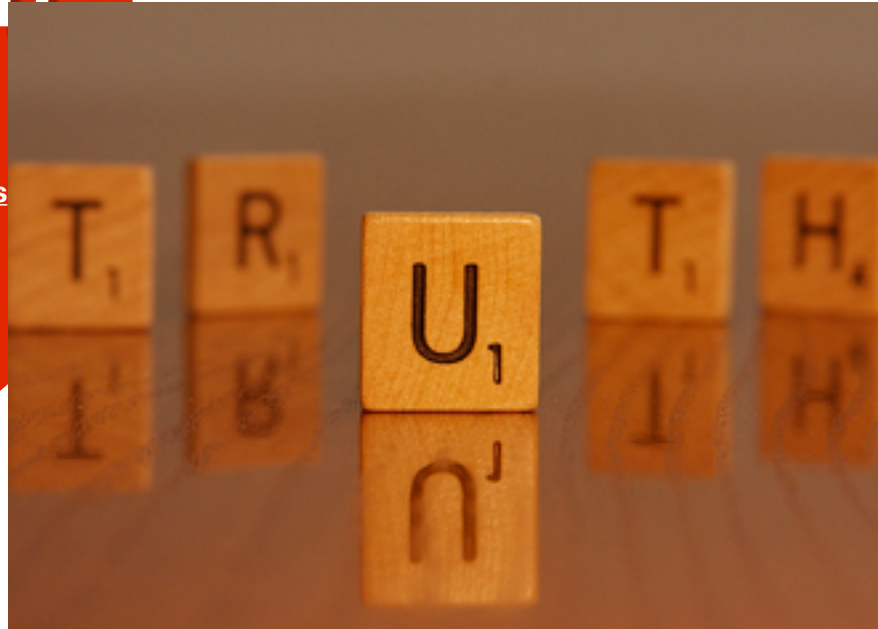


THE NU METHOD

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The TRUTH, Does It Set You FREE?

By Tanya Fly

The question on my mind lately has been, “**Why do people hide so often from the truth?**” What is it about really getting into what one really wants or needs from themselves or others that makes living in, “I’m FINEland”, (at times clearly faking it), OKAY instead of admitting that you really aren’t? Or the other extreme, all you ever are is **not ok** so often, frankly, no one can stand being around you? Clearly you’ve found Victimhood works so stop playin’! I’ve been wondering mainly because I’ve noticed that the more I personally

get all thick in my own truth trenches, (Oooweee it’s thick up in here), the less I’m interested in the **Every Day Fakery** of it all. I recognize that as powerful as feelings tend to be sometimes, they are transitional. Depending on how you respond to your feelings; the action, that’s what can really send your life in a direction you may or may not want to go. See, I think it takes a willingness to face the TRUTH to gain a better quality of life. Short-term it may not seem to be a Good LOOK to others but **Note To Self:** You don’t and in turn



PHOTO: JFLY

can’t reach your full potential, trust *their* life will go on, hear? How can you know and be happy with **you** if you’re busy playin’ **hide not seek** from yourself all the time?

So today, this Memorial Day I ask all of you to take a moment to think about whether you’ve

con't pg 2

been really telling yourself the truth about things that matter to you most? Is it really the truth or is it just that easy place you go to so folks, (or you), won't dig any deeper? Think about it...how scary can it really be? And even if it is, aren't you more afraid of continuing to live a life of grey, ("Really, I'm FINE") as oppose to a bit more say RED? 8-)

It doesn't have to be that color, okay but more vibrant, alive. Don't ignore the aches, pains--or not being fully content either physically or emotionally because those are usually important signs

that a change needs to come. Allow yourself today to ask, "Is this really as good as it gets?" "Is it as good as *I* can get?" **If the TRUTH is no, then know you can do something about it... One moment, choice and small step at a time.**

Eventually, actions led by the *truth* have no choice but to lead you to a life that you're much more satisfied with.

The TRUTH--don't be scrrrd, (scared)...it really will set you FREE.

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

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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.

Looking for easy but healthy recipes to try in your home and for your family? Check out this new show on LIFETIME, called **Cook Yourself Thin.**

You can click on the link to try it out or even download on ITUNES! How much easier can they make it!

<http://www.mylifetime.com/on-tv/shows/cook->



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Vitamins Found to Curb Exercise Benefits

By NICHOLAS WADE
Published: May 11, 2009

If you exercise to improve your metabolism and prevent diabetes, you may want to avoid antioxidants like vitamins C and E.

That is the message of a surprising new look at the body's reaction to exercise, reported on Monday by researchers in Germany and Boston.

Exercise is known to have many beneficial effects on health, including on the body's sensitivity to insulin. "Get more exercise" is often among the first recommendations given by doctors to people at risk of diabetes.

