



*Creative  
Living*  
with  
*Sheryl Borden*  
6000 Series



*Miscellaneous Section - I*

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## **Miscellaneous**

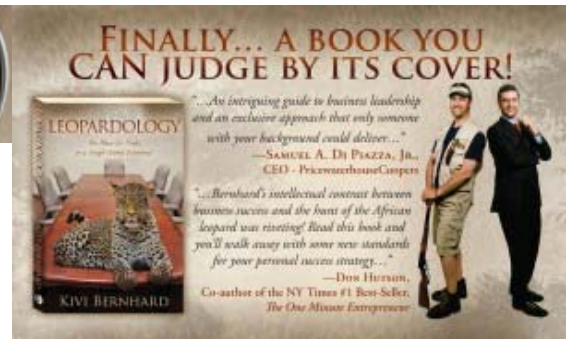
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**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Leopardology” is in Section I on page 3, whereas “Underreact” is in Section II on page 9.**

# KIVI BERNHARD

## Leopardology

As one of the most talented and sought after Professional keynote speakers today, Kivi Bernhard uses the hunting habits and techniques of the African leopard, the most successful feline predator on earth, to explore our “hunt” for success. Kivi seamlessly transitions between the “bush” and the “boardroom” with extraordinary platform skill that can only be described as captivating. With the aid of award winning video footage that is beyond riveting, Kivi will take your audience deep into the African bush on a virtual safari where he draws metaphors of personal and corporate success that will simply leave them spellbound!



COURTESY: Kivi Bernhard  
Kivi Bernhard International  
[www.kivibernhard.com](http://www.kivibernhard.com)

# Total Fitness

fitness ♦ nutrition ♦ healing

## How To Overcome Sugar Cravings

Many people struggle with sugar cravings and food addictions. Here at Total Fitness, I have helped many clients overcome their sugar cravings and let go of life-long food dependency issues using a combination of nutritional therapy and life coaching.

### The 4S and P Program.

This is a simple program I have developed to empower our clients to conquer their cravings, keep the body balanced and help to overcome any addiction or mood problems.

- 1 Sleep
- 2 Sunshine
- 3 Supplement
- 4 Skinny meals
- 5 PROTEIN!!!!

1. Sleep — Focus on getting 10 hours rest every day. Take the number 10 and subtract the number of hours you slept last night. The remainder is the number of hours of total rest and relaxation we recommend you get the following day. Also make sure you get to bed by 10 p.m. since every minute of sleep before midnight is worth 10 minutes of sleep after midnight. Simply put, your insulin won't work right if you don't get enough sleep and you won't be able to rebuild your neurotransmitters to combat sugar cravings if you don't get enough sleep.

2. Sunshine - I do a tremendous amount of healing work on the brain, and I noticed when I was working with clients with eating disorders that most of their pineal glands were not working right. I recommend my clients with sugar cravings get at least 30 min-

utes a day of direct sunlight which is actually good for your eyes. Do not wear sunglasses. And in case anybody argues with me on that point, let me say I teach a two-day seminar with healing exercises for the eyes, and many of them revolve around sunlight. Some people of northern European descent, if they are experiencing seasonal affective disorder, or SAD, may actually need up to 2 hours per day of direct sunlight.

3. **Supplement** — We recommend that people with sugar cravings do a zinc test. Zinc deficiency usually results from inadequate intake of foods high in zinc, such as seafood, oatmeal, bran, meat, eggs, and nuts, or from impaired absorption caused by short bowel syndrome, Crohns disease, or pancreatic insufficiency. It may also be due to excessive intake of foods containing iron, calcium, vitamin D, and the fiber and phytates in cereals, that bind zinc to form insoluble chelates that prevent its absorption. Alcohol, cirrhosis, dialysis, burns, draining wounds, and corticosteroids increase the kidneys excretion of zinc. There are quite a few signs of zinc deficiency - white spots on the finger nails and soft nails, poor immune system, acne, macular degeneration, delayed wound healing, severe iron deficiency anemia, and eating disorders. There are also other supplements I sometimes use if a client has severe sugar cravings, but I always start by testing for zinc. Other supplements would need to be reviewed on a case by case basis. I'll sometimes use

the amino acid glutamine, or a high-quality protein shake, but often this is related to the health of gastrointestinal system.

4. **Skinny meals** - You'll be eating every 2 hours. The key thing to understand about a skinny meal is that if you eat too much of anything - protein, fat or carbohydrates - your body may secrete too much insulin, and you'll be hungrier, store what you do eat as fat, feel bloated, and your digestion won't work right.

