

CAREER HEALTH

Take a Stand Against Clutter

By Maria Garcia

When your clutter is really out of hand and taking over your home and your life, it may be necessary to wage war and take a stand against your clutter. Here are 5 no-fail ways to win the fight.

1. Get rid of something. It doesn't matter what it is, but find something you no longer need or want and get rid of it. If you do this every single day, you'll be able to lighten your load by 7 unwanted items each week, 365 items each year!

2. Shop with a list and with cash. Always go shopping with a list and focus on buying ONLY those items. Things bought on a whim often turn into tomorrow's clutter. Don't bring your credit cards or your checkbook with you especially for small purchases and grocery shopping, as leaving them behind deters you from buying anything you don't need. Bring only enough cash for the items on your list.

3. Pull the paper out of your printer. If you find you're always printing everything and ending up with huge piles of paper you'll never reference again, pull all the paper out of your printer and put it in an out-of-the-way area (a very inconvenient area) of your house. You'll be less likely to print something if it's very inconvenient for you to get the paper to do so. When you have an absolute necessity to print something, just grab a few sheets of paper from your storage area.

4. Live out of boxes. Put all of your possessions from one room of your home into boxes. Only retrieve something from the box when you need it. At the end of the month, deliver the boxes and anything in them to your favorite charity or to your trash can. If you didn't need the items in a month, they're likely not important enough for you to keep. Of course, this doesn't apply to marriage documents and other legal or tax-related paperwork.

5. Have someone else do the dumping. Go through your home and gather everything you want to keep. Consolidate all of these things to one room. Rent a dumpster if necessary. Hire someone, a professional, a trusted relative or friend, to get rid of anything that is not in your 'keeper' room. This may sound drastic, but it's a sure-fire way to simplify your life as quickly as possible.

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Five Natural Common Cold Beaters

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colds. It helps to strengthen the immune system and is also a good antiviral. Putting garlic in meals will help to prevent colds and can also reduce the suffering time of patients. The best way to consume the garlic is freshly ground and raw. Many people would find this a struggle, especially because a lot of people eat as many as three or four cloves as soon as they show symptoms of a cold.

Elderberry Extracts

Elderberries may look harmless but to the cold virus they are far from it. It is a powerful antiviral as well as being a highly effective prophylactic. As an antiviral it can help to stave off the actual infection causing the cold, and its prophylactic properties strengthen and rejuvenate the immune system. Elderberry and blueberries are among the best varieties of fruit a cold sufferer can eat for these very reasons.

The Immune System's Role

You will have probably noticed that almost all of these remedies are strongly based around the strengthening of the immune system. This is because there is essentially no cure for the common cold and we are forced to rely on our bodies to fend off the infection. In order to do this, the immune system needs to be as strong as possible and the stronger it is the less suffering will be required.

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"If you don't know where you are going, any road will get you there."

-Lewis Carroll

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PHYSICAL HEALTH

Five Natural Common Cold Beaters

By Jacob Mabile

The aptly named common cold hits nearly every one of us on a regular basis and once a single family member has it, it can spread quickly and viciously. While the cold itself is relatively harmless it still presents almost crippling symptoms. The common misconception is that you can fight a cold, essentially getting on with your life and trying to ignore the problem. This is much more likely to prolong the agony as opposed to beating it. In preference to turning to the pharmacist there are natural ways to reduce the recovery time and relieve the nagging symptoms of a cold.

Rest

The misconception that exercise will help to sweat out a cold is misleading. The body needs to be able to fight the cold infection and by exercising or being excessively active you are reducing its capability to do this. Resting allows the body to fully combat the cold virus. The immune system and various immune functions within the body are strengthened or generated during sleep. It is these that will help your body beat the cold.

Water

When suffering from a cold the body is susceptible to becoming dehydrated. In order to prevent

this it is absolutely essential that sufferers drink plenty of water. The recommended eight glasses of water a day is the absolute minimum that you should be aiming to drink when suffering from a cold. For this reason, water can help to further strengthen the immune system and subsequently beat the infection.

Vitamin C

It may sound like something your mom or your grandmother would try to convince you but it is widely believed to be true. However, too much vitamin C can cause diarrhea and possibly even kidney stones. Many proponents of vitamin C as a cold remedy would argue that 1,000mg every hour is not damaging and will help to reduce the time a person suffers from a cold. However, it has been medically proven that 250mg has the same positive effects as any larger dose with fewer and less severe side effects. The best way to obtain this level of vitamin C is through fruit juices because this also provides a good source of extra fluid.

Garlic

Garlic is another age old herbal remedy for

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RELATIONSHIP HEALTH

Cooperation Beats Competition

By Dr. David E. Sanford

How healthy is the competition in your relationship? If you compete with each other for control, for attention, for sympathy, for being right; if you compete for resources, like money or time to rest; and if competition leaves you at odds with each other — then, clearly, your relationship is suffering.

You could change — from competition to a more agreeable way of being with each other. Here are steps to follow:

- **First**, understand your preference for competition. Perhaps you learned competition in your birth family, because what you needed — e.g., recognition or affection — was in short supply and you had to compete or go without. Maybe you're a first-born married to another first-born, and you both believe you're entitled to be boss.

Perhaps you think that, in every situation, there's only one right way; and you compete to be the one who has it. Possibly being close makes you uncomfortable, and, by competing, you keep your distance. Or perhaps you compete because you believe that, to feel worthwhile, you must always do better than someone else.

- **Second**, question your competitiveness. Ask yourself, what benefit do I get from being competitive? (e.g., you get to be right about an argument.) Then ask, why is that benefit important to me? (e.g., you must justify your feelings to accept them; and believing that you're right is the only justification that works for you.)

Then consider how your competitiveness affects the relationship. (e.g., you can usually wear your partner down and “prove” that, in an argument, you were right. You

can then justify your feelings to yourself. But you pay a high price. Your partner resents you deeply; and you're uneasy, knowing that you had to beat someone down to feel worthwhile.

- **Third**, reorient yourself. If you conclude that the costs to the relationship of competition outweigh the benefits, you will seek a better way to meet your needs.

Competing partners usually assume that

“We must be willing to learn the lesson that cooperation may imply compromise, but if it brings a world advance it is a gain for each individual nation.”

-Eleanor Roosevelt

scarcity makes their competition necessary. There isn't enough (truth, attention, sympathy, etc.) to go around; so each must fight to get his. If competition is to yield to a better way, then belief about scarcity must be disproved.

Battling partners should understand that their relationship style perpetuates scarcity. e.g., if two people both talk at the same time, then listening is scarce indeed, nobody is doing it. Or, if people ridicule each other's opinions, then merit is also in short supply, because somebody's viewpoint must always be “stupid”.

- **Fourth**, try cooperation instead of competition. As an experiment, adopt the hypothesis that there is enough (of whatever matters) for both of you.

A commitment to cooperate requires that

you each think for two instead of one — “me and you” instead of “me against you”. For example, she says, “At the end of the day, I need time to myself.” He says, “I need time to myself then, too.” Then somebody says, “We both need time to ourselves at the end of the day. How can we work together to assure that each of us gets some time alone?”

This “win-win” approach promotes the long-term health of the relationship. It requires thinking beyond the moment and taking seriously the truth that, if one person wins it all, the other loses it all — and losers make unhappy partners.

Thinking for two instead of one requires a profound reorientation for most of us. Trying this exercise may help: Take some situation in which you appear to have competing needs; e.g., Roger wants to crash after dinner and watch TV; Betsy wants to talk. In this exercise, each advocates forcefully for the other person's needs.

In order to advocate well for each other, Roger interviews Betsy, asking questions about her need until he fully understands. And Betsy interviews Roger, for the same purpose. Then, facing each other, Roger champions Betsy's need, and Betsy champions Roger's need.

Assuming success in the exercise, they experience, through each other's empathy and support, enough security to drop the egocentric grasping after their own wants that we all do when we're afraid. They can then trust the “we”. Immediately, they have enough for both: and competition becomes unnecessary.

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INNER HEALTH

The Keys to Positive Change

By Leslie Hamel

Is there an area of your life you'd like to improve? Do you wish for more loving relationships? Less stress? More time? More money? Better health? Someone to share life with? Some people call these longings “divine discontent”. We seem to be programmed to wish for more, no matter how much we have. The blessing in our discontent is that it forces us to think about how we might change things.

Usually, our early attempts focus on changing other people (if only he/she would...) or changing our circumstances. In time, however, we learn that trying to change others is a waste of energy — it simply can't be done. And many of us learn the hard way that even when we decide to change our circumstances and leave what's causing the pain behind, things turn out much the same with the new love interest, job, or home.

Another trap is getting caught up in self-improvement and goal setting. This kind of wishful thinking promises everything will be great if we just lose those 10 pounds, get the degree or promotion, or move into a more expensive house. Even though these accomplishments are commendable, we find they still don't satisfy for long.

When all these strategies inevitably fail, some people simply resign themselves to the situation (that's just the way life is), some fall into depression (is that all there is?), while others use drugs or alcohol to numb the pain. On the other hand, there are those who are lucky enough to experience some kind of crisis — an accident, illness, or serious addiction — that forces them to finally understand that meaning-

ful change can only come from within.

According to Louise Hay, the world renowned, best-selling author of over 18 books on this subject, there are two simple keys to personal positive change: self-approval and self-acceptance.

Sounds simple enough but, for me, learning to accept and approve of myself took a lot of work. Even as a child I had a hard time understanding the commandment to “love your neighbor as yourself”. Even at an early age, my experience was that I loved other people

“You can't be afraid of change. You have to embrace it and you have to turn it into a positive.”

-Theo Epstein

better than myself. (In the popular psychology of the 1970s, this used to be described as a You're Okay, I'm Not Okay worldview.) Anyway, common sense told me if I were to treat others as I did myself, they'd all move as far away as they could, as fast as they could.

I was ready for Louise's advice when I read her best-known title, [You Can Heal Your Life](#), and started to practice catching and correcting the negative self-talk that went on in my head all day, every day. Do you know that voice? It's the one that says things like: You're not smart enough; you don't deserve that; you look awful; you're lazy; and you should lose weight.

As I practiced changing these negatives to positive statements, I found I had a better, brighter attitude about life. By countering those thoughts with positives like: I can figure it out; I'm deserving of everything my heart desires; I look wonderful; and I could lose weight. My growing sense of self-acceptance told me I was finally onto something that could make a difference. And it was so simple.

Why not try this yourself? Just experiment with it for a week. It certainly couldn't hurt and it may help a lot. To get the most out of the exercise, start by writing a brief summary of how you've been feeling and list the negative messages you are conscious of telling yourself each day. At the end of your experiment, summarize how you feel, what you've learned, and the new positive messages you are practicing.

It is through small steps like these that we quiet “divine discontent” and learn to love and accept ourselves exactly as we are.

©Leslie L. Hamel. All Rights Reserved. Leslie Hamel, a certified Louise Hay Workshop Leader, is a business and personal effectiveness coach who also offers Body Wisdom Workshops based on the philosophy of Heather Williams, HWM. For information about Leslie's workshops, contact the FrogPond at 800.704.FROG(3764) or email susie@FrogPond.com