

Suffering a preventable & reversible condition? .. Need success?

WHY..?

How long has it been?
How much longer?
Win & heal sooner?

Why not?

Lifestyle PROBLEM?

Overweight / Obesity
Diabetes
Low energy / Weak
Tired / Burnout
High blood pressure
Heart disease
Pain
Arthritis
Inflammation
Asthma
Constipation
Palpitation
Foggy brain
Anxiety / Depression
Cancer

You are here..

Lifestyle SOLUTIONS

Nutrition	Unrefined Whole foods Much fiber Nutrient-dense Antioxidants Alkaline-forming Anti-inflammatory	Meals for Success™
	AVOID: Foods that eat you first! (anything with a face or has a mother ☺)	
Exercise	aerobic exercise 15-20 minutes daily	
Water	drink enough to produce clear urine and at least one quart urine each day	
Sunshine	be in bright daylight 15-20 minutes daily	
Temperance	AVOID Trouble- Makers: stimulants, caffeine, soda, alcohol, tobacco, MSG, aspartame	
Air	air out your lungs and the house daily	
Rest	sleep before 10 PM & take one very Special Rest-day from your labors once every week	
Trust in God	fill up your love cup! .. daily surrender your worries to the very One who really knows you, who really is in control and cares about you!	

Lifestyle SUCCESS!

vibrant
beautiful
energy & grace
freedom
joy



O give thanks unto the LORD;
for He is good ..

Who giveth **food** to all flesh:
for His mercy endureth forever.
– Psalms 136

Lifestyle problem? – Why?
Health Success – Why not?

Why choose healthy life success
daily?

(the ultimate reason to choose
health – see next page)

<http://heavenlyveggies.com/UltimateReason>



 **Heavenly Veggies**
Meals for Success™

Phone: (671) 647-0334

heavenlyveggies.com

Lifestyle problem? – Why? Health Success – Why not?

Why choose healthy life success daily?

Because (1) there's an important *battle to win* daily,
(2) there's a *life to live* vibrantly and bountifully each day,
and (3) you've got an important *mission to accomplish* each
day in a *beautiful life* given to you.

Why? Because *health success* in your beautiful life
will *give glory* to the One who created you, who gave His
life in the battle to win you, because *He loves you* – always!
Because He knows *no failure*. *His love* for you *never fails!*
And only He can fill your "*empty cup*"
and overcome *all addictions*.

Because of *His love* ..
(*the ultimate reason to choose health*)

.. *choose health success now!*
(*we love because He first loved us*)



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*"May Heaven's beauty, power
and love fill your heart today"*

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Let's win health & bless people with the Bread of Life!
Heavenly Veggies
homestyle vegan cooking
delicious meals for health & vibrant living - Guam, USA
Meals for Success™