



# Sharpen Our Skills

## Foundational Steps for Physical and Mental Wellness

**S.O.S. Class 21**

**July, 2018**

**A Super Bowl winning quarterback doesn't just know how to throw a ball. He has had to master mental toughness, nutrition, self-discipline, team leadership, strength and conditioning, contract negotiations, brand building, and so on ...**

**Brendon Burchard, High Performance Habits**

### Steps for a strong foundation for you personally and for your business:

My focus is on your **FOUNDATIONAL STEP** for **PHYSICAL** and **MENTAL** Wellness:

**Sleep** – Do you get enough sleep each night? Do you get to the deep sleep? It would be excellent to work at getting 8 hours of sleep each and every night! Give the body the time to rebuild and rest ... if you get less than 8 hours of sleep each night, start by getting at least 1 more hour of sleep a night and work up to that 8! What can be done nutritionally?

- CALCIUM/MAGNESIUM – Nature's Natural Tranquilizer
- VALERIAN/PASSION FLOWER/CHAMOMILE – Gentle Sleep
- L-THEANINE/L-THYROSINE/ASHWAGANDHA – Stress Relief NATURALLY
- TART CHERRY EXTRACT/BOSWELLIA/ SAFFLOWER - Recover

**Exercise** – Stretch; Cardio; Strength; Recover. We all know we need it BUT do we make and take the time to do it? Schedule it in and get a buddy – makes you accountable! What can be done nutritionally to build strong muscles & bones?

- PROTEIN – Build healthy STRONG muscles! Are you getting enough from your diet? Try a protein shake!
- LEUCINE – The amino acid that holds onto the muscle you have ... and releases fat from body! Again there are protein shakes that can give you leucine
- HYDRATION – Are you properly hydrating before and during exercise?
- RECOVER – Are you giving your body what it needs to repair muscles after a workout?

**Diet** – Enough water? Less carbs, fat. More vegetables, quality protein, fruit & fiber. Do you have nutritional insurance? Supplemental nutrition fills in gaps!

- MULTI-VITAMIN/MINERAL – Your FOUNDATIONAL Support – Build Healthy Cells!
  - PROTEIN – Your FOUNDATIONAL Support – Try some vegetable based protein and make a “green” smoothie or “fruit” smoothie!
  - CLEAN WATER – Are you getting enough clean, pure water?
- TARGETED NEEDS: Heart, Immune, Blood Sugar, Digestion, Brain, etc



**Stress Relief** - Meditate; Exercise; Nature. Make and take time to DE-stress! What can be done nutritionally for ongoing stress?

- CALCIUM/MAGNESIUM – Nature’s Natural Tranquilizer
- VALERIAN/PASSION FLOWER/CHAMOMILE – Gentle Sleep
- L-THEANINE/L-THYROSINE/ASHWAGANDHA – Stress Relief – keep Cortisol in check!
- ST. JOHN’S WORT/INOSITOL/GREEN OAT EXTRACT – Lift Your Mood
- GINSENG/CORDYCEPS/GREEN TEA EXTRACT – Enhance Stamina & Energy



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I actually started into Shaklee because of a situation we were having with our 2 young sons, Trevor & Justin. They were only 2 & 4 at the time and they were sick all the time! Trevor with upper respiratory issues and Justin had ear infections and they lived on antibiotics – basically from September through May each year. I was so sick of them being sick AND I thought I had been doing a lot of good healthy things for them, but they were sick anyways. At the time I was a stay at home mom and money was pretty tight. I found Shaklee products and started building up their immune system – you know it didn’t really take that much and it changed their lives! No more antibiotics ... no more sick kids! We really couldn’t believe it ... but we knew that we weren’t getting anywhere with the medical route. We thought WOW look what these products did for our kids and figured it would benefit us to start using them also. I also helped a couple neighbors get their kids healthy and my sisters too. I love the environment so I was very pleased that Shaklee also had toxic free cleaning products – that was really important to me too ... being a young mom. I was using so many of the products that I really wanted a way to get them for less. I have a degree in computer programming and I thought that once the kids got old enough I would be going back to work ... BUT Shaklee happened along the way! I really didn’t want to be gone 10 hours a day. What I really wanted was to be home BUT I needed to make money. So, I knew that I loved Shaklee products and the company so I thought I could help other moms like me ... get their kids healthy and maybe a few would want to make extra money too. That started my business and now I’ve been at it for 30 years! What a wonderful blessing Shaklee was coming into my life ... first to help our health and then to help me stay home to raise my kids and now we have a very solid thriving Shaklee business that’s only getting better each year!