

2019-08-21



Health



What stops or hinders people from working on their health and fitness goals? Time and effort is often a big factor when it comes to improving our well being. We are so busy with work, family and social commitments that the thought of spending time and effort on health and wellness is often a daunting prospect. Where's the time to fit everything in your day?!

Yes, it is challenging to include so much in one day, of course, it is. But your health and well being should be moved a little higher on the priority list- particularly if you find yourself waning more frequently!

And the best news is, it needn't be as hard or time-consuming as the mind can often conjure. There are many ways you can save on time yet still improve on your health. For instance, there is no need to spend an hour in the gym 5 days a week when you can get just as good a workout in half the time just by adapting what you are doing. Quantity is not always what counts- quality is!

Time Saving Tips!

By focusing on quality rather than quantity, the dynamic of your health and wellness routines shifts. It means you stop wasting time and start making the most of it instead.

Here are a few take-away tips to help you through!

Fitness Routines

Look at your fitness routine honestly. Are you still enjoying it? Do you feel motivated? Is it practical for you to schedule in time-wise? And are you reaping the benefits? If your answer to any of these questions is “No”- then something needs to change! Exercise should be enjoyable, a bit of a physical challenge, and something that suits your goals and lifestyle. Think about the quality of your workout rather than the quantity. A 30-minute workout that challenges and motivates you is far more valuable than an hour-long one that bores you. Don't just go through the motions, shake things up a little on your fitness routine every 6-8 weeks.



Nutrition

It shouldn't feel like a chore to eat well. Make a point of trying different foods that enhance your well being and spark your interest. Focus on eating well at least 80% of the time. It's OK to have some treats as long as you don't cut corners on your overall nutritional health! As with exercise, food should be something that you enjoy. Save time by prepping fresh foods and snacks for the week ahead and where needed, introduce all-natural supplements that can assist your nutrition needs. If you are short on time in the evenings, invest in a cookbook that can guide you through healthy quick-cook recipes.



Personal Care

Personal care can be a bit of a minefield! There is so much choice, so many products that help with so many things- and this can be confusing! You may end up using 5 or more different products when investing in one or two may achieve the same or perhaps even better results. Look for products that are all-natural and versatile. Don't be afraid to test things out and introduce something new into your care routine. It's only by trying new things that you can find out what works and saves you time and effort but does not skimp on quality and results!

Miracle II believe in natural products and practical, simple solutions for healthier living. Together, Kirk and Sue Tedeton have manufactured and distributed the MIRACLE II brand natural soap products alongside their recognized distributors. Miracle II's soap and hygiene products are manufactured from a trade-secret, proprietary plant-derived mineral mix. MIRACLE II's brand contains no animal products and no harmful chemicals; they are sold throughout the United States and in 26 countries worldwide.

Here's a look at a couple of their most popular products that can help you toward better health and well being- and save you time!

[Click Here To Order On AMAZON!](#)



Miracle II Regular Soap is a soap, cleanser, degreaser and a deodorizer. It's an all in one natural solution for personal hygiene and all types of household cleaning.

- *Miracle II Soap cleanses your skin, your hair, and your home (including the laundry!)*
- It's one of the most amazing products that have ever been presented to mankind. This natural product is **produced without the drawbacks and harsh ingredients of ordinary soaps and detergents.**
- Naturally concentrated and decontaminating. You can dilute it, to create solutions for light, medium, or heavy cleaning .

Click Here To Order On AMAZON!



Miracle II's Neutralizer is a miracle for total body health!

- Miracle II Neutralizer 22 Oz (*Miracle II*) Correct pH and **Detoxify**
- Packed with organics and minerals.
- Helps to **neutralize stored acid wastes!**
- This neutralizer can also **combat many digestive issues** such as acid reflux, ulcers, indigestion, upset stomach, and nausea!

Miracle II has an extensive range of naturally based products that are beneficial for you as well as the environment!

"As part of our continuing commitment to provide our customers the best natural soap products, we make every effort to ensure that consumers looking to purchase our Miracle II products are not being sold other products that are falsely labeled and sold as Miracle II products."

We have manufactured the finest, natural soap products in the world, and dealt with the everyday challenges we all face in owning and operating a business, such as economic changes, rising costs of goods and services, government regulation, and increased taxes and fees, to name a few. Through it all, we have been blessed with the privilege of knowing that our products have helped untold thousands enjoy better health and a higher quality of life, and that more people are finding and using our products, thanks to the dedication and hard work of you, our loyal distributors and customers"- Kirk and Sue Tedeton

With proven talent and vision for meeting consumer demand for wholesome, natural products to enhance their customer's day-to-day quality of life, the Tedetons continue to guide their multi-million, international company within the global economy. Their past business experience, active distributor base, and loyal customers provide a solid basis for Miracle II, L.L.C.'s continued growth.

Miracle II soap products are available from thousands of distributors worldwide. You may search/google "Miracle II Products" for a distributor online. If you need help locating a Miracle II distributor near you, or if you need information on becoming a Miracle II distributor, you may contact the office during regular office hours.

* In partnership with our friends at **Miracle II** * Photo courtesy of **Miracle II**

* The information available on ewellnessmag.com, including text, graphics, and other materials are for informational purposes only. Reliance on any information in ewellnessmag.com is at the user's own risk. Sponsored product placement may appear in the article. The visitor of this website acknowledges that the information available on or through ewellnessmag.com is not and is not intended to be a substitute for professional medical advice. Copyright © 2019 Brawo Press, Inc. All rights reserved.