

## A Personal Invitation from Dr. Suzy to Join our Pura Vida Revolution !

Hello Friends!

Hope your 2011 holiday season was filled with much comfort and joy, and that this upcoming year brings good health, peace, and prosperity your way.



So, the much anticipated year of 2012 has finally arrived, complete with a flurry of buzz about the Mayan calendar and dramatic end-of-the-world predictions. If you ask me, no one knows when and if the world will come to an end, but all of the recent headlines have made us all stop and think a little differently about the future this year.



In our beautiful little corner of the world, we have been looking forward to this coming year with the good kind of anticipation . This is the year that our purpose-driven, holistic wellness company shares our grassroots revolution with even more of the planet. There will be even more relevant and exciting news to come every single month as a result of the exciting digital direction that pure-life.com is headed in this year.

The really sweet part is that you can actually participate in Pure-Life's upcoming growth if you chose to. You can contribute to the comfort, health, and well being of others by sharing feedback, information, and topic suggestions with us and within the Pure Life community.

To join our online evolution, all you have to do is visit our site: [www.pure-life.com](http://www.pure-life.com) and start browsing. Be sure to click on the "Ask Dr. Suzy" and "Articles" links. But first, please take a few minutes for yourself and practice a little creative visualization by taking the first step below. If you skip the usual worn-out resolutions and follow the simple stepping stones in this issue, 2012 might just be the best year of your life!

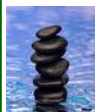
Wishing you and yours a happy, healthy, and abundant New Year.

Thank you for your continued support of our mission!

Dr. Suzy & the Team at [pure-life.com](http://pure-life.com)

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**STEPPING STONE #1**  
Begin the Pura Vida Journey Now



*Come on! Take the first step now. It's free and easy.*

I understand. You're busy and you have a long list of things to do, but if you simply keep an open mind and begin your Pura Vida journey now, that list may not seem so challenging and you may find renewed energy to tackle the goals that are so important to you. Put on some relaxing music, and keep reading.

You'll be glad you did. I promise, the world will still be there when you get back.



Take the Pura Vida Journey with us now!



### STEPPING STONE # 2 :

Practice present moment awareness



Possibly the most crucial aspect of maintaining a healthy, energetic lifestyle is to start each day with an attempt to become more consciously aware of the state of your health and well-being at that specific moment in time. Continue to do so throughout your busy day. When you practice living more fully in the moment, you'll spend less time dwelling in the past or rushing toward the future. Think about those three words together: **present moment awareness**. When you are living in the present moment, you won't be living in the past or worrying about the future.

Make an effort to be more aware in other ways as well. Pay special attention to the quality of the food you are eating, how much exercise you obtain, how much water you drink, and other integrally related aspects of living a balanced life. Keeping a calendar specifically for this purpose is a great way to start off the New Year. In addition, referring to your calendar each day and planning your health related activities will help you become more goal oriented throughout the year, not just for the month of January.



### STEPPING STONE # 3 :

Treat your body with the respect it deserves



It's a simple fact of life that many of us take better care of our cars, homes, and possessions than we do our physical bodies. We would never go for years without an oil change or simply stop cleaning our homes, yet we often neglect our bodies for years at a time. Treating your body like a temple is a foreign concept for many of us, yet the individuals I have met who treat their body with the utmost respect and reverence are generally some of the healthiest, happiest people I've ever encountered.

If you don't know where to start with this stepping stone, why not make an effort to begin respecting and loving your body exactly as it is at this moment--not some perfect day in the future that, somehow never arrives. Your physical body must last a lifetime. Although you can order many new replacement parts for it in today's high tech world, you will still leave this earth with the same body that you came in with, so take care of it and make it last!



Don't forget to visit our site and join the millions of people who have read Dr. Suzy's articles reprinted from Chiropractic Wellness and other magazines. Knowledge truly is power and when it comes from someone you trust, it can change your life for the better.

#### What's trending online right now ?

Fitness challenge, neck and back pain relief, Backnobber, Pure life, Holistic health, Zoga



Get Right to the Point of your Pain!

Breaks apart for easy storage!



