



WALKWAYS
to **HEALTH**

3 EASY STEPS

— TO LIVING A —

HEALTHIER

LIFESTYLE

WALKWAYSTOHEALTH.COM

Everyone wants to be healthy, but in the fast-paced world we live in today, it can be challenging.

Some simple things that you can start to do right now are:

1. Change the Way You Clean!

Reduce harmful chemicals on your floors, especially where children and pets play.



Understand that typical cleaning sprays can have as much of a health impact on your body as smoking a pack of cigarettes a day! Cleaning sprays can decrease your lung capacity and increase asthma in children, as well as adults.



In a September 2017 study by French scientists, they found that nurses who used disinfectants to clean surfaces at least weekly had an up to 32% greater risk of developing chronic obstructive pulmonary disease (COPD).



An easy way to clean without chemicals is by using the Norwex Microfiber products with just water. This eliminates the need for paper towels and chemical-laden cleaners and saves time, as well as money. By using Norwex Microfiber products you will not breathe, touch, or ingest chemicals – you simply create a cleaner healthier indoor environment just by using water.

*The three Norwex cloths I recommend for first-time users are the **Microfiber EnviroCloth**, **Window Cloth**, and the **Dust Mitt**. These will meet most of your cleaning needs for quick, everyday cleaning.*



The Norwex antibacterial **Microfiber EnviroCloth** removes dust, dirt, and grease from all washable surfaces using only water—no chemicals!

It has the ability to remove up to 99% of bacteria from a surface when following the proper care and use instructions. The super-absorbent EnviroCloth picks up dust particles and traps them in the cloth until you rinse it out. Then BacLock™ in the cloth goes to work to self-purify and inhibit odors from bacteria, mold, and mildew growth within the EnviroCloth.

The hard-working **Window Cloth** gets windows, mirrors, shower doors, glass tables, crystal, granite countertops, jewelry, brushed and stainless steel, chrome, knickknacks, patio tables, and shiny surfaces sparkling clean with only water. BacLock™ in the cloth—the micro silver antibacterial agent—goes to work to self-purify and inhibit bacterial odors, mold, and mildew growth within the Window Cloth.

The **Dusting Mitt** can be used wet or dry and is ideal for quick, chemical-free dusting throughout the house, including blinds, screens, and other hard-to-clean areas. With its thick texture; dense, plush fibers and unique mitt design, the Dusting Mitt attracts and holds dust and allergens and won't let them go. BacLock™ in the cloth—the micro silver antibacterial agent—goes to work to self-purify and inhibit bacterial odors, mold, and mildew growth within the Dust Mitt.



These **products** can be purchased separately or as a set in the **Norwex Household Package Collection**.

2. Stay hydrated!



Staying hydrated and drinking plenty of pure, clean water is also critical to living a healthier lifestyle. Keep a water bottle handy wherever you go, whether it's at home or on the go. Glass and stainless steel water bottles are the safest bottles to use. However, if you find a BPA-free plastic water bottle, that can work great for younger children as well.

Most Americans are dehydrated. Mild to moderate signs of dehydration are:

- Increased thirst
- Dry Mouth
- Tired or sleepy
- Decreased urine output
- Few or no tears
- Urine is low volume and more yellowish than normal
- Headache
- Dry Skin
- Dizziness



Finding good quality water on the go can be challenging at times. One of the ways to purify tap water on the go or at home is to use **PureAquaMins®**. PureAquaMins® uses trace minerals to clean and purify your water. It works fast to help remove up to 99.9% of chlorine, fluoride, anaerobic bacteria, viruses, protozoa, pesticides, herbicides, fungicides, heavy metals such as mercury, lead, arsenic, volatile organic compounds (VOCs), Trihalomethanes (THMs), and turbidity from water.

The trace minerals also increase intracellular hydration by 32% which means the water you drink is actually getting into your cells and moving waste products out of your cells. Most of the water we drink does not actually get into your cells and hydrate you like you would get when you drink water from a naturally flowing spring.



Get more hydration out of the water you drink by putting 5 drops of PureAquaMins® in 8 ounces of water. Along with better hydration, you will also benefit from the trace minerals that are not used up in the purifying process, since many modern-day health problems are due to mineral deficiencies.

Other uses for PureAquaMins® is cleaning fruits or vegetables, treating burns, sunburn, bee or wasp stings, cuts and bruises, or putting in a spray bottle to use after showering to neutralize the bad effects of chlorine.

The 2 ounce bottle of PureAquaMins® can easily be slipped into your purse, desk, backpack, or pocket anytime you are on the go so that you can be drinking clean, purified water at all times in your water bottle or at home.

3. Stay active!



Staying active, whether it be a sport, yoga, walking, gardening, yard work, moderate-to-heavy housework, dancing, home exercise, shopping, or any other activity, helps your body's lymphatic system to remove wastes and improve your body's muscle strength.

Exercising or being active can help with many things. Here are some ways your body can benefit, just to name a few:

- Makes You Feel Happier. ...
- Decreases Stress, Anger, and Tension. ...
- Reduces Anxiety and Depression. ...
- Helps With Weight Loss. ...
- Helps Your Muscles and Bones. ...
- Helps Increase Your Energy Levels. ...
- Can Help Reduce Your Risk of Chronic Disease. ...
- Helps With Skin Health. ...

Helps Your Brain Health and Memory



Getting outdoors is the best way to stay active and also benefit from sunlight and fresh air. If you are one of those people who are plagued with seasonal allergies, you may not want to venture outside.



Vollara, a leading air technology company, carries a **FreshAir Personal** purification product that is lightweight, easy to use, and rechargeable. It can be worn around your neck when walking inside or outside. The unit creates an almost particle-free zone around the wearer by generating high intensity ion streams that add charges to nearby airborne particles. These charged particles repel each other and adhere to surfaces out of your breathing zone. This means decreased concentrations of smoke, dust, and pollen in the air you breathe. Freshen your air and remove odors within your breathing zone with a FreshAir Personal.

Other uses for the FreshAir Personal are when traveling on airplanes, trains, buses, or cars, office work areas, shopping, or visiting family and friends with pets. If you are already sensitive to pets, air fresheners, candles, perfumes, personal care products, or other cleaning or laundry-scented products, the FreshAir Personal is a must for you!

Venturing inside or outside now may just become more enjoyable!

Are you ready to begin your walkway to health?

How can I be your health guide? Perhaps...



Brenda Brookman
Walkways to Health

You may be dealing with attention or focus issues or health-related situations in your family and are seeking natural solutions to manage it all.

You know that eliminating toxins and eating well will give you the healthy, vibrant lifestyle you crave and feel supplementation will help you...yet wonder how to start.

You looked at the products/resources featured on this website and have questions for what suits your health goals best.

You are curious about what's your best first step on your path to a healthier life.

I would love to help you as you navigate your way through this journey. Please contact me at:

EMAIL: bpbrookman@aol.com | PHONE: 952.322.2176