

8

Free Things
You Can Do
to Improve
Your Health
and
One That Costs

By

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Some of the most profound things you can do for your health are simple and free!

I am now 65 and I am healthier today than I was 23 years ago!

My report is here to remind you of what you can do to improve your health (most of it you already know) and some of it may surprise you.

With Love, Peace, Health, Wealth & Happiness,

Cindy Cashman,
July 2023

1) Gratitude

Gratitude brings a sense of peace that reduces stress and boosts the immune system.

Gratitude has numerous benefits for your mental, emotional, and even physical well-being. Here are some of the key advantages of practicing gratitude:

Better physical health.

Improved mental health.

Stress reduction.

Better relationships.

Enhanced self-esteem.

Increased happiness.

Improved mindfulness and present moment awareness.

Gratitude is a State of Consciousness that Creates Miracles.

If you have a hard time thinking of what you are grateful for pretend it has all been taken away and then it will be easier to list the things you are grateful for.

Think of the classic movie *It's a Wonderful Life* starring Jimmy Stewart. He is not thankful until it is all taken away and afterwards, he is thankful even for the little things. Most of us do have a wonderful life.

Incorporating gratitude into daily life through practices like keeping a gratitude journal, expressing thanks to others, or simply reflecting on things to be grateful for can have a profound and positive impact on overall well-being.

What 7 things/people are you grateful for?

Take time, write it out, and allow yourself to FEEL grateful.

2) Your Self-Talk

Positive self-talk offers a multitude of benefits. It boosts self-confidence and self-esteem, enhances motivation and goal attainment, and contributes to overall mental and emotional well-being. By consciously choosing positive and empowering internal dialogue, you can

transform your mindset, overcome challenges, and lead a more fulfilling and successful life.

I choose to pay attention and be aware of my self-talk.

What are you telling yourself about your overall health?

Are you focusing on what brings you joy?

3) Just Breathe

Deep breathing, also known as diaphragmatic breathing or belly breathing, promotes relaxation and stress reduction. When we take slow, deep breaths, it activates the parasympathetic nervous system, which counteracts the body's stress response and helps us feel calmer and more centered.

Taking deep breaths allows for a greater intake of oxygen and helps fully oxygenate the blood. Proper oxygenation is vital for the functioning of all our body systems, including the brain, muscles, and organs. Enhanced oxygen supply can increase energy levels, improve concentration, and support overall cognitive function.

Focusing on our breath brings our attention to the present moment, in the here and now, allowing us to let go of worries about the past or future. Deep breathing also encourages us to connect with our bodies and become more attuned to our physical sensations and emotions. This heightened self-awareness can lead to better emotional regulation and a deeper understanding of ourselves.

Deep breathing offers a range of benefits, including stress reduction, improved respiratory function, increased oxygenation, enhanced mindfulness, and self-awareness. By incorporating deep breathing exercises into our daily routines, we can experience greater calm, mental clarity, and overall well-being.

A popular technique is called the 4x4. Breathe in for four counts, hold for four, exhale for four and hold for four. Repeat 3x or more. If you do this every night, you will feel better. If holding for four counts is too much or too little then adjust it to what works best for you.

4) Water

Drinking water is essential for maintaining optimal health and well-being.

Staying hydrated helps regulate body temperature, aids in digestion, and supports the transportation of nutrients and oxygen to cells. It also plays a vital role in lubricating joints and cushioning organs. When the body is adequately hydrated, it can function efficiently, leading to increased energy levels, improved cognitive function, and enhanced physical performance.

Water has no calories, making it a great alternative to sugary beverages, which are often high in calories and contribute to weight gain. Consuming water before meals can help create a feeling of fullness, leading to reduced calorie intake. Additionally, water aids in digestion by breaking down food, promoting the absorption of nutrients, and preventing constipation.

Water plays a vital role in maintaining healthy skin. It helps to hydrate the skin cells, improving elasticity and preventing dryness, which can lead to premature aging. Sufficient water intake also supports the detoxification process by flushing out toxins and waste products from the body through urine and sweat. This cleansing effect can contribute to clearer skin and promote a more radiant complexion.

Individual water needs may vary depending on factors such as age, activity level, and climate. It is generally recommended to drink eight 8-ounce glasses of water per day (the 8×8 rule), and listening to your body's signals and ensuring you stay adequately hydrated is crucial.

Water is my drink of choice. I feel it is important to bless your water and thank it for hydrating you. I simply say “thank you water for hydrating me.”

If you catch your self thinking or saying things like water has no flavor, upgrade yourself talk to: I choose to drink water because it is good for me.

What is your self-talk about water and are you drinking enough?

5) Healthy Eating

Healthy eating involves consuming a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods are rich in essential vitamins, minerals, antioxidants, and fiber, which support various bodily functions, including immune system health, cardiovascular health, and cognitive function.

