

NEWSLETTER February 2021

A Healthier Living with SomaLife

Be more energetic with SomaLife pharmaceutical-grade supplements.



Too Small to Fail



Congratulations!

We made it through 2020 and together. It's time to move into a new chapter.

As the past year came to a close, I suspect you have done some reflection on the journey we have traveled. Though the journey continues, there is hope and an opportunity for change. In this article, I am referring to change on a very personal level.

How many of you started the new year with a few "resolutions?" As we have passed the one-month mark; now well into 2021, how are your resolutions coming along?

If this question gives you a big smile, hurray! Keep going! If your goals could use a boost of energy, I have some tips for you to kick-start your momentum, again.

The key is the "1% Rule." The 1% Rule ensures your improvement through "micro-changes" that are too small to fail.

Little changes add up to huge positive impacts on your health, strength, well-being, pleasure and peace of mind.

Research studies show, 75% of ill health conditions are lifestyle and are preventable. A similar study demonstrates, 90% of emotional health conditions are lifestyle and could be preventable.

So, what might a few **micro-changes** look like in your life, to help you stay healthy and happy with increased vitality?

Here are some easy tips . . .

- Make simple changes to your diet. It is possible to improve your body's biochemical processes and physiology. If you are reading this article, you are likely in the brilliant habit of consuming your SomaLife supplements daily, well done! Now, catalyze that terrific habit by drinking 2 liters of water throughout the day. An easy rule of thumb would be 8 servings of 8 oz of liquid per day, the "8 by 8 Rule."
- Improve your sleep to increase energy and improve your overall sense of well-being. My previous SomaLife newsletter article provided many tips for improving sleep, but a tiny micro-change might be a warm shower or bath each night before bed, followed by some light stretches while your muscles are still warm.
- Get up and move your body. Light exercise is better than no exercise. On your daily calendar, schedule a repeating 15-minute appointment for physical exercise, even just a brisk walk. Protecting the time on your calendar takes away the planning and procrastinating. Research suggests we could avoid weight gain by burning just 100 more calories a day—an extra 15 minutes of walking would do the trick!

- **Breathe.** Notice your breath from time to time throughout the day. Breath is the barometer of emotional balance.

By watching your breath from time to time, you become aware of your state of mind.

Simply by placing your focus on your breath, you access a tool to reduce your stress in that moment. If you find yourself stressed; observe only your breath for several moments. Feel gratitude for anything you appreciate in your life. Ignite your senses; is there a fragrance in the air, do you feel a breeze, are you in a comfortable seat, do you hear sounds off in the distance that you were unaware of? Getting in touch with all of your senses, brings you to the present moment and helps to balance your emotions.

What is the biggest benefit of making micro-changes of 1% in your life?

These changes are so easy to do, they become habits in a very short time, and no longer require any additional effort to maintain, long into the future.

Now, let's get out there and make some changes, this year!

Dr. Charlyn Belluzzo
MBA, PhD, ScMD



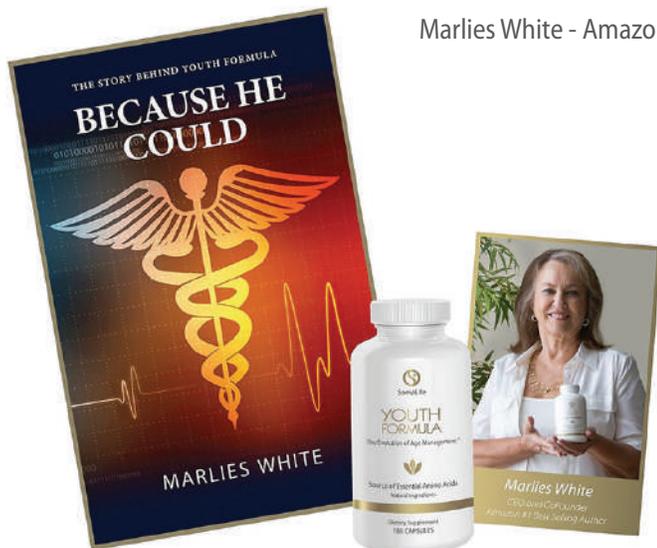
**Health is the New Wealth
Wellness is the Goal!**

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GET A **FREE MONTH** OF YOUTH FORMULA ON **FEB 3**



Marlies White - Amazon #1 Best Selling Author - celebrating the recent launch of her new book

BECAUSE HE COULD

would like to invite you to attend

The Real Launch - Because He Could

Free Online Event by Marlies White and Julie Ann

WEDNESDAY FEB 3

4 HOURS ONLY! • 9am-1pm EST / 6-10am PST

[EVENT PAGE](#)

Mark yourself as going and receive a

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(\$69.95 value)

with the purchase of Marlies' new book

BECAUSE HE COULD

during the 4 HOUR window!

Please feel free to SHARE the Event Page with your friends!

\$12.95

Reg \$16.95 USD

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Shipping and taxes apply where applicable.

What if you could stay young as old as possible?

The fountain of youth has been long sought after, but a brilliant doctor was able to bring us one giant step closer with the development of an incredible anti-aging formula— because HE could. But bringing this formula to the world was not without its challenges, and overcoming them took a lot of determination, perseverance, and dedication.

This book shares the story of one woman's mission to continue her husband's legacy and help people around the world slow the aging process. A testament to the power of **Youth Formula** herself, Marlies demonstrates that age does not have to slow you down, and that it is never too late to step into your power and take control of your future. Now in her seventies, she has stepped out of her husband's shadow and is ready to show the world what she has achieved—because SHE could.

QUOTE OF THE MONTH

"The greatest of follies is to sacrifice health for any other kind of happiness."

— Arthur Schopenhauer

QUESTIONS?

We guarantee a prompt response with a smile!
Kim will be happy to assist you with your questions and your order.

Customer Service

 **(877) 256-7662**

 support@SomaLife.com