5. **Protein!** - When you eat carbohydrates alone - even fruit - or just bread, candies, pastries, pasta - your insulin surges, causing fat storage and poor energy levels. Insulin is also the hunger hormone, so eating too many carbs can actually make you feel hungrier. Eating protein brings down the glycemic effect of your food, keeping blood sugar balanced. We recommend that our clients also eat RED MEAT - at least 9 ounces per week, since red meat contains methionine, an amino acid the body needs to keep blood sugar balanced at a really deep level.

We use these 5 steps with all our clients who want to conquer cravings - not only sugar cravings, but also alcohol or drug cravings. Use this affirmation: I RELAX AND MY LIFE IS SWEET.

**COURTESY: Catherine Carrigan**  
**Total Fitness**  
[www.totalfitness.com](http://www.totalfitness.com)

## Hot New Pet Tips!

### 1. Pet accidents on the carpet -

First thing, blot up or pick up as much of the liquid as you can. Pour cold water and a few drops of mild detergent into a cup. Stir. Pour 1/4 to 1/2 cup of water directly on the spot. Get a folded dry towel and fold into a small square, place on top of spot and then step on towel repeatedly picking up all liquid from carpet and pad in the towel. Use Mary Ellen's Urine Trouble to clean any eliminate and urine odors. [www.maryellenproducts.com](http://www.maryellenproducts.com)



who struggles with pet hair. I have tried just about every gizmo made to find the best ways to clean the air. Spray Febreze allergen reducer on all types of fabric, cushions, couches, pet beds, carpets etc. Febreze can reduce airborne allergens by 75% just by spraying it on the surface. [www.febreze.com](http://www.febreze.com)



For less pet hair sticking to your clothing, use Bounce sheets in the dryer as they repel pet hair and lint. [www.bounce.com](http://www.bounce.com)

2. **Airborne allergens and pet dander** - This is nothing to sneeze about if you are the type of person

3. **Yard waste** - That old bend over and pick up the dog poo with the plastic bag trick has become obsolete!





Stop doing it! Try one of these two items. The Poop Posse or the Poop Claw - they are the touch-less poop picker upper.

[www.petbuddies.com](http://www.petbuddies.com)

#### 4. Pet's paws tracking in mud, dirt, and wetness -

Of course your pampered pet

is going to make a bee line for the soppy wet mud puddle! Wouldn't you? New pet paw wipes are phenomenal. You can give your dog's or cat's paws a 15 second wipe, and that will really help keep your floors and carpets clean. [www.gonzocorp.com/pet.htm](http://www.gonzocorp.com/pet.htm)

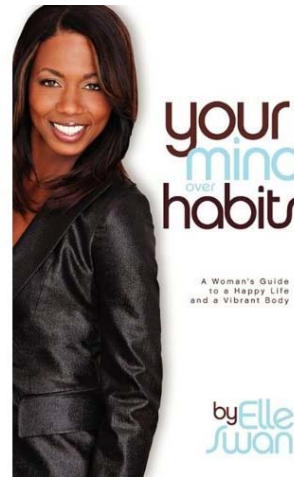
**5. Pet hair on furniture, and clothing** - Your family pet may not be the only one coughing up fur balls. I suggest the Shark motorized hand vac for quick cleaning of pet hair. Its motorized brush blower really picks up the hair from surfaces. [www.Amazon.com](http://www.Amazon.com) And to prevent hairballs, try Lickables nutritional gel [www.aahinc.com](http://www.aahinc.com). For quick vacs on floors, I suggest the swiffer sweeper vac...it works fast on all types of floors [www.swiffer.com](http://www.swiffer.com)

**6. Pets with the worst mess diarrhea (for people too!)** - We all know what this feels like. Can you imagine how your pet feels? Soothables K.P.A.D. is the perfect Kaolin Pectin Anti-Diarrheal medicine. [www.aahinc.com](http://www.aahinc.com)

**COURTESY: Laura Dellutri  
Healthy Housekeeper, Inc.**  
[www.healthyhousekeeper.com](http://www.healthyhousekeeper.com)

1.800.260.4897

Elle Swan { AUTHOR  
SPEAKER  
& VIBRANCY COACH



#### The Law of Appearance

Successful people maximize The Law of Appearance... even if they never say the words.

Businesses know that you are drawn to attractive products. That's why they stay fresh and new (and make lots of money).