But exercise makes the muscle cells metabolize glucose, by combining its carbon atoms with oxygen and extracting the energy that is released. In the process, some highly reactive oxygen molecules escape and make chemical attacks on anything in sight.

These reactive oxygen compounds are known to damage the body's tissues. The amount of oxidative damage increases with age, and according to one theory of aging it is a major cause of the body's decline.

The body has its own defense system for combating oxidative damage, but it does not always do enough. So antioxidants, which mop up the reactive oxygen compounds, may seem like a logical solution.

The researchers, led by Dr. Michael Ristow, a nutritionist at the University of Jena in Germany, tested this proposition by having young men exercise, giving half of them moderate doses of vitamins C and E and measuring sensitivity to insulin as well as indicators of the body's natural defenses to oxidative damage.

The Jena team found that in the group taking the vitamins there was no improvement in insulin sensitivity and almost no activation of the body's natural defense mechanism against oxidative damage.

The reason, they suggest, is that the reactive oxygen compounds, inevitable byproducts of exercise, are a natural trigger for both of these responses. The vitamins, by efficiently destroying the reactive oxygen, short-circuit the body's natural response to exercise.

"If you exercise to promote health, you shouldn't take large amounts of antioxidants," Dr. Ristow said. A second message of the study, he said, "is that antioxidants in general cause certain effects that inhibit otherwise positive effects of exercise, dieting and other interventions." The findings appear in this week's issue of *The Proceedings of the National Academy of Sciences*.

The effect of vitamins on exercise and glucose metabolism "is really quite significant," said Dr. C. Ronald Kahn of the Joslin Diabetes Center in Boston, a co-author of the report. "If people are trying to exercise, this is blocking the effects of insulin on the metabolic response."

The advice does not apply to fruits and vegetables, Dr. Ristow said; even though they are high in antioxidants, the many other substances they contain presumably outweigh any negative effect.

Dr. Kahn said it might be that reactive oxygen is beneficial in small doses, because it touches off the body's natural defense system, but harmful in higher doses.

Andrew Shao of the Council for Responsible Nutrition, a trade association of dietary supplement makers, said the new study was well designed but was just one bit of evidence in a complex issue. Most available evidence points to the opposite conclusion, that antioxidants benefit health by reducing oxidative stress, he said.

"I wouldn't change recommendations for anyone based on one study," he said. "This is one small piece of the puzzle."

A version of this article appeared in print on May 12, 2009, on page D6 of the New York edition.

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SUMMERTIME

"DID YOU KNOW"

FOOD TIDBITS



HOT DOGS ANYONE?

Hot dogs and sausages are favorite summer treats for many of us, but you might want to save them for baseball games. It's not just about fat or calories (after all, you can choose lower fat varieties) but hot dogs, bratwursts, sausages and most dogs are high in sodium. A typical hot dog has 280 calories, 15 grams of fat, and 1,250 mg of sodium, while a 6-ounce kielbasa has 330 calories, 24 grams of fat, and 1,590 mg

FROZEN CONCOCTIONS

Sweet, fruity alcoholic drinks (the kind often served with an umbrella) may go down easy, but the calories add up in a hurry. A piña colada can range from 245-490 calories, a daiquiri from 300-800 calories, and a Long Island iced tea can set you back 520 calories or more -- with much of it from sugar. Instead of high calorie drinks, try wine, a wine spritzer, or a mixed drink with seltzer and a splash of 100% fruit juice.



STAND

How One TNM Community Member Created The Life SHE Always Wanted Choosing NU one CHOICE at a Time.

by Judy Collins

This article is to introduced my family. It is a unique family but has all the components of an ordinary family. I was born and raised in Trinidad and Tobago and lived their for 21 years before I migrated to America, while in America I had three children. It was not a bed of roses with their natural born father. I was exposed to domestic violence as never before and I thought I would of never made it. It took me over 18 years to fully recover from what had happened to me just for loving someone. I must admit that I had totally given up on men and even though I continued to try to date I simply could not get serious enough to fall in love with another man. As time passed I knew that I would not be able to live alone for the rest of my life and that I wanted to have a mate but I ignored my feelings and continued living.



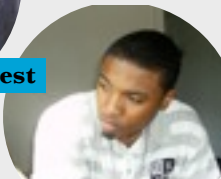
JUDY - QUEEN BEE

Rearing my children was very difficult but somehow while doing so I was able to go back to school and complete my Associate then my Bachelors of Art in Education and finally in 2005 completed my masters in Administration. I worked for the NYC Department of Education for eight years but I was still troubled. In the depth of my heart I knew that being a single parent was not the life style for me. I was not satisfied. Just about then I decided to pursue my dream and enrolled in Vaughn College of Aeronautics in Flushing Queens to become a pilot. I must say it was surprising that I got through because it was a dream I had when I was a child. I did not get the chanced to pursue it because back in the early 70s there was not many female pilots. However, I kept this dream in my heart never to forget until one day the opportunity arose and I took the shot.