The food we eat directly affects our energy levels and mental well-being. A healthy diet provides the body with the fuel it needs to sustain energy throughout the day. Whole foods, such as complex carbohydrates and lean proteins, release energy slowly, providing a steady supply of fuel and preventing energy crashes. Moreover, a diet rich in omega-3 fatty acids, found in fatty fish, nuts, and seeds, has been associated with improved brain health and cognitive function, including memory and mood regulation.

Remember, healthy eating is a long-term commitment and a holistic approach to nourishing the body.

I believe it is important to send good thoughts and energy to whatever food you are eating. For example, my husband born and raised in Texas likes the fast food Whataburger. In the past my thought was “how can you eat that?” Mitch enjoys eating there and it brings a smile to his face.

This also brings up judgment. I remember years ago, I was at a friend’s house and I was hungry. I went into his refrigerator and then freezer and all he had was frozen dinners. I asked him how you could eat this and he said, “Easy... I’m very busy and it’s how I’m dealing with things right now.”

Fast-forward 10 years, I was in a situation where I was busy and did not feel like I had extra time to cook. I ended up buying some frozen meals. One day when I opened my freezer and saw frozen meals, it dawned on me, Oh my gosh I remember silently judging my friend 10 years ago and now look, I have frozen meals in my freezer.

Bottom line: remember to bless your food and let go of judging others. If you judge others, it may come back on you as it did to me.

What is your self-talk about the foods you eat?

What energy are you sending towards the foods you are eating?

6) Sleep

Good sleep is essential for overall well-being and plays a crucial role in maintaining physical health, cognitive function, and emotional balance. Adequate and high-quality sleep enables the body to repair and rejuvenate itself, supporting optimal functioning of various bodily systems.

During sleep, the body undergoes important processes such as tissue repair, hormone regulation, and memory consolidation. Proper sleep enhances the immune system and promotes healthy brain function. It is also associated with improved concentration, productivity, and decision-making abilities.

Establishing a consistent sleep routine and adopting healthy sleep habits can contribute to better sleep quality. Limiting the intake of caffeine and electronic devices before bed can also promote better sleep.

Bottom line: When you are well rested, you feel better.

What is your self-talk about your sleep?

7) Exercise, Meditate & spend time in nature

The benefits of exercise are far-reaching and encompass both physical and mental health. Regular physical activity helps maintain a healthy weight, reduces the risk of chronic diseases, and enhances physical fitness. Exercise also has a positive impact on mental well-being, reducing stress, anxiety, and depression, and improving mood and self-esteem. Incorporating exercise into your lifestyle is a powerful tool for overall health and well-being.

One of the best things you can do is eliminate stress and have fun!

Bottom line: find an exercise you love to do and then it does not feel like exercise.

Meditation has been linked to various physical health benefits. Studies have demonstrated that meditation can help lower blood pressure, reduce inflammation, and boost the immune system. Regular meditation practice has been associated with improved sleep quality, increased energy levels, and enhanced focus and concentration. By integrating

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meditation into one's daily routine, you can experience both mental and physical well-being, leading to an overall improvement in their quality of life.

Meditation to me is quieting my mind. How do I do that? I keep it simple by focusing on my breathing, which brings me into the present moment. If a thought pops up, I will observe it and let it go or if it is important, I will talk it into my recorder on my phone and take care of it later.

Spending time in nature offers a wide range of benefits that promote both physical and mental well-being. Whether it is a short walk in a park or an immersive wilderness experience, connecting with nature can have a profoundly positive impact on our lives.

8) Forgiveness

Forgiveness is a complex and deeply personal process that can bring numerous benefits to both individuals and relationships.

Forgiveness can lead to emotional healing and a sense of relief. By letting go of anger, resentment, and negative emotions, you can experience increased peace, contentment, and overall emotional well-being.

Forgiveness has been linked to a reduction in stress levels, improved immune function, lower blood pressure, and decreased risk of heart problems.

Letting go of past grievances allows individuals to focus on the present moment and cultivate more positive thoughts and emotions.

Forgiveness is not a sign of weakness: it is a sign of strength.

It is a healthy moment when you can forgive others and yourself!

I believe forgiveness is critical to living a healthy life.

Here is what works for me:

Write down what is bothering you. After you have written out your anger and frustration, you can choose to tear up the letter or even burn it. Please remember that you do not have to give the person involved the letter. It is for your own internal healing process. I tear

these letters apart and throw them away. If you feel the need to bring it up to the other person whom you are choosing to forgive, you can express your feelings and say, “I feel...” then read them the letter.

You know you have done the exercise correctly when there is no more emotional charge behind it and you feel better about yourself and the person with whom you were once angry.

Is there anyone you can forgive today?

And One Thing That Costs

I have experienced many different health products over the years and the one that has helped me the most is Lifewave X39 Stem Cell Activation Patch.

