

News For Health Nuts

...‘Cause We’re Crazy About Feeling Good!

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New Beginnings...

The transition between years is a time to look back. To take stock of what happened over the course of the past year. To review what we did well, and what we wish we had done differently.

It's a time to look forward and to make plans for the coming year. Set goals in all areas of life. Re-evaluate what things are taking up too much time and energy, and what things need more focus.

I've got some big plans for 2014. First of all, I have to take and pass my Family Medicine board recertification exam. Yay. If I disappear for awhile in the spring, it's because I needed to hunker down in the Study Cave and cram. Graduating from medical school didn't exempt me from taking tests anymore. They're just farther apart, more stressful and more expensive. Sigh.

My boys will have birthdays. Nick will be seven and Chris will be twelve. They will finish one grade and (hopefully) start the next. We will have vacations and weekend getaways just like any other family.

Russ will celebrate his three-year anniversary of his cancer diagnosis, and then the three-year anniversary of remission a few months later. The first one is NOT a happy day, but the second definitely is. We continue to praise God every day for his healing and thank Him for the wonderful doctors and nurses and other staff who have cared for him through this journey.

I hope to get some sailing in this coming summer! I think I might have to take Captain Dave up on his docking class, because I really stink at it!

Business-wise I hope to meet many more people who need what I offer as far as comprehensive health care for the whole person. We've had such a great journey over the last few years! I have learned so much from you! You ask me great questions, push me and challenge me and keep me honest and humble. Thank you!

Helping five more people start their own Shaklee businesses is another big goal for 2014. If you know anyone who can see their own home-based business being born in 2014, please send them my way. It's a great way to make a difference in the lives of others, while improving your own life tremendously. Cheers! ❖

The 3 Best New Year's Resolutions

Originally published on [December 7, 2013](#)

Ho ho ho! 'Tis the season! Time to start thinking about your New Year's resolutions! Every year we promise ourselves that NEXT year will be OUR year. Our year to lose weight, to eat right, to quit smoking, to generally make our life perfect in every way.

How do you see your New Year's resolution through?

The first step is to start small. You are NOT going to completely change your life with one resolution. Think "step-in-the-right-direction" rather than "complete-revamp." Choose something you know you CAN do. This will build confidence and set the stage for another small step in the future.

Here are my best 3 recommendations for New Year's resolutions this year.

1. Better Relationship With Yourself

Some of the most common New Year's resolutions involve health-related goals. These are AWESOME! Make sure they are concrete and doable, though, if they are too big it's easy to give up. For instance, if you're a pack-a-day smoker, quitting altogether (while an AWESOME goal) might be too big. How about cutting down to a half-pack at New Year's, a quarter-pack by February 1st and quitting altogether by March 1st is definitely doable.

How about nutrition goals? I definitely recommend positive goals rather than negative ones. ADD something rather than GIVING UP something. For instance, drink water instead of soda. Add a mixed green salad daily (or maybe even twice a week if you NEVER eat anything green). Pack lunch more often instead of eating fast food. And DEFINITELY eat breakfast every day. Don't try to add all these goals at once! Pick one, then when you're used to it, add another. Before you know it your body will thank you for all this great nutrition you're giving it!

The last health-related common resolution is to exercise more. Again, this is AWESOME! But you have to make it stick! That means you need to take baby steps. Get a pedometer and start the [10,000 steps program](#). Take a T'ai Chi intro class or ballroom-dancing class.

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Business Spotlight

This month's Business Spotlight is shining on my friend Rita Legan!



Rita is a Realtor with Keller Williams. She LOVES helping people find their way home!

Do you need help finding a new owner for your house? Do you need more space? Downsizing? Looking for a rental or investment property?

Give her a call and see what magic she can work for you! Her number is (440) 227-4461. You can also reach her on Facebook and LinkedIn.

Want your business highlighted in this newsletter? Let me know!

Coming Events...

We have three events in December and January:

Shaklee 180 Turnaround Events

- Saturday, December 7, at 2:30
- Saturday, December 28 at 2:30
- Saturday, January 18 at 2:30

Turnaround Events take place at State Road Family Practice.

Have an idea for an event to share with other Health Nuts? Please call and let me know! I do need some lead time for publishing purposes, so advance notice would be great!

Want more information like this? Want to stay up-to-date and also receive this newsletter via email? Visit my website and subscribe!

www.jenniferwurstmd.com

Weight Loss With Shaklee 180!

Shaklee 180 is a scientifically designed and proven program that helps you lose fat you don't want and keep muscle you need. The program is Powered by Leucine, an amino acid shown to preserve muscle mass.

By replacing two meals per day with Shaklee 180 Smoothees and Meal Bars, you can make sure you're getting the protein, fiber, vitamins and minerals your body needs while skipping the junk your body doesn't need.

Junk like artificial preservatives, sweeteners and coloring agents. Junk like genetically-modified food organisms. Junk that makes you tired and sick.