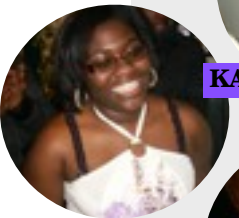
DAIN - The Eldest

While in college I met a friend who was a professional in the field that worked for US Airways. This young man taught me everything I needed to know about flying and yes I took every opportunity as money would allow to fly. However, it was not long before I had to stop flying due to lack of funds but I knew deep down in my heart that I would eventually get my private pilot license. Like many others, I found myself caught up in many mishaps within my life which led me to leave my job with the NYC department of Education moving my family to another state.



KASHEENA - 2nd

Shortly, before I moved I became homeless even though I was still living in my apartment. The landlord abandon the house so I was left with a broken furnace and no lights. I thought things could not get any worse until I called NYC 311 and found they would be little help to me. Welfare was not an option with me. I knew that I served a mighty God who was watching over me and with a little patience I would get by. Things got worse with no job--eventually losing my car through repossession and visiting many pantries with my three children in order to survive.



CURTIS - the baby



TRAVIS - photo missing

While in prayer my oldest son asked, "Mom why don't you ask around for help for a better place to live". I knew he was right but I had no money. But in faith I went to a few Real Estate in the neighborhood and asked. It so happened that I could not find a place to live, so my family and I stayed in that apartment another 2 years with no heat or hot water. Eventually when my body started to get sick I began to prayer earnestly for help but there seemed to be none but one day I ran into one of the young man that I used to fly with. I told him what was happening to me and to my amazement, he said that he had a house in Pennsylvania and if I wanted it he would offer me the possibility to purchase it from him. I remembered that day very clearly because it was the happiest day in my life. I moved into the house, me and my three children, but still with much to be grateful for something personally was not right. For all the love I had for my family as a mother, as a woman I was lonely.



STAND con't from page 4

One Saturday morning I got up and it was not the same. I stood on the edge of the bathtub and begin to pray then the tears streamed down my faced uncontrollable. While I was in there my son called to me and gave me the phone. It was an old friend who tracked me down online. His name...Richard and from that day on something in me changed. After a month of speaking with Richard he asked me to marry him. I did not accept because I was afraid. Even though I knew that I needed someone in my life and he seemed to be that one there was a problem...Richard was in the Army in Iraq. Despite my fear, I knew that something beautiful had changed for the better in my life since reconnecting with this guy. I had to take another chance. Three months later in the relationship Richard asked me to marry him again of and this time I did not hesitate. I accepted the offer. Richard was my miracle and God, as always, was right on time. I really felt I could no longer go on. Although I believe in miracles I must admit I truly believed life had given up on me. It took me along time to find love. This man has filled a gap that has been empty for so long. My children are 21, 18 and 18--never had I seen them accepted a man but with Richard there was no problem. I wrestled a little with his age because he was 5 years younger than I but eventually Richard proved to me that he is the man for me. I called him my protector. He is on his final journey and he is going to resign from the Army from this last tour. Richard did not come to me single handed--he also had a young son and I have accepted him just as my own. We do plan to have one between us hopefully this year.

FIND SUPPORT

It is not so easy to work through some of the blockage getting in the way of you being your best but don't be afraid to seek it out. From meditation to a therapist, whatever it takes to find the peace you deserve know you're worth it!

Sometimes life trials seems long but when the good comes along it overtakes the wrong that was done to you. With Richard in my life the joy that I feel daily is unbelievable. He pushes me to finish my goal on becoming a pilot and is in preparation of buying us a home. I stood in that house and just wept. I asked myself where was Richard all these years when I was in so much pain but I thank God for allowing him in my life now.

I say to all women never sell yourself short. Life probably did not begin as a fairy tale at the beginning but it sure can end like one. If you wait on God and do what he tells you to do he will answer the prayers best for you .



RICHARD - THE MAN!

HOMEGROWN workout:
Doing YOU and doing it well...



Our NU ENTHUSIAST, Rebecca on vacation in Australia recently Scuba diving and showing off that amazing body she's been working on doing that NU Method Lifestyle Thing with yours truly...ya heard. LOL

CHOOSE **NU**



And the **WINNER** of the
FREEZE DANCE is, drum roll
please... **ME!**
YIPEEEEE!!!

FINAL WORD

JUST A THOUGHT

By Tanya Fly

You have the right **NOT** to face the
TRUTH if you so choose but then
don't be mad living **BLAH.**

THE TRUTH - THE WAY
THE END
XOXO
t~

PARTY OVER HERE!
NU KIDZ in action!

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