My testimonial: I started wearing the X39 Stem Cell Activation Patch on December 28, 2022. Within one week, I noticed I was sleeping a lot better! What convinced me the X39 works for me was in March 2023 I had a dentist appointment and for the first time in over 30 years my gums did not bleed! This is huge for me as in the past I have had issues with my gums bleeding.

My husband fractured his lower back in September 2022. He was dealing with lots of back pain. He started using the X39 patch the first week in January 2023 and within one week of wearing the patch; he noticed his back does not hurt. This is huge!

You can go to <https://startx39.com> to check out this patented stem cell reactivation technology! You will find over 80 case studies, doctor reviews, patents, and testimonies. It took 10 years of research and 4.5 million dollars to bring this technology to market.

At 30 years old only half of your stem cells are active and at the age of 60 almost none. When stems cells are stagnant people heal/recover slower and are more prone to sickness and disease.

The X39 Patch is affordable at \$99 for a 30-day supply to reactivate your own stem cells. Because this is such a unique product, there is a very lucrative business plan as well. <https://lifewave.com/Cashman> ID number 1763307

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There are many amazing testimonials. What matters most is does the X39 help you? The only way you will know that is by experiencing the product for yourself.

I recommend you choose which plan feels better for you, Brand Partner or Preferred Customer Plus.

Brand Partner:

You can receive commissions with people you refer when you are at a gold level or higher. I recommend signing up as a silver, which gives you 3 months' supply of X39. Experience how the product works for you. At any time, you can upgrade to a Gold or higher.

<https://lifewave.com/Cashman> ID number 1763307

Preferred Customer Plus benefits:

For a one-time \$19.95 sign-up fee, you receive wholesale pricing on your order and a free bonus with each monthly order.

1st month you will receive 10 samples of X39 patches. This is the number one seller. This patch activates stem cells.

2nd month you will receive 10 samples of Y-age Aeon patches. This patch reduces stress in the body, promotes relaxation and helps with inflammation.

3rd month you will receive samples of Y-age Glutathione patches. Glutathione is the body's master antioxidant. Glutathione supports a healthy immune system and overall health.

4th month you will receive 10 samples of Silent Nights patches. This patch enhances the quality of sleep.

5th month you will receive 10 samples of Y-age Carnosine patches. This patch improves strength, flexibility, and overall health. This patch improves bioelectrical properties of organs.

6th month you will receive one full sleeve of any of previously sampled products (excludes X39 & X49).

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To sign up as a preferred customer:

Make sure it says shopping with

Cindy Cashman.

<https://lifewave.com/Cashman> ID number 1763307

Click on "shop all products" and pick out the products you want. The X39 is the number one seller and the one I recommend.

Click subscribe and save.

Click LifeWave Preferred Plus Customer program is the subscription that gives free samples each month.

Click monthly subscription.

Look at shopping cart. Your first order will show a one-time fee of \$19.95, which gives you wholesale pricing and monthly bonus products.

Go to check out and it will say create a new account.

Fill in your information.

It will ask you if you want to be a brand partner instead. Click no unless you want to be.

List of Lifewave products

Prices current as of July 2023.

X39

Retail price is \$149.95. Wholesale (aka preferred price) is \$99.95. The X39 is their flagship product. Activate your stem cells. Relieves minor aches and pains. Can increase energy and improve sleep.

X49

Same pricing as above

Promote performance, strength and stamina. Reduce muscle soreness.

Support fat loss.

X39 & x49 bundle pack

Retail price \$279.95 preferred price \$179.95

Other Products

On the following products (see below), the retail price is \$79.95. As a preferred customer, or a brand partner, if you order one sleeve of patches (30 count per sleeve,) the price is \$69.95. If you order two sleeves, the price is \$59.95 each, and if you order three or more sleeves, the price is \$49.95 each.

Energy enhancer

Increases energy and endurance.

Y-age Carnosine

Improve strength, flexibility, and overall health. Improves bioelectrical properties of organs.

Y-age Glutathione

Glutathione is the body's master antioxidant. It supports a healthy immune system and overall health.

Y-age Aeon

Reduce stress in the body. Promote relaxation. Helps with inflammation.

AcuLife

Reduces pain, also provides relief for horses. Watch the Horses Do Not Lie video.

<https://www.youtube.com/watch?v=M4grCDv8Zdo>

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I was able to witness this product work in person with my friend's horses!

Ice wave

Supports relief of minor aches and pains.

Silent nights

Enhance the quality of sleep.

SP6 complete

Reduce cravings and appetite.

Alavida

Improve the health of your skin

There are more products listed on the website:

<https://lifewave.com/Cashman> ID number 1763307

One of my favorite videos is this one by David Schmidt, CEO and inventor of Lifewave:

We Are Beings of Light Lifewave X39

<https://www.youtube.com/watch?v=pDkpzw7fPzk>

About the Author



Cindy Cashman is an author, speaker, intuitive coach and energy healer.

For more information visit www.CindyCashman.com