



WHEN THEY FIRED ME, GOD HIRED ME!

How To Take Control of Your Own Life

A Self-Help Guide to Becoming Healthier Over the Next 30 Days

by Cathy Harris

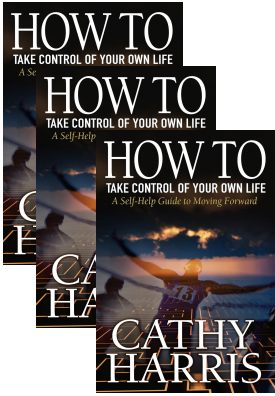
www.CathyHarrisSpeaks.com



Cathy Harris
Health & Business Coach

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3-Part Book Series

How To Take Control of Your Own Life

www.HowToTakeControl.com

All 3 Titles

-A Self-Help Guide to Empowering Your Family and the Entire Community (Series 1) **(Buy Now)**

-A Self-Help Guide to Starting Your Own Business (Series 2)

-A Self-Help Guide to Becoming Healthier Over the Next 30 Days (Series 3)

Who is Cathy Harris?
www.CathyHarrisSpeaks.com

Cathy Harris is the author of several books. She is a community organizer, human rights activist, self-help author and a nationally recognized whistleblower and business owner. She is an expert on many different topics such as health, business, writing/publishing, workplace, law enforcement, international traveling, community relations, media – just to