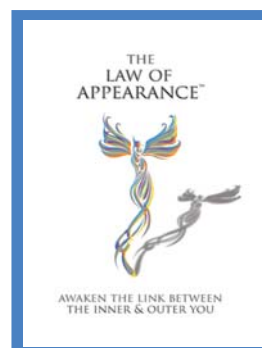
FACT: This program can help you experience:

- More Money
- A Better Career
- More Love
- Better Service
- Better Relationships
- Increased Sales
- More Fun
- Upscale Opportunities

- The Law of Appearance affects your first impressions.
- The Law of Appearance affects if others see you as attractive.
- The Law of Appearance is determining if you advance in your career.

Learn how to have The Law of Appearance work in your favor! Order Today!! \$19.97.

All of Elle Swan's products have a 30 day Money Back Guarantee.



**COURTESY: Elle Swan  
Speaker and Author**  
[www.elleswan.com](http://www.elleswan.com)



# DUST MITE TIPS



- Cover (encase) your bedding with allergen protective coverings. Tape the zippers of the protective coverings.
- Wash your sheets and pillowcases in hot (130+ degree) water weekly.
- Clean carpets and rugs or treat them with Dust mite-Allergen Spray or tannic acid.
- Hire only Certified Carpet Cleaners with the PCCA designation.
- Routinely apply (3M Scotchguard) carpet protector on your carpets to keep moisture from getting into the pad when spills occur.
- Vacuum with a true HEPA, ULNA or Central Vacuum System regularly. Maintain indoor humidity below 50%. Reduced dust = reduced dust mites!
- Avoid upholstered furniture and dust collecting items within the home which cannot be washed.
- Keep clothing tucked away in closets and drawers and keep the closet doors shut.
- Use electrostatic and high filtration (at least .3 microns) furnace and air conditioner filters and change them monthly.
- Put the pillows in zippered dust proof encasings and/or wash the pillows weekly with the bedding.
- Avoid lying on upholstered furniture or on your carpets. It's disgusting, but dust mites feed on the dead skin cells we leave behind.
- Use wood, leather or vinyl furniture instead of upholstered furniture in the bedroom to cut down on dust mite friendly habitats.
- Anyone with a dust mite allergy should not vacuum or be in a room while it is being vacuumed.
- Put children's stuffed animals in the freezer overnight (encased in a plastic bag) to kill dust mites that may be embedded in the fur. Vacuum them after removing them from the freezer because the dust mite feces are actually what triggers the asthma and allergy attack.
- Keep the indoor moisture low. The ideal humidity level is 30-40%. Use an air conditioner or dehumidifier in warm climates to decrease the humidity. Clean the dehumidifier regularly.
- Humidifiers/vaporizers are not recommended because they will increase humidity in the room and create a favorable environment for dust mites. If you must use a humidifier, clean it daily to prevent mold growth.
- Chemical solutions may be helpful. Acaricides (a chemical that kills dust mites) must be applied regularly to carpeting or upholstered furniture. This solution will not remove any preexisting mite droppings. A tannic acid solution, applied as directed, can help neutralize the allergen in mite droppings. There are different types of chemicals, both wet and dry, to clean dust mites.

For more information, go to  
[www.nationalallergysupply.com](http://www.nationalallergysupply.com)

COURTESY: Laura Dellutri  
Healthy Housekeeper, Inc.  
[www.healthyhousekeeper.com](http://www.healthyhousekeeper.com)

# NEW! Provided by Panasonic

According to the EPA, indoor air pollution levels can be 2 to 5 times worse than outdoor air pollution. Indoor pollutants – including dust mites and pet dander – are top asthma and allergy triggers.

Dust mites don't fly – so air cleaners don't get rid of them! In fact, dust mites and dander are among the most difficult allergens to remove. With that in mind, Panasonic invites you to try these easy, healthy and eco-friendly tips for spring cleaning so you can keep your home fresh now and throughout the year:

- \* Vacuum smarter with a whole-house cleaning system such as Panasonic's new MC-UL915 Jetspin Cyclone. Always vacuum a room from top to bottom, starting with curtains, tops of dressers and windowsills – all easy to reach with the Jetspin Cyclone's 12-foot stretch hose and range of on-board tools. Use the Air Turbine Brush attachment to remove pet hair from upholstery, and then do the floors last. Best of all, when you're done simply pop out the easy-clean dust cup to empty and wash for less mess and a fresher smell. SRP \$249.

- \* Wash bedding weekly in HOT water – 140 degrees is enough to kill dust mites. It is not necessary to have an expensive washer with a steam cycle. If you prefer to limit your hot water heater to 120 degrees or less to prevent scalding, consider a washing machine with a "sanitary cycle" that superheats water internally, or choose special anti-allergen detergents.

- \* Limit clutter! This is one of the simplest and cheapest ways to reduce allergens in your home, plus it makes cleaning faster. Use covered plastic organizers for toys and books and simply damp-wipe the lids weekly.

