

Women in Networking

www.winofmacomb.com

Volume II, Issue III
October 15th 2009

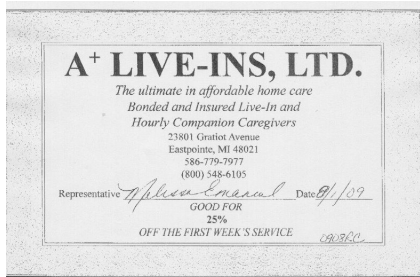
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Special!
Advertising Rates

Just \$10 per
bi-monthly Newsletter

Our newsletter reaches
about 500 woman!

The WINning Edge News

Flu Prevention and First Aid

One of the big recurring news items that we just can't get away from is the "Swine Flu Epidemic" – or Pandemic, depending on who you listen to. There is a great deal of uncertainty and fear associated with not only the virus, but also the vaccine that is being fast tracked to market! I am especially concerned about folks that are under extra stress these days, because it is well documented that stress has a negative impact on the body's immune system and can make them even more susceptible to viruses and disease.

The best starting point for maintaining health through any viral outbreak is living a healthy lifestyle. Small steps such as getting rest, eating well, drinking water, managing stress and daily exercise provide the body with what it needs to build a healthy immune system.

I will share with you the additional steps that my family and I will be taking to protect ourselves as we enter the cold and flu season. We will be using homeopathic remedies and specific nutritional supplements to first strengthen our immune systems, and additionally, will have natural remedies on hand in the event flu symptoms strike. Here is the list of nutritional products that I will have in my medicine cabinet:

ReHydration: A homeopathic blend used to enhance the body's ability to use water. If you do get sick – you don't want to be dehydrated before it even strikes!

Spagyric Greens: Stress inhibits the body's ability to absorb nutrition. This concentrated nutritional blend is designed to be easily absorbed. Flora Synergy: A unique probiotic used to boost the body's good immune bacteria.

XenoForce: Herbal immune boosting formula that includes zinc.

Flu-Tone: This homeopathic blend is used to assist with flu prevention or elimination. For prevention: one dropper full monthly alerts the immune system to viral/flu issues.

At first onset of flu symptoms consider adding these:

Drainage-Tone: Homeopathic drainage and immune support.

Core Cat's Claw: A Spagyrically processed herbal blend. Studies on www.pubmed.com show Cat's Claw's effectiveness in enhancing the body's ability to eliminate viruses.

Increase Flu-Tone: Take daily while symptomatic.

I also use an essential oil blend such as "Purification" or "Immune Support" in a diffuser to kill viruses and bacteria in the air. We have had excellent results using "Cold & Flu" synergy blend in a foot soak at the first sign of cold & flu symptoms. It is amazing how 20 minutes soaking your feet in warm water with a few drops of this essential oil blend can relieve aches and pains and sinus congestion.

One last note, here is a web link you can copy and paste in your web browser for more information on the possible risks and side effects of the new flu vaccine. You might even want to subscribe to Dr. Mercola's newsletter; it is always full of good nutritional and health information.

<http://articles.mercola.com/sites/articles/archive/2009/09/01/Swine-Flu-Shot-Linked-to-Killer-Nerve-Disease.aspx>

Please feel free to call me if you are interested in adding any of these nutritional supplements to your arsenal against the cold and flu season.

Brain Teaser Of The Month

I know what my job is,
The point has been made
You say I have a big head,
And you're right, I'm afraid.
Put me in my place,
And then leave me alone.
What I need most,
Is someone to drive me home.
What am I?

(answer at the bottom of last page)

Easy Oven Cleaning Tips

- To clean a glass oven door, sprinkle baking soda on a damp cloth. Then, use circular motions to wipe the door, dissolving baked-on stains.
- If food boils over in the oven, sprinkle the spill generously with salt while the oven is still hot. Once the oven has cooled, scrape up the spill with a spatula.

A Simple Friendship Versus A Real Friendship

A simple friend has never seen you cry. A real friend has shoulders soggy from your tears.

A simple friend brings a bottle of wine to your party. A real friend comes early to help you cook and stays late to help you clean.

A simple friend seeks to talk with you about your problems. A real friend seeks to help you with your problems.

A simple friend, when visiting, acts like a guest. A real friend opens your refrigerator and helps himself.

A simple friend expects you to always be there for them. A real friend expects to always be there for you.

Little Ears, Big Mouths...

The little boy greeted his grandmother with a hug and said, "I'm so happy to see you grandma. Now maybe daddy will do the trick he has been promising us." The grandmother was curious and asked, "What trick is that my dear." The little boy replied, "I heard daddy tell mommy that he would climb the walls if you came to visit us again."

AFTER 5 SPEED NETWORKING

Tuesday, November 10th

6pm-8pm

Logan's Roadhouse in Roseville

\$7 for WIN members/\$10 for non members

This includes networking and appetizers

Cash Bar Available

Space is limited and filling fast! If you are interested go to
www.winofmacomb.com for an application

GOING GREEN... YOU COMING?

