

I say, "Life by the YARD is hard, but by the INCH, it's a cinch!"

Hi, I'm Elayne Pearson. I was a mom with 4 kids that were often sick, irritable, or stressed out. Our quality of life was pretty low. I didn't have a big pile of money to make sweeping changes, but I found the little things made an impact.

A dozen LITTLE things that make a BIG difference!

OUT with the OLD Negative Habits:

1. Cursing God - "Oh, man! *Why* does all of this happen to me?!" (victim mindset)
2. Diminish criticism - "stinkin' thinkin'" (our negative tapes) towards self / others.
3. Staying up late at night - causes irritability in all, and eventually leads to poor health.
4. Soda pop, caffeine, punch, sports drinks - They "rev-up" the central nervous system, promote hyperactivity and poor sleep.
5. Loud / negative music - Studies show it contributes to hearing loss, lower I.Q., and disconnection of others feelings.
6. Unproductive media /screens - watching silly TV, violent video games, scary shows. Beware, the human mind "believes" it all!
7. "Cooped up" - Indoors = chemical fumes, dust, stuffy air, charged emotions, etc.
8. Toxic Over-load - Toxins can harm the liver, kidneys, and eventually the brain. (Prescriptions and vaccines included.)
9. Synthetic Cosmetics - Can clog skin and contribute to allergies, acne, and asthma.
10. Junk food - The artificial colors, flavors, and dyes create a lot of problems for the body *and* mind - with headaches, ADHD, mood swings, and much more. (It's junk!)
11. Sweet Treats - we *know* they contribute to bad teeth, bad behavior, and obesity.
12. Shouting, arguing, hitting, etc. - not only hurts the body, but *harms* the *spirit*, too.

IN with the NEW Positive Tools:

1. Praise God - for lessons we've learned. Seek *guidance*. (victorious mindset)
2. Affirmations - Write down and *repeat* what you want to see. (positive tapes)
3. Get to bed earlier - Quiet time = calm. (Make the *clock* be the "big meanie.")
4. Fluids - 100% juice, bottled water, or occasional ice water calms, refreshes and hydrates. It flushes out the waste.
5. Uplifting music - Studies prove classical music stimulates the brain. (Especially good during homework!) Also relaxing.
6. Choose creativity - Color with crayons, do an art project, blow bubbles. Play board games or cards, try sewing, etc.
7. Nature - find parks or beauty near you. (Oxygen, sunshine, blue skies refresh!)
8. Epsom Salts - in a hot bath tub or foot soak. Safely and gently *release* toxins.
9. Aromatherapy - buy a small bottle of lavender oil and/or olive oil for a safe, relaxing rub down. (Reflexology, a foot massage, strengthens all the organs!)
10. Vitamins - to fill in the nutritional gaps. Buy the *best quality* of food you can afford. (Most of us need minerals, too.)
11. Offer fruit as treats. (Kids love grapes.) Even better, don't use *food* to reward.
12. New "Family Rules." (Use *these ideas*)
To create health, hugs, and harmony.