Join us on Facebook today! Simply search Pure Life / Pure Life Pillows. Click on "like" to become part of our online community of like minded people from all over the world.



### **STEPPING STONE # 4:**

**Drink at least 8 glasses of water a day. Every day.**

I've been preaching about the positive health benefits of pure water for as long as I can remember. In my opinion, drinking even more than eight glasses of water a day is a good idea, especially if you live in a hot climate, exercise frequently, or sweat excessively. Every single cell in your body needs water to function properly and your amazing body simply works better when you are adequately hydrated.

Drinking plenty of pure water also aids in weight loss and helps flush toxins out of your system through the organs of elimination. Keep water by your bedside and drink through the night if you can. Try to think of your body like a plant that needs water to survive. You will have increased mental clarity as well if you are fully hydrated.



### **STEPPING STONE # 5:**

**Integrate the Pure Energy Balance Principle into your daily lifestyle.**



Every now and then, ask yourself, "Do I take in more energy in the form of calories than I use up with activity and exercise?" For most of us, the answer is usually "no". As related to weight loss, the Pure Energy Balance Principle simply means that if you take in more energy in the form of food than your body needs to function, the excess energy will be stored as bodyfat in your long term storage depots (which are designed for future use, such as times of famine).

The only problem is, most of us have a little too much energy stored away as excess body fat and will never need what are bodies are holding onto. Even more reason to increase your level of cardiovascular exercise and become more aware of what you eat this year!



### **STEPPING STONE # 6:**

**Try to maintain a strong, steady, pure momentum.**

Sure, there will always be times when you lose your momentum, but avoid letting your hard earned progress come to a screeching halt. Remember, it's much more difficult to get the ball rolling from a dead stop than it is from a steady roll. One step at a time, one day at a time, one foot in front of the other.

Remember, it's all about the journey, not the destination. The great thing about making positive changes in your everyday way of life is that your healthy new lifestyle forms a solid foundation for the remainder of your journey through life.

Hopefully, when you look at your calendar this time next year, you'll be moving steadily in the precise direction that you want to go. You truly can do anything you set your mind to and your thoughts attract more to you in your life than you realize. Whether it is through positive thinking, prayer, visualization or another vehicle, the old saying is true: *You are what you think about all day. Your brain actually operates on a neural network that is powered by your thoughts.* This year, create new possibilities by getting rid of all mental scripts and replacing them with fresh new thoughts. New year, new you, new possibilities.





*“The doctor of the future will give no medicine but will interest his patients in diet, the care of the human frame, and in the cause and prevention of disease.” -  
Attributed to Thomas Edison*



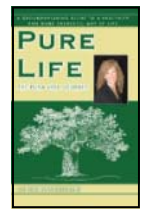
*“As Dr. Osborne states in the introduction to her book, Pure Life is not another miracle diet book written by a famous celebrity or supermodel, preaching an extreme regimen, rather it’s a more practical and balanced approach to a variety of topics meant to be read and re-visited at one’s own leisure.*

*The book is as spiritual, insightful, and inspirational as the effervescent Dr. Suzy herself and it is sure to brighten your outlook on life.”*

*Naples Illustrated Magazine / 2011*

To order your copy of Dr. Suzy's book:  
*Pure Life, the Pura Vida Journey*

[Visit www.Pure-Life.com](http://www.Pure-Life.com)



## *What is Zoga?*

The Zoga Method is a simple, safe, and effective daily stretching program developed by Dr. Suzy Osborne, Founder and President of Pure Life Inc.

When performed on a daily basis, this powerful, flowing series of exercises will increase joint flexibility and muscle strength, as well as tone muscles, relieve joint pain, improve posture, and reduce stress. In addition, these low-impact stretches elongate muscles and decompress joints while taking them through their normal ranges of motion.

Perhaps best of all, most people find that the Zoga stretching routine simply makes them feel good and helps motivate them to achieve other health related goals such as exercising and losing weight.

For a limited time, the entire Zoga safe stretching routine is available for **FREE** download from Pure Life Inc. in PDF version. Just one of the healthy gifts that we can’t wait to share with you in 2012. Pura Vida!



*Healthy Living never felt so good!*

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