## **Panasonic Jetspin Cyclone Vacuum Product Features:**

- \* Dirt sensor eliminates guesswork – display turns from red to green when floor is clean

- \* Unlike competitor models, the dirt cup can be disassembled and washed, eliminating pet odors

- \* Four onboard tools including Air Turbine Brush to remove pet hair from upholstery

- \* 12-foot wand and hose for curtains and other hard-to-reach areas

- \* HEPA filtration to remove allergens, pollutants and irritants

- \* Belt Saver stops the motor when a cord/shoelace/carpet fringe becomes wrapped around the agitator



## **Personal Note from Laura:**

**Panasonic sent this vacuum for me to test. I really found it to stand up to all the claims it made on the packaging. The price point is reasonable for a high quality vacuum. I would recommend this vacuum to pet owners that don't like their vacuum smelling like pets every time they turn it on. An added bonus is the extension wand feature. This is also a must for anyone with drapes and curtains.**

**COURTESY: Laura Dellutri  
Healthy Housekeeper, Inc.  
[www.healthyhousekeeper.com](http://www.healthyhousekeeper.com)**

# Stress Free Tips for Overworked Moms

## Tip #1: Stay organized and on time.

Keep track of your family with a phone that does it all on the road. Laura's phone has GPS for lost soccer games, she checks email on the road, downloads recipes and keeps track of the family's busy schedule. [www.windowmobile.com](http://www.windowmobile.com)

## Tip #2: Stop dropping or losing your phone.

The new clip hanger saves you from stressing out with a ringing phone you can't find in your purse! Attaches to belt loops, purses and other places to stop dropping and stressful searching for your phone. [www.cliphanger.com](http://www.cliphanger.com)



## Tip #3: Kids runny noses in the car or on the road.

Be a savvy mom who is always prepared. Have a car kit that includes a first aid kit, snacks and even a drink, and by all means keep the "on the go" Puffs with lotion and the fresh scent of Vicks. [www.puffs.com](http://www.puffs.com)

## Tip #4: Awaken your senses when you walk into your home, your oasis.

After coping with a hard day outside in the world, it's time to come home to your private getaway - your home. That's why I use the new Febreze Destinations Collection as a "Scent Getaway" to bring energy and renewal to my home.



When I walk in and smell great scents like Hawaiian Aloha, Brazilian Carnival or Moroccan Bazaar, it brings exotic

fragrances from around the world to re-energize me and my home. [www.febreze.com](http://www.febreze.com) Available in Fabric Refresher, Air Effects, Candles and NOTICEables at all mass retailers, grocery and drug stores.

## Tip #5: No time to cook a home made meal?

No worries - feed your hungry brood in under 18 minutes with delicious pasta for 4 for under \$8. Use store bought when possible. [www.stouffers.com](http://www.stouffers.com)

**COURTESY: Laura Dellutri**  
Healthy Housekeeper, Inc.  
[www.healthyhousekeeper.com](http://www.healthyhousekeeper.com)

## Think Reinvention Is Too Hard?

*"Fuggedaboutit"*

Hi, I'm Peter "The Reinvention Guy" Fogel, copywriter, reinvention expert and author of the book, *If Not Now... Then When?* Stories and Strategies of People Over 40 Who Have Successfully Reinvented Themselves.



For over 23 years I was a late night television comedian who also shared the stage with Robin Williams, Rosie O'Donnell, Jon Stewart, Denis Leary, and Ray Romano. I worked on such programs as Evening at the Improv, HBO's Comedy Central, and Married, With Children. You might've seen me... you just didn't know my name. Well, since then, I switched careers and transformed myself into an in-demand advertising copywriter and speaker.

## Make no mistake: If I can reinvent myself... so can you!

If you have a friend, loved one, or you're over 40 (or 39 1/2) and have a burning desire to change your "status quo" and live the life YOU want, then my book is your answer.

Get ready for a fun, inspirational and informative ride, and that's because in *"If Not Now... Then When?"* you'll discover:

- How to know if you should reinvent yourself (the answer may surprise you - page vii)
- The # 1 secret you can use to reinvent yourself right now (page 214)
- How your past performance is NOT indicative of your future success (page 34)
- The secret to finding your "defining moment" that will skyrocket you to new success (page 215)
- The number one error people make when switching careers (it's deadly and not what the experts say (page 29))
- Ways to turn your passion into profits (page 119)
- Five useful tidbits to use when dealing with a mentor (page 13)

**COURTESY: Peter Fogel**  
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[www.reinventyourselfnow.com](http://www.reinventyourselfnow.com)