Jack and Laura Miller – Wowgreen International www.wowgreen.net/13130

You can hear it all around us. Going green, but what does this mean? We are at the dawning of the latest revolution, a revolution of increased awareness about our health and the health of the planet. Every day it gets more important to reverse the damage caused by decades of negligence. Going green is easier than you might think. At its most basic, going green can be broken down into three simple steps.

Waste Less

Note: Recycling just one glass bottle, you can save enough electricity to light up a 100-watt bulb for 4 hours.

- **Reduce** - make every effort to purchase products that have the least amount of packaging. Less packaging means less to be thrown away.
- **Reuse** - find a new purpose for those things you are putting out by the curb
- **Recycle** - plastic, glass, paper and metal are manmade materials that can be reconditioned to have another useful life
- **Compost** - apple cores, egg shells, coffee grounds, if it was grown it can be broken down into a nutrient rich soil additive while saving precious space in our landfills

Improving Your "Bottom Line"

Do you need to tighten up those gluts? It is time to kick some butt with these three simple exercises that will improve your derriere.

The sit-back squat. Stand with your feet together and hold on to a chair. With your heels down, squat to a sitting position, hold for two seconds, and return to a standing position. Repeat, increasing the number of repetitions each week.

The step-up lunge. Standing in front of a 12-inch step, put one foot up on the step. Raise your second foot up to the step, stop for a second and then step down with your first foot. Repeat and change your starting leg.

The high-jump squat. Stand feet together and bend into a sitting position. Then jump up as high as you can. Repeat.

All of these exercises can be done three times per week. It is recommended to start with two sets of twelve repetitions each. You will see a difference in your bottom line in no time.

Thanks For The Kind Words...

"I've received about 30% increase in my business from the WIN group. I also enjoy knowing that I can continually grow my business while helping fellow WIN Sisters grow theirs. I have also had the opportunity to attend monthly dinners, special fundraisers, and the ability to give back to the community" Lynn, ADXL Promotional Advertising, Inc.

Positioning Yourself For Computer Work

If your job requires sitting for hours in front of a computer, heed this advice from ergonomic experts about the best way to position your body to avoid neck, shoulder, and back pain:

- Sit square and straight in your chair directly in front of the terminal with your feet flat on the floor.
- Avoid slouching or leaning forward. Your back should touch the seat back at all times.
- Keep your fingers and wrists level with you forearms while typing.
- Adjust the monitor height so that the top of the screen is at, or slightly below, eye level and position it about an arm's length away.

Trivia Tidbits

- Intelligent people have more zinc and copper in their hair.
- The state with the highest percentage of people who walk to work is Alaska.
- The first couple to be shown in bed together on prime time television was Fred and Wilma Flintstone.
- The average number of people airborne over the U.S. at any given time is 61,000.
- "I am." Is the shortest complete sentence in the English language.

Brain Teaser Answer

A Nail

Here's Help For Lost Pets

Would you be able to find your pet if it ran away or was taken from you? Every year thousands of pets get lost and are never found by their owners. How can you prevent this from happening to your family? Here are some simple tips that will help you avoid the heartache of losing a beloved pet.

The easiest and most important way to protect your pet is to ensure that it wears an ID tag with your name, address, and phone number on it at all times. If you are traveling or have moved recently, be sure to tape a local address onto the tags until they can be updated. Be sure that you attach the tags to the collar using a more secure "o" shaped hook instead of the common "s" hook. Many pet owners assume that their pet will never get out, so they don't make them wear their tags. In reality, there is a very good chance that your pet will get out at some point. The easier you make it for someone to contact you, the better your chances of recovering your pet. There is even a company that offers optional "Alert Tags" and a 24-hour hotline for pet rescue. For information on this service, visit www.help4pets.com. Thankfully, 95 percent of lost pets that are found with an ID tag are returned home safely.

Another option for pet identification is to have a microchip implanted. Your vet can tell you about this relatively easy procedure. For information on some types of microchips, you can visit www.pet-id.net or avidmicrochip.com.

Protect your pets by putting them in a secured area when guests are expected. Many animals are lost each year due to the carelessness of visitors. This is especially important when service people are in your home. They have no attachment to your pet and are not always careful to prevent your pet from escaping.

Your dog should be on a leash at all times when away from your home. Even the best dog can get frightened or distracted and run from you. Be sure to spay or neuter your pet because animals have been known to wander when "love is in the air."

Remember never leave your pet where you wouldn't leave your wallet! The idea of leaving your wallet unattended in front of a store or on the seat of your car probably sounds crazy to you. Well, if you leave your pet in places like this, it may be stolen. Criminals take pets to sell them for cash or for possible rewards offered by their owners.

For more information on pet protection, or if you lose your pet, you can contact your local humane society or animal control center. They can offer you suggestions and resources for finding your pet and/or preventing you from ever losing your pet in the future.

Need to increase your forth quarter sales? Check out one of the **Women In Networking Chapters!**

Roseville: Meets every 2nd and 4th Wednesday of the month
Networking begins at 8:30am and the meeting runs from 9am until 10am

Utica: Meets every 2nd and 4th Thursday of the month
Networking begins at 6:30pm and the meeting runs from 7pm until 8pm.