments to diet and activity can reduce these adverse effects.

What is jet lag? It is a phenomenon that is often explained by the interruption of circadian rhythms, the body's physiological sleep-waking patterns that are regulated by light, food and activity and are unique for every individual. Typically, when a traveler crosses two or more time zones rapidly, they will be subjected to jet lag.

Symptoms of jet lag include, but are not limited to:

- Fatigue
- Weakness
- Irritability
- Lack of concentration
- Decreased mental and physical performance
- Headache
- Impaired night or peripheral vision

How do I reduce jet lag? Following some simple guidelines can significantly reduce the adverse effects of traveling.

- 1) **Readjust Your Patterns** - While it is important to quickly adapt to the new time zone, allow 24 hours to readjust your waking and sleep patterns. Try remaining up past 10 p.m. local time, upon arrival, prior to retiring to bed. Also, try to arrive one day prior to meetings.
- 2) **Oral Supplements** - Try melatonin, which helps regulate our sleep-waking cycles, can facilitate sleep. Take the recommended dose of 1.5 mg prior to bedtime. Pregnant/nursing women and those with severe allergies should not take this supplement. Also, warming a little milk is believed to help sleep as the free-tryptophan in milk helps promote the release of serotonin, our sleep hormone.
- 3) **Diet** – Up to three days before departure avoid alcohol and caffeine as they can affect your sleeping patterns for days just making you more tired when the departure day arrives. Also try eating higher protein breakfasts and lunches and then eating good carbohydrates (Brown Rice,

Wheat Breads, etc . . .) for dinner which will increase your serotonin levels. Up to two days before departure, limit your caloric intake. If traveling in the morning, possibly fast until you can eat a scheduled meal at your destination.

4) **Additional Travel Tips:**

- a) Avoid smoking; it increases the difficulty of falling asleep and waking up.
- b) Avoid skipping meals which may leave you tired, irritable and unable to concentrate.
- c) Keep hydrated by drinking before you are thirsty. Flying subjects the body to faster rates of dehydration. Consume 48 ounces every 30-60 minutes during your flight. Also, limit your consumption of caffeine.
- d) Order a low-sodium, low-fat meal when making your reservation.
- e) Plan your travel details in advance, making a list to assist you.
- f) Inquire about fitness facilities within the hotel itself or nearby. Maintaining your regular exercise regimen during your travel will reduce the effects of jet lag and give you a better sense of well-being.

Other Airport Terminal Tips

Pick up the pace while walking through the terminal to increase circulation and heart rate. Avoid escalators, elevators, and moving belts.

Pushing luggage directly in front of you is better than pulling it behind you to one side which may place torque on your spine and can lead to back pain or strain.

Airplane seats offer little lumbar and cervical support. An investment in a lumbar and cervical pillow may help alleviate pain of those muscles that suffer most during air flights. A towel or piece of clothing rolled into a cylindrical shape can give you that same needed support.

Take time during your flight to move and maintain circulation and reduce muscle cramps.

See You At Convention!!!

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