



## Do You Possess The Sense of a Goose?

Last fall as I was out walking in the early morning I was distracted from my normal thoughts by the honking of a gaggle of geese as they were winging their way south for a more comfortable winter. As I paused and watched them along their southward path, I was reminded of an article I once read that had been published in the newsletter of the

Washington State Substance Abuse Coalition entitled: "Do you have as much sense as a Goose?" As I watched, I couldn't help but relate what I was seeing to this exciting business of JD Premium Products. It is in that light that I would like to share "The Sense of a Goose."

If you ever watch a flock of geese flying, you will notice that they are always in a "V" formation. There is a reason for this. By flying this way, each bird provides "uplift" for the bird immediately following it. This allows the whole flock to add at least 71% greater flying range than if each bird flew on its own.

**TRUTH #1.** As people "connect" with one another and share a common goal or sense of direction, they will be able to achieve it quicker and easier because they are traveling on the thrust or momentum of other like minded individuals.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

**TRUTH #2.** If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.

When the lead goose gets tired, he rotates back in the wing and another goose flies point.

**TRUTH #3.** It pays to take turns doing hard jobs – with people or with geese flying south.

The geese honk from behind to encourage those up front to keep up their speed.

**TRUTH #4.** We need to be careful what we say when we honk from behind.

Finally, when a goose gets sick or is wounded by gunshot and falls out, two geese fall out of formation and follow him down to help and protect him. They stay with him until he is either able to fly or until he is dead, and then they launch out on their own or with another formation to catch up with their group.



What are antioxidants and why do we need them as a daily supplement?

Antioxidants can be conceptualized in a number of different ways: as insurance against some of the more visible effects of aging; as a weapon in our fight to make our average life expectancy more closely resemble our ultimate lifespan; and as a line of defense against the risk of developing certain illnesses and diseases.

What are antioxidants? Essentially, they are substances that reduce, neutralize, and prevent the damage done to the body by free radicals. Free radicals are simply electrons that are no longer attached to atoms. Instead of circling the nucleus of an atom (much like the earth circles the sun), free radicals are both free and radical enough to go careening through our cells, inflicting damage as they go.

What causes free radicals to be formed? A process called oxidation creates free radicals and this process happens in the context of normal metabolic processes and our everyday exposure to our environment. In other words, eating, breathing, and going out in the sun all contribute to the process of oxidation, free radical formation, and the resulting damage that is caused to the cells of our bodies.

What kind of damage are we talking about? Pretty much every kind you can think of: the deterioration of bone, joints and connective tissue; the wearing out of organs; the decline of the immune system; the irritating advance of the visible effects of aging; and even, possibly, to some extent, the aging process itself.

Because free radicals are implicated in all these processes, minimizing and neutralizing their activity with antioxidants may allow us to live longer and healthier lives, look and feel better, and reduce or eliminate the risk of certain illnesses.

In our Whole Health Direct Nutritional Supplement line, we carry a complete, synergistic antioxidant cocktail. In this supplement for example, Lutein is associated with eye health. The most beneficial effects should, therefore, be derived from a complementary blend of these vital nutrients. In addition to your more traditional supplemental antioxidants such as beta-carotene, Vitamin C and Vitamin E, this cocktail also contains Vitamin A, turmeric, green tea extract, CoQ10, lycopene, lutein, tocopherol, grape seed pit extract and the mineral selenium.

If you are feeling the affects or aging, or you recognize that your health is very important to you, order your Whole Health Direct Antioxidant Combo capsule today from JD Premium Products!



At Omega Radiance we believe that everyone deserves to be beautiful and everyone deserves to be healthy. Now you can enjoy the best of both worlds with the Pure Radiance Collection of toxic free derma therapy.

In this complete Collection you will realize great results with one of each of the remarkable products we have created. You will have 3 Cleansers, each with unique functions, 2 Toners, also unique in their purpose, 2 Moisturizers and 2 fabulous Anti-Aging Radiant Treatments.

With the Pure Radiance Collection you have exactly that, a complete collection of products needed to nourish, feed and supply energy to every vital activity of your skin. In just minutes you can provide a cutting edge regimen that will make a huge impact on the health and beauty of your skin. Investing attention with toxic free ingredients now will guarantee skin that will always showcase your best self for years to come. Cleansing, toning, moisturizing and special treatments for your skin all come in one powerful collection. Cleanse with one or both the Radiant Cleanse, or Pure Radiant Cleansing Pads. The Pure Radiant Cleansing Pads are great for those days when your skin seems more oily or those nights when you are too tired to take more than a few seconds to cleanse. They are always a great choice for traveling. Using the Emerald Buffing Crème every day will insure that your skin is smooth and healthy.

Consider applying Radiant Rose Mist in the mornings to hydrate and prepare your skin for the day and tone with Soothing Lavender Toner in your evening cleanse.

Designed to keep your skin looking radiant and youthful, the Radiant Repair Serum moisturizes the fine lines and areas of the face that are prone to wrinkles. This amazing serum then travels deep within the skins layers to plump, build, and restore thus effectively removing the appearance of wrinkles on the surface. Use this specialized treatment prior to moisturizing. Crystal Recovery Gel will become a trusted companion as you use it on delicate areas of the face and neck. With just a touch of this unique product you will be giving your face a toxic free lift.

Moisturize daily with Radiant Moisture Therapy. This powerful moisturizer will prepare your skin in the morning. Apply Radiant Silk Crème after cleansing at night. Don't forget to use these magnificent moisturizers on your hands, elbows and feet. Reward yourself emotionally, spiritually and physically while pampering yourself with toxic free products. Radiant skin is yours in one perfect collection. Begin your journey to healthy, beautiful skin today.

## ***JD Premium Products Honors New Omega Radiance Derma-Therapy Certificate of Achievement Awardees***

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*Beth Prince*



*Norm Prince*



*John Levingston*



*Minnie Radatz*



*Don Radatz*



*Brenda Beavers*



*Sharon Miller*



*David Miller*

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*Cynthia Levingston*



*Craig Minser*



*Francesca Halbert*



*Jared Bruno*



*Susie Berry*



*Sheila Cortes*



*Cheryl Zima*



*Larry Zima*



*Buzz Spreeman*



## *The Recipe Corner*

### **Fast & Easy Summer Salad**

*(Apple-Cinnamon Fruit Stix & Shredded Buffalo Jerky)*

#### **INGREDIENTS**

- 20 ounces fresh cheese-filled tortellini
- 1/2 cup mayonnaise
- 1/2 cup white sugar
- 2 teaspoons cider vinegar
- 3 heads fresh broccoli, cut into florets
- 1 cup diced Apple-Cinnamon Fruit Stix
- 4 oz. Shredded Buffalo Jerky
- 1 cup sunflower seeds
- 1 red onion, finely chopped



*A Delicious and Healthy Summer Salad*

1. Bring a large pot of lightly salted water to a boil. Cook tortellini in boiling water for 8 to 10 minutes or until al dente. Drain, and rinse under cold water.
2. In a small bowl, mix together mayonnaise, sugar and vinegar to make the dressing.
3. In a large bowl, combine Broccoli, Tortellini, **Shredded Buffalo Jerky, Apple-Cinnamon Fruit Stix**, Sunflower Seeds and Red Onion. Pour dressing over salad, and toss.