

THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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What's Love Got to Do With It?

By Tanya Fly

When I was younger and I'd apply for any job I recall there being a question on the application wanting you to "Give a description of your *best* qualities". Mine were fairly typical, like most I'd imagine; I was *punctual* or *followed directions well*, (depending 8-) but the one I normally said with complete sincerity was that I considered myself a "People Person". I genuinely liked meeting different people, learning about who they were, what they did and why they did it. I have jokingly said on more

than one occasion I could watch a biography of the Pillsbury Dough Boy and find something incredibly interesting about him because I love to attempt to find the **similarity** between myself and that person. It creates a level of understanding and at times pride or sympathy even if their experience is completely removed from my own. **What I'm not really into is a debate just for the pure sake of one.** I've met people over the years who actually love to do this and it's not necessarily wrong, actually imperative in some



PHOTO: WWW.NJYPHOTO.COM

circumstances like the law. Justice...where would you be without the debate? Certainly when people do not agree on any particular matter, a dialogue done with the focus being on *healthy* resolution is crucial for growth and understanding but what if that is NOT the point?

Yeah growing up, the can't pg 2

“Family Debate’s” wasn’t really my thing and certainly did not look forward to it. To me they were straight up Fights, sometimes an Emotional Death Match where only the person who could yell the loudest or say the MOST hurtful thing crucifying their *opponent* into submission was “Right” and “Won”. Not to really *hear* the other person or to be heard. Not for healthy resolution and certainly not what I considered acting as though the person mattered for LOVE’s sake. Your thought, if not inline with the other was, frankly “irrelevant”.

Don’t get it twisted, this is not to suggest that there wasn’t love mind you...it was certainly shown and shared in many other ways but how to disagree with someone in a way that left both people feeling their emotional trust and respect were left in tack even if they didn’t agree, well, not so much. You knew you had been harshly judged, sometimes wayyyy much and as an adult I have attempted to get better at recognizing when I am repeating such a cycle, putting

what I’m calling “People Pause”, stepping away from them, calming down to *then* see what if anything being debated truly is in need of such a “discussion” -- on either side. (Cause although a girls **goal** is to **not** fight TRUST if she has asked you to give her a minute to *pause* from you and **you** keep coming at her...**she can and will!** Not a good look though so again, would like a *people pause* please.)

Over the past few months of me taking out some of the boxes marked “Other” in my own closet to finally examine some of the emotional things I believe could be getting in the way of choosing NU in certain aspects of my life I have definitely been **tested** and it hasn’t been fun. Striking the balance between **Peace** and **Rolling Over** to avoid conflict. **Love** vs. **Sucker**. Respecting someone’s position without *Disrespecting your own*. **What does Love Got to Do With It?**

I don’t quite have the answer on lockdown just yet but for the moment I’m going with if your left in a place that leaves you feeling *less than your personal best* then it’s okay to take a step back, put that “debate” on pause, respectfully for LOVE’s sake.

DOES MICHAEL JACKSON HAVE ANOTHER SON?!?!?

Somebody PLEASE confirm for **TNM COMMUNITY** cause WHO KNEW ANYTHING about *this*?

NO, seriously cause TFLY grown or not I DO CARE. and will take alllll ya’lls heat because I do. 8-)

MJ’s Daddy JOE, confirming. YOU TELL US. the.nu.method@gmail.com

JOE JACKSON confirms MJ’s “other” son. <http://www.accesshollywood.com/joe-jacksons-emotional-interview-i-knew-michael-had-another->

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REALLY?!?! BUT, but...it’s **FREE!** SIGH--ah, OK 8-(

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WE WANT TO HEAR FROM YOU

TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.

If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website www.thenumethod.com and click on http://thenumethod.com/TNM_COMMUNITY.html for further details.

TRAVELING WITH CHILDREN ROAD TRP STYLE
By: Sarah Chinn, (with TWINS)

With younger children, timing it to sleep is a great strategy. When our kids were toddlers/preschoolers we’d drive for a couple of hours before dinner time, stop to eat, put them in pajamas and brush teeth (when they were old enough to have teeth!), set them up with pillows, blankets, stuffed animals etc,

and let them fall asleep. It would usually be a bit later than their regular bedtime, but we got several hours of driving time with sleeping children. Similarly when they were babies -- we had car toys etc, but the best strategy was just timing the driving so they be asleep for most of it.

Good luck!

Sarah E. Chinn
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New York, NY 10065

FLYGIRL
on HER YEAR
to CHOOSE
NU!

SUMMER VACATION IS ALMOST OVER...
and the fall for many of us means we are back to juggling not only are family's schedule but attempting to still have one of our own. If that doesn't include taking care of your health and well being than it should.
Get a head start on it NOW so **YOU** are a part of the TO DO LIST.

SUMMER SPECIAL
PVT: 5 sessions \$340
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the.nu.method@gmail.com



Kwiz and the Fabulous, Beyonce!




Kwiz and my boys on the Tour Bus right before we went to see Beyonce perform at Madison Square Garden in NYC.

ONE OTHER THOUGHT
SEE CIRCLE BELOW...

