

**February 2019 Newsletter.**

**Greetings to all my friends.**

I will continue with my tips on health and nutrition. Health tip number 4 is shown below together with the previous 3 in case you missed one. Stay away from junk food and drinks as much as possible and eat natural foods to build and maintain a strong immune system.

***I have been invited as a guest speaker on the Lauren Galey show this month.*** <https://www.acoustichealth.com/quantum-conversations/>

***Change Your Name – Change Your Life.***



AcousticHealth.com Presents...

# Quantum Conversations

For High Vibrations, Quantum Living and New Earth Creations

**Lyon Zonamyari**  
Tuesday, February 26, 2019  
3pm PT, 4pm MT, 5pm CT, 6pm ET, 11pm GMT

With New Earth Host  
*Lauren Galey*

The banner features a scenic background of a sunset over mountains with a field of purple and orange flowers in the foreground. On the left, there is a small inset photo of Lyon Zonamyari, a man with grey hair wearing a blue and white striped shirt. On the right, there is a photo of Lauren Galey, a woman with blonde hair wearing a black jacket, with her hands clasped in prayer.

***Join us live for Q and A and sign up for the free gifts and list of other great speakers sharing knowledge if you are not already subscribed. One might be just perfect for you!***

***Sign Up Here:*** <https://www.acoustichealth.com/quantum-conversations/>

## Today's Healthy Tips.

<https://www.youtube.com/watch?v=CG7SYpMsh6s&t=32s&list=WL&index=360>

This 7 minute video demonstrates much of what I have been suggesting in my previous tips on how to start your day.

**1/. Water.** (Remember to charge your water as per my article <http://www.namesdoctor.com/power-in-words.html> )

**2/. Breakfast.**

**3/. Wake up on time and refrain from snoozing.**

**4/. Let the sun shine in.**

**5/. Get Moving.** The video shows some great stretching exercises. Personally, I have been performing the 5 Tibetan Rites on and off for the last 25 years. The Fountain of Youth. Take a look at this powerful video and see for yourself.

<https://www.youtube.com/watch?v=UVmhHjkHYjk&index=335&list=WL>