A Shaklee 180 Smoothie prepared with one cup nonfat dairy milk contains:

- Protein: Protein curbs hunger and helps maintain energy. Our Smoothies contain 24 grams of protein—as much as four eggs. Enough to keep you satisfied and feeling great.
- Leucine: The essential amino acid Leucine helps build and maintain lean muscle mass. One Smoothie contains as much Leucine as a 5 oz. chicken breast.
- Fiber: Six grams per serving – as much as one cup each of broccoli, cauliflower, and pineapple—to help with digestion and promote intestinal health.
- Calcium: as much as two cups of milk.
- Vitamin D: as much as 10 oz. of fresh tuna.

With Shaklee 180 you also get access to BurstClub workouts specially designed to get you maximum results in minimum time. These high-intensity interval training (HIIT) workouts are included with the purchase of a Turnaround Kit or Lean and Healthy Kit (see page 4 for more info). Don't believe you can really burn 350 calories in less than 30 minutes, and see increased energy and metabolic burn rate for 24 hours AFTER your workout? Try it! Seeing (or rather FEELING) is believing!

Also included is the Shaklee 180 app for iPhone and Android users, which lets you track your meals on the go and gets you entries in the Healthy Competition!

Are you ready to see results from your weight loss program? Call me at 888-741-9153 and let's talk about your weight loss and fitness goals. If you're ready to make a change, I'm excited to help!

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Find something you LOVE doing, something that's fun and you'll be much more likely to stick with it. (I talked about that in [this post](#) from last month.)

2. Better Relationships With Others

Another great category of resolution is those that have to do with how you treat other people. How's your relationship with your spouse? Could it be better? Maybe resolving to set aside one weekend per month for Date Night would help. Even something as simple as resolving to call every lunchtime for a quick hello and I-Love-You can brighten your (and your spouse's) entire afternoon.

Maybe you feel a little disconnected from your kids. What could you do to spend more time with them? Note I didn't say "more MONEY." Spending time with your kids, reading to little ones or playing ball or Tag with bigger ones creates great memories and brings you closer to them.

How about your parents, brothers, sisters, friends? Is there someone you haven't seen in awhile? Making a point to schedule time for weekly phone calls with family and friends will keep you connected.

Remember to make your goal concrete and doable.

3. Better Relationship With God

If you believe in God, reconnecting with your faith can be a great New Year's resolution. If you don't go to church or temple regularly, resolving to attend services can be a good start. Maybe you could join a Bible study group or other group at your place of worship. Volunteering to work with a group that needs you (like the youth group or a local homeless shelter) is a great way to give back to those who are less fortunate.

Remember that the point of New Year's resolutions is to make your life better. Now's the time to start planning for 2014. Pick one or two resolutions that matter to you and get started! And don't forget to let me know what I can do to help!

Want to read more info like this? Go to www.jenniferwurstmd.com

New Year's Special!

To help you start your New Year off right, I am offering the chance to have a PERSONALIZED supplement plan developed for you!

In person or over the phone, we will talk over your most pressing health concerns and make a plan to address them!

This service is FREE OF CHARGE as my gift to you to help kick off 2014 as your HEALTHIEST YEAR EVER!

Please call 888-741-9153 to schedule a time for us to talk. Let's get going!

Shaklee On Sale!

You will get a FREE canister of Smoothee mix with the purchase of any Shaklee 180 Kit between December 15 and January 15th. Share with your friends and show them how yummy weight loss can be!

Just make sure to mention you saw the discount in the December newsletter!

Turnaround Kit

Everything you need for your Shaklee 180 journey for an entire month. Two meal replacements, a serving of Energy Tea and three Metabolic Boost tablets per day. The Kit also contains a box of snack bars for snack attacks!

Lean And Healthy Kit

Once you've reached your weight loss goal, the Lean and Healthy Kit helps you enter stable maintenance. You will have one meal replacement daily and a serving of Vitalizer, the incredible multivitamin pack ONLY from Shaklee.

Have a Suggestion?

Please feel free to contact Dr. Jen and request future topics for the newsletter! Want to learn more about something? Let me know by calling me at 888-741-9153.

News FROM Health Nuts!

Margaret K.'s infant grandson has been sick with a life-threatening illness. Please pray for Baby Clay's complete healing with no long-term effects, and for his family's peace and freedom from worry.

Mike Z. lost FIFTEEN pounds in a bit more than 3 weeks after starting the Shaklee 180 program. Go Mike!!

Kelly R. is going through a rough patch. Prayers please for her comfort and peace.

Nancy M.'s grandson is growing like a weed!

Lisa B. is done with nursing school for the semester! Yay, Lisa! Get some serious relaxing done!

Theresa M. just had her gallbladder out. Ouch! No worries, Theresa, you'll be feeling back to normal in no time!

Kayla S.'s tummy is feeling better with OptiFlora.

Kim C. just got engaged! Congrats!

Sharon W. and her hubby are down at their cabin enjoying some hunting. Be careful!

Christina A.'s neck is feeling better with Joint Health Complex. Yay!

Nancy W. is working retail again this Christmas. Take your Vitalizer Nancy! And wash your hands!

Karen C. and Teri B. are VERY glad Menopause Balance Complex is off backorder!