



*If you use the right methods in the life journey,
the most difficult things can be resolved!*



Dear Parent/Guardian,

The focus this month is care of your body and brain.

CARING FOR BODY & BRAIN

Master Ted Sun's counsel is in moderation, candy and sweet treats, savory chips will be consumed in our modern society.

However, a diet of mostly processed foods with chemical preservatives will not be healthy for brain or body.

Di Zi Gui provides advice that resonates even now: "With food and drink, don't be picky. Eat just enough. Don't eat excessively." Master Ted Sun offers advice that incorporates the dangers of modern chemicals and food additives. "The odds of absorbing negative energy and negatively affecting our health through eating potato chips, drinking unhealthy beverages, or consuming processed foods is far greater than eating simple and natural foods."



Find time to cook healthy food together!

Look for recipes that feature fresh fruits and vegetables that your children help to create!

"Therefore, the secret codes of life view health as a very important factor to a happy life. In order to stay healthy, we should consume natural, unprocessed foods without chemical alterations. This way, we are able to function normally and generate positive energy every day to fight against the pollution and toxins in the world, which will help us reach optimal health."

Family Fun Supporting a Healthy Life Style

- ✓ Go for a nature walk together. Measure a route on a map or use a pedometer.
- ✓ Go to the playground to climb and hang upside down!
- ✓ Plan a healthy picnic lunch for a hike in the woods.
- ✓ Run up and down stairs inside or outside multiple times.
- ✓ Get bikes and go for a family bike ride.
- ✓ Do Yoga outside together.
- ✓ Don't forget to stretch before and after exercise.

Teens and Preteens need to exercise for one hour each day to stay healthy!

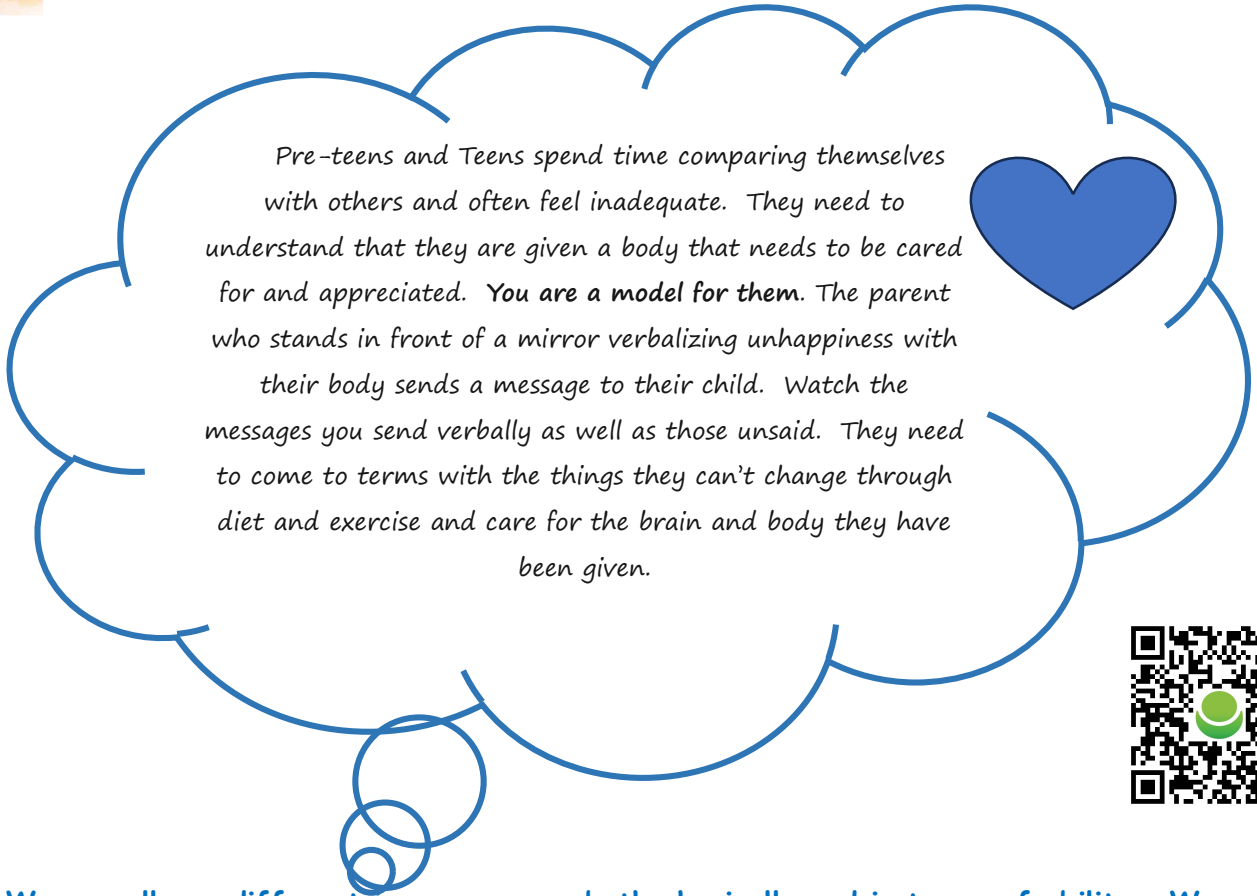
It's much more fun to do things together:

Play ball * Throw Frisbee * See who wins a race

Who can jump highest? Furthest?



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Pre-teens and Teens spend time comparing themselves with others and often feel inadequate. They need to understand that they are given a body that needs to be cared for and appreciated. **You are a model for them.** The parent who stands in front of a mirror verbalizing unhappiness with their body sends a message to their child. Watch the messages you send verbally as well as those unsaid. They need to come to terms with the things they can't change through diet and exercise and care for the brain and body they have been given.

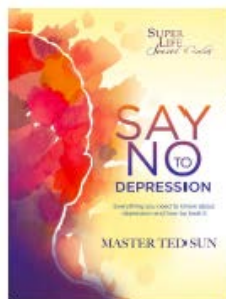


We are all are different in many ways, both physically and in terms of ability. We should focus on being the best person we can be and staying healthy. Accept ourselves and accept others. What is inside your mind and heart can't be seen physically, but can change to be a kinder, caring and helpful adult.

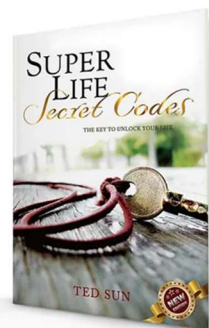


Don't forget to feed your brain!

Go to the library together!



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Read Master Ted Sun's Teachings