My boy Kwiz was written up in Performing Musician.com recently being B's Go-to-Guy or known to others in the industry as a **Programming Specialist**. He's that guy that will edit and remix tracks from her recordings, creating backing tracks that conform to their new live arrangements and frankly, make it possible for you to thoroughly enjoy the Sasha Fierce and B experience "sound wise". Yeah

my brutha', we know you The Man and all now but my boy is still looking for his FREE drum lesson this month. LOL His mommy is definitely not making Beyonce bank...yet. (I think we may have to dust my mike off though in your studio here and change all that in a minute. 8-)

 **Child Lures PREVENTION**

Think First & Stay Safe! With the ORIGINAL Sexual Abuse and Abduction Prevention Program. Celebrating 22 Years of Education!

A few weeks ago I was on one of my community Parent online groups and saw a mother who posted about an organization that teaches children how to identify and protect themselves from Child Predators. I believe this is a HUGE issue and MUST be addressed by any and every parent to empower our kids. Here's a video clip further explaining who they are and what they do.

<http://vermonttv.net/index.html?menuID=9&fivID=4>

FURTHER INFORMATION
<http://www.childluresprevention.com/>

'To get something you never had, you have to do something you never did.' When God takes something from your grasp, He's not punishing you, but merely opening your hands to receive something better. Concentrate on this sentence... 'The will of God will never take you where the Grace of God will not protect you.' Something good will happen to you today; something that you have been waiting to hear.

PASS THIS STATEMENT ON TO SOMEONE YOU LOVE AND WANT TO KEEP IN YOUR LIFE.

Turn a Negative Behavior to a Positive

By Sandra A. Daley

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We have all made promises to ourselves to change a negative behavior, like no more McDonald's French fries, I swear! Or more dire challenges like being impatient with your mother, getting defensive with your husband, or yelling at your daughter for just about every thing. You have come to the decision to make a change because others have asked you to or you are decidedly sick of your behavior and recognize this is not an example of your best you.

Have you noticed, like many resolutions or promises you've made in your life, that you have abandoned them and quickly gone back to the old way of doing things? I will venture to say that this often happens because you don't have a plan for change. You don't have a plan for what to do instead of yelling or being impatient. If you want to change a behavior, before you attempt, think long and hard, step-by-step on what actions you will take instead.

Focusing on the behavior you would like to change is not enough, you have to want the change, be ready for the change, that includes a plan for what to do, and your focus really needs to be on where you want to be. Positive thoughts will get you to where you desire. Focusing on the behavior you

would like to change is not enough, you have to want the change, be ready for the change, that includes a plan for what to do, and your focus really needs to be on where you want to be. Positive thoughts will get you to where you desire.

Most of our undesired behavior is rooted in habit and the way we have always done things. It may even be deeply rooted in the way our parents responded to things. These behaviors are truly difficult to turn around. As with an addiction or habit, you need to deal with each interaction moment-to-moment and day-by-day. You have to slow the movie down, that is your life, so you can "see" the thing that your mother does and why you react with impatience. Be "in" the moment so you have an opportunity to breathe, to think, and to phrase your response before putting it out there.

Before this, take some time to really ponder the way you would like to relate. What does that look like? What would you say instead? Maybe, it's even a great idea to share with your husband your desire to be with him in a way where you no longer feel the need to defend. He may be able to support you in the change.



If you have questions or comments on changing a negative behavior contact Sandra A. Daley at info@sandrada.com



www.blankyclip.com

all one word, with a LOWER case not Upper, guys. Small Biz Mommies tryin' to BRAND, k? 8-)

MOM WITH A START UP BUSINESS

What do you do when you have a baby in a stroller, the suns beaming and the blanket your using to shield him or her keeps falling off!?!? Once again, mommy to the rescue creating the perfect solution called BLANKYCLIP!

Currently, she sells them in boutiques in LA (where she is based) and several celebrity parents are using blankyclip - Charlie Sheen & Brooke Allen, Rebecca Romijn & Jerry O'Connell, Julianna Margulies and the list goes on.

Most recently BC was picked up by Bed Bath and Beyond and Buy Baby so check it out! [More about her in our next issue.](#)



HOME GROWN WORKOUT

Another **NU** Summer Option if YOU decide to **CHOOSE NU!!**

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There are no registration costs, no ongoing fees, no mailing lists, no heavy ads, no advertising pop-ups, no tricks, no catches. We are dedicated to providing the best site for swimming workouts on the web.

Resource:
www.swimplan.com.

Troi Zee Invites You to Check out Planet Troi!



Hello Everyone!

Whether as a supportive friend, interested contact or innocent bystander J, we wanted to take a moment to share the official launch of Planet Troi with you.

Planet Troi is the delightful destination to share video content for kids and their talents, and P.S. it's moderated too! From Singers to Scientists, Athletes to Artists, Mathematicians to Magicians, talented kids can now come to Planet Troi to view and share their videos. Here is a Planet Troi music video called Hey, Mr. Knickerbocker!

You can access the site at: www.planettroi.com. We are looking for talented families and kids to build the Planet Troi community, feel free to sign up and, if you child interested, post a video!

Many thanks,
 Sheneen Zee
 Planet Troi | Creative Director

Contact 917.297.5794 | Sheneen@planettroi.com

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CHOOSE **NU**



FINAL WORD

JUST A THOUGHT

By Tanya Fly

We don't have to agree but it doesn't give either person the right to set the others emotional house on FIRE under the guise of *just an opinion* or to *get your way*. Especially if you aren't ready to hear a "Less Filtered" version of their thoughts about you, um back! Take a "People Pause"...a *moment* alone and really check your heart before you have your *Debate*.

When cooler heads prevail Love should have Everything to do with it.



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Family mean to
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