



SOME BASICS (a work in progress)

What do we mean by “**Some Basics**”?

Often someone will come in our store or call or email us asking for suggestions or recommendations regarding a particular problem or dis-ease they're dealing with. They will ask: “**What can I do or take to make the problem go away?**” Or they're just starting to get interested in a more natural way of taking care of themselves and are looking for a **better understanding of natural supplements**.

At this point it is essential for you to read our disclaimer!

Disclaimer: We do not directly dispense medical advice or prescribe the use of herbs or supplements as a form of treatment for illness. The information found here is for educational purposes only to empower people with knowledge to take care of their own health. We disclaim any liability if the reader uses or prescribes any remedies, natural or otherwise, for him/herself or another. Historically all of these herbs & vitamin supplements may nutritionally support the body's biological systems. Please consult a licensed health professional should a need be indicated.

These are our ideas. We are not doctors nor do we play one on TV. We cannot diagnose and we will not prescribe. No claims are made. These are just our ideas based on a long family history (over 80 years) in and around the health and nutrition business. Do your own "due diligence" and investigate this. You are the most important person in the world! To you - you are! No one cares more about you than you do. Pay attention! We only go around once.



“**Some Basics**” is a list of ideas and nutraceutical/transferenceutical products we compiled to assist people in getting into, what we consider, is a productive frame of mind with regards to herbal and nutritional and transferenceutical supplements. It is by no means the be-all and end-all. We're sure others will have additional thoughts on this. Here's the list:

- **Real "Want to"**
- **Conviction**
- **Consistency**
- **Clean Air**
- **Pure Water**
- **Transfer Factor**
- **Multiple Vitamin/Mineral (Food Source)**
- **Probiotics**
- **Digestive Enzymes**
- **Hydrated Bentonite**
- **Psyllium**

The first draft of the list (several years ago) started with **Clean air**. Then we realized that none of these things are of any benefit if you don't use them. A customer came in our store looking for something to help with the cold/congestion she had been dealing with for a number of days. She was having trouble shaking it. I suggested (not prescribed) a particular product. The customer said: "Oh! I have some of that in the cupboard". **None of this stuff works if you don't take/use it.** We added **Consistency** to the list.

Then we realized that without a **personal conviction that a nutritional/transferenceutical approach makes some sense** results could be affected. We added **Conviction** to the list.

This lead us to the understanding that, without an earnest desire, almost nothing will get done. We added a **Real "Want To"**.

We're going to cover the first 3, **Real "Want to", Conviction, & Consistency**, on this list in our January 2016 email and then go on to the others in future emails.

Real "Want to"

As strange as it sounds some people seem attached to their dis-eases. Whatever they're dealing with, do they really **want to** feel and be better or are they so used to feeling the way they feel that it's become sort of an identity for them. "I have this", "I have that", "I'm this" or "I'm that", "I've always been this way", and on and on. **Do you have a real "want to"?** In no way do we want to imply that a person's issues are "all in their mind". It is interesting though how many are ignorant about their own bodies. They seem to know more about their cars, their boats, their cats, their dogs, what place their favorite sports teams are in, etc, etc, than they do about their own bodies.

Thomas Edison predicted that:

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

Here's a question.



What's the current self improvement book you're reading?

Here's another question.

What's the state of your mindfulness?

What's mindfulness? Check out the link below.



<http://greatergood.berkeley.edu/topic/mindfulness/definition>

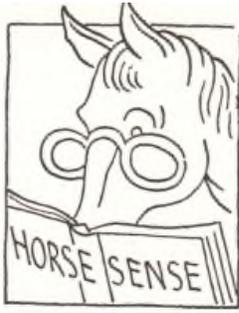
Mindfulness – Do you pay attention to your thoughts?

What's the quality of your thoughts, your internal talk?

You are the most important person in the world! To you - you are! You can't do anything if you're not here. **How much time and effort are you willing to invest in yourself?** **It is very important that you seek the advice of a competent health care professional.**

Conviction

Are you convinced that a nutraceutical/transferenceutical approach makes sense? If you don't believe that, do you think you'll have the mental strength to take the steps necessary? Do you believe that a proactive approach to your health makes sense? **How much time and effort are you willing to invest in yourself?** **It is very important that you seek the advice of a competent health care professional.**



Does any of this make sense?.

Consistency

None of this stuff works if you don't use it on a regular basis.

If you think you can **try** something for a couple of weeks or a month and expect results, you need to re-adjust your thinking.

To quote Yoda: **"Do or do not. There is no try."**

Be patient. Don't expect instant change. Building new cells takes time. The body doesn't get to a particular low point overnight—and it doesn't get well overnight. People have become accustomed to instant fixes. We have to be committed to getting better at the pace our bodies set. Some people feel changes (more energy, etc.) within a few days of beginning an herbal program. Chronic problems may take much longer. In natural healing, the time required for the human body to heal is a minimum of 3 months plus one month for every year you have been sick. So don't get discouraged. Be aware of each sign of progress that the body makes as it works toward healing.

It is true that some people notice results quite quickly. It does depend on the result you're looking for and the severity of the problem.

Over the years we have talked with many customers that will say something like: **"If I could only remember to take my vitamins or herbs or whatever"**. **How much time and effort are you willing to invest in yourself?**

The words **ritual and habit** can have a negative implication. However, they can also have a beneficial aspect.

Ritual is defined as

“an established or prescribed procedure for

You can establish your own “ritual”, your own procedure. Figure out what works best for you.

Habit is defined as

“an acquired behavior pattern regularly followed until it has become almost involuntary”.

Habits can be either good or bad. You can develop good habits that serve you. It's been said by those who study this kind of stuff that it may take as much as 21 days to make or break a habit. If a traffic signal is changed from a **STOP** sign/light to a **Red/Green** light on a route that you travel pretty often you will tend to have the reaction you have become used to.

HABIT

Even if the light is “**Green**” you will have the tendency to stop at the intersection until you become re-accustomed to the change. And if the light is **Red** you will have the tendency to just stop and pull through the intersection, hopefully unscathed.

So, if you have trouble remembering to take your supplements on a regular basis, develop a habit. It's really quite easy.

There is an interesting article about ritual and routine/habit at the link below.

<https://www.brainpickings.org/2015/02/13/routine-ritual-anne-lamott-stitches/>

Patience is a virtue possessed by few.



Balance



One of my fathers favorite sayings: “Constant dripping wearith away a stone”



You can do this if this is what you want to do.

Next month we'll continue with ideas about Clean Air and Pure Water.

If you have any questions, please do not hesitate to contact us.

To your health and wellness,

Chuck & Judy Erkfitz

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