

Tips From Sara Fay and the Elementals to Keep You & Your Kids Healthy



Avoid the **P.I.T.S.**
So Your Light Can **S.H.I.N.E.!**



The PITS make everyone feel crummy. Avoid them to keep your light shining bright!

P - Poor Nutrition. Your body is amazing! It can perform hundreds of thousands of processes to keep you healthy. In order to do so, it must receive the proper nutrients.

I - Invaders. If your cells don't receive the proper nutrients, they can't fight off invaders like fungus, bacteria, viruses and parasites.

T - Toxins. They stress out your body and make you sick. Keep an eye out, notice how your feel, and become a savvy investigator!

S - Sugar. Sugar and its counter part, high glycemic food (which also puts a lot of sugar into your blood) are master deceivers. They trick you into wanting their sweet taste and then trap you in the PITS! Sugar is an anti-nutrient that invites invaders into your body! Oh no!

Without the PITS, your light can SHINE!



S - STOP! & Sleep Take a precious moment to find out what you really need. Sit comfortably; free yourself from thoughts, distractions, reactions, and preoccupations. There are many ways to do this. You may find Quest 4: Sitting Like a Rock from Book 5 a helpful place to begin. Find out what works best for you. Everything is better after a good night's sleep!

H - Help. Ask for help and help others.



I - I Control Myself. I am in control of my thoughts, beliefs, and actions.

N - Nutrient Dense Food. Gobble your greens and enjoy the multi-colored, flavorful world of food provided by Mother Nature. With what food is the land providing you right now?

E - Environment. Humans are in a wonderful position to live in harmony with the environment. When we keep it healthy and clean it keeps us healthy by offering nutritious food and beautiful scenery that is great for doing Sara Fay and the Elementals quests!

Make sure to visit www.SaraWatchorn.com and www.SaraWatchornAuthor.com and provide us with your email so we can keep you up to date on exciting developments and new releases like Sara's upcoming collaborative publication that makes health easy and fun for the entire family. Nature, Sara Fay, and the Elementals, too, still have much to offer!