HEALTH CARE REFORM

DOES NOT BEGIN ON CAPITOL HILL
OR AT YOUR DOCTOR’S OFFICE...

IT BEGINS WITH YOU!!!

• Rest: Sleep sweet, rest in God, and on the Sabbath
• Activity: Walk/Exercise at least 30 minutes daily
• Ingest: Plenty of fruits, vegetables, whole grains, beans, nuts, and seeds. Avoid animal protein and fats.
• Nature: Breathe fresh air and get daily sunlight
• Believe: And Trust in Divine Power
• Overcome: Intemperance and unhealthy habits, including caffeine, tobacco, and alcohol use
• Water: Drink plenty from your glass every day

There is HOPE at the End of the RAINBOW!!!™

For more healthy lifestyle tips visit www.rainbowhopehealth.com

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