

## THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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## To CHOOSE or not to CHOOSE. Is that Your question?

By Tanya Fly

As many of you who receive these TNM Blogs&Newsletters know, they are definitely an extension of who I am as a person—similar to my class and work as a whole. Last week I found myself flashing back a lot to how I use to see my world as a child which, (as I got older), seemed very different than how I sometimes found others viewed my life or, (more importantly), their own. My siblings were older and had their own lives and friends by the time I came along so I spent much of my time as a child a lone creating story's,

and lives like: staring in my bedroom mirror and noticing everything was the opposite and pretending to be the black Alice in Wonderland. Pretending to be an archeologist digging up and breaking open rocks in our yard and drive way full of gravel—my daddy would give me his hammer and leave telling me to, “Go for it”. Now they'd probably call that endangerment of a child, right? 8-) Lonely sometimes but most times I was really fine with my own company because it allowed me to BE, in my own thoughts, my



PHOTO: JFLY

skin and spirit which I've found to this day to be not a bad thing. I really preferred listening to what I thought was God talking to me and telling me what's what than listening to someone on the outside sometimes with an agenda that was not necessarily in my best interest.

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Some would even make it their personal mission to have you believe choosing to be alone instead of allowing them and their **stuff** in makes *you wrong*. However, if you have already found that the road that person, place or thing is on takes you somewhere you don't want or need to go, who's the fool if you allow them to manipulate you into going there? They got their short-term fix for their life moment while you receive the opportunity to once again beat yourself up for ignoring your own common sense, turning their insanity up to join them in Crazy Land.

I don't think it's necessary to go off to some monastery, shave your head and take an oath of permanent silence but I do believe you can not run from time alone each and everyday to make certain the life you are living is the one you want: The body, the heart, the mind.

If it is, keep doing what your doing cause you're definitely ahead of the life game. If "Not Quite", don't be afraid to take some time to figure out what the real issues are and face them head on. Remember everyday is your opportunity to Choose NU!

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**Are you too involved with your children's success?**

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# Why Do People Fear Change?

By Susan Velez

**Q: Are you a mom in need of a physical change to match your inside one?**

**Check out a recent post I saw on one of my parent online groups.**

**A: The star of Fine Living Network hit Closest Cases Lloyd Boston is at it again! In this new One-Hour Special, Boston will be taking three women at different stages in their lives and giving them a complete style makeover. Continued Below...**

Why do people fear change and let it stop them from pursuing their dreams? Many people have goals and dreams that they will not realize because they are afraid to pursue them. The sad fact is that only 4% of our society actually set goals for themselves. Are you following your dreams and goals or are you a person who fears change?

People fear change and I have never understood that because you have nothing to fear. What is that you fear? People stay stuck in a job for twenty plus years because they are afraid to pursue that career that they would love to do. People also never start that business that they would love to do because fear of failure stops them. Whatever it is people truly want to pursue; they do not have the courage to follow it because they let fear stop them.

If people would not let fear stop them and continue to pursue their goals they would live a life filled with more joy, abundance and prosperity. However you can not truly experience these qualities if you continue living a life you are not 100% happy with. Fear is just a state of mind there is really nothing to fear after all if you fail to reach one goal, there is no shame in it. As long as you learn from your failures and keep working towards your goals and dreams eventually they will become realized. Believe me I have not reached all my goals that I have ever set for myself, but it has not kept me from setting more goals and working towards them.

If you set goals for yourself and do not reach them; do not give up on them. People fear change because they are scared of the unknown. Sometimes the unknown is better than the known. I am not sure about you, but I would rather wake up knowing that I am setting my own destiny rather than letting someone set my destiny for me.

Next time you want to pursue something do not let fear change your mind. Be brave enough to follow your heart and your dreams. After all you only live once and if you fail to do what you love you will not experience true happiness. We were all meant to live a life we truly love. If you learn how to develop your faith you can learn how possess the courage to be do have anything. Faith is the opposite of fear, and it is better to focus on faith than fear.

People fear change because they have not learned how to develop their faith. Do not be one of them believe that faith can get you through and help you achieve anything you desire. Life should be easy and free flowing without the fear of failure; your mind loves to make you think that you can not do things because the ego likes you to remain where you currently are. It is scared of change; however as you continue to set goals for yourself and work on your beliefs about your ability to reach your goals and dreams you can program your subconscious to achieve anything you desire.

Article Source: [http://EzineArticles.com/?expert=Susan\\_Velez](http://EzineArticles.com/?expert=Susan_Velez)



The special will feature a woman from her twenties, thirties and forties taking on the challenges that each decade brings, and with Lloyd's help, define, refine or reinvent their style. If you or someone you know would be the perfect makeover candidate, please simply send an email or call with your name, contact and a bit about why you need a makeover.

Please note, candidates must live within a 30 mile proximity to New York City.  
If interested, please contact: Jamie Carroll [Jamie.Colone@citylightsmedia.com](mailto:Jamie.Colone@citylightsmedia.com) Casting  
Producer| City Lights Television  
646.467.7678 - Direct



**Sleep On Your Back**

The American Academy of Dermatology (AAD) cautions that sleeping in certain positions night after night leads to "sleep lines" -- wrinkles that become etched into the surface of the skin and don't disappear once you're up. Sleeping on your side increases wrinkles on cheeks and chin, while sleeping facedown gives you a furrowed brow. To reduce wrinkle formation, the AAD says, sleep on your back.



**Eat More Fish -- Particularly Salmon**

Not only is salmon (along with other cold-water fish) a great source of protein -- one of the building blocks of great skin -- it's also an awesome source of an essential fatty acid known as omega-3. Yale dermatologist Nicholas Perricone, MD, tells WebMD that essential fatty acids nourish skin and keep it plump and youthful, helping to reduce wrinkles.



**Slather On Alpha-hydroxy Acids (AHAs)**

These natural fruit acids lift away the top layer of dead skin cells, reducing the appearance of fine lines and wrinkles, particularly around the eyes. New evidence shows that in higher concentrations, AHAs may help stimulate collagen production.



CHOOSE NU



# FINAL WORD JUST A THOUGHT

By Tanya Fly

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