

1 2 3 4 5 6

WINTER

sumhow.com

Third Life



This publication is designed for smartphones and can be opened with iBooks, Kindle, Acrobat, and PDF readers.



DOGS SNIFF

The dog comes up and begins to sniff. If it remembers you, and you were a nice person, then instantly it wags its tail, perhaps even deigns to lick your wrist. It may avoid you. It may associate you with food or with a swift kick. And all those images, all those associations are evoked by one healthy whiff. Aside from the basic inhibition against walking up to someone and sniffing, humans are no different. “An odor is not just a name--it is a whole context,” Olfactory information is “privileged,” Malaspina explains, since it is the only one of our five senses that does not make a brief stop at the brain’s relay station, the thalamus, before going to the ever so intellectual

1

RECIPES



Dark-Chocolate Coconut-Oil Fudge

NATURALLY SWEET, DAIRY FREE, VEGAN,
PACKED WITH NUTRIENTS AND HEALTHY
FATS FROM COCONUT OIL

- 1/2 cup melted coconut oil
- 1/4 cup honey or maple syrup
- 1/2 cup unsweet cocoa powder
- 2 tsp peppermint oil
- pinch of salt

Mix coconut oil, honey, cocoa powder, peppermint, and salt until smooth. Pour mix to dish lined with parchment paper. (Use molds for shapes.) Place in freezer for half hour. Cut with knife to pieces. Warm knife under hot water. Enjoy.

ANTS



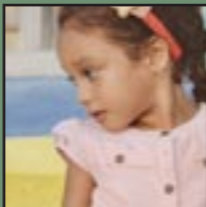
Dr. Amen, in his famous PBS series on brain scans calls them **“ANTS” automatic negative thoughts** that pop into everyone’s head. Here’s his suggestion:

1. Write them down—clearly identify and label them
2. Ask if these thoughts are TRUE.
3. Talk back. Tell you know that these thoughts are not true.

You can also use small handwritten notes all over your desk or house to display positive messages. Teach your brain to think of your situation in terms of positive words and lexicon. Create new neuronal paths to think in terms of positive outcomes.

Need Help?

CANADA LIVE-IN CAREGIVER PROGRAM



- Need **Disabled** Help?
- Need **Childcare** Help?
- Need **Eldercare** Help?

Government of Canada Live-in Caregivers Program provides care for children, elderly persons or persons with disabilities. Live-in caregivers (nurses) must live in the private home where they work in Canada. Need help? Text 416-414-7252 or click the button below to email us for info.

YES, I need help! Send me details.

Click Here

RECIPES

101 ANTI-AGING FOODS

“The Fat-Burning Kitchen”

CERTAIN FOODS CAN ACTUALLY SPEED UP
THE AGING PROCESS IN YOUR BODY.

Advanced Glycation End Products (AGEs) are nasty little compounds that speed up the aging process in your body causing damage to your organs, your joints, and wrinkled skin. *Get free book for more ...*

Ship Me My Book!

[Click here to Claim Your FREE Copy](#)

VISA

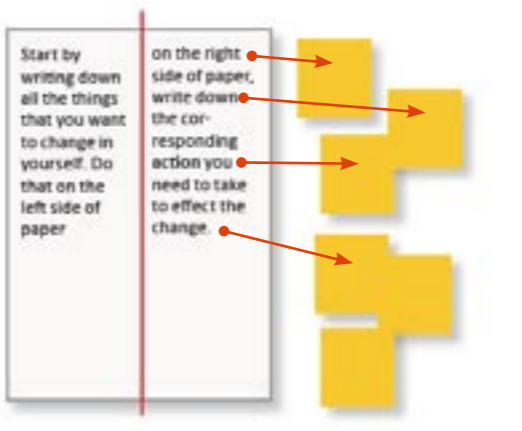


elo

PayPal

MENTAL REHEARSAL OF ACTIONS

USE POSITIVE **ACTION** AFFIRMATIONS



Start by writing down all the things that you want to change in yourself on the left side of paper; on the right, write jot down the corresponding **ACTION** you need to take to effect the change ... *"I study hard and get an A"* (not the results: *"I see myself getting an A"*). This mental rehearsal of the **ACTION** (rather than results) needed is well researched with athletic performance, students' study habits, and many other cases.

.....
*Golfers and tennis players were more successful if they imagined themselves **TRAINING** rather than winning. Students who mentally focused on study habits rather than getting a high grade did better in the exams.*
.....

Then write “action affirmations” out of the actions. Use rather than “I study ...” use third-person narrative. “John (you) studies with clear focused mind”. “John researches each topic thoroughly”, “John remembers facts easily”, “John makes factual connections easily”.

Place stickie notes on the sides of your computer screen, use them as lock screens of your smartphone, place in front of your refrigerator, on the bathroom mirror.

Your unconscious mind will see them even when you don't. Read them aloud. It takes some 30 days to build new neuronal connections, so stick to it and focus on the ACTIONS you need to take.

3

RECIPES

Golden Turmeric Milk Mix

EARTHY DRY SPICE DRINK MIX MAKES A DELICIOUS SOOTHING REMEDY

- 1/2 cup turmeric powder
- 1/4 cup cinnamon powder
- 2 tsp ground black pepper (absorption)
- 1-2 Tablespoon ground ginger
- (Optional) 1/2 tsp cayenne pepper

Add 2 tsp of this mix to heated almond, coconut, dairy, or pecan milk. Heat milk in a small sauce pan for 3-5 min. over medium heat until hot but not boiling. Add turmeric tea mix (2 tsp/cup), stir well. *You may add raw honey or maple syrup to mellow out strong taste of turmeric.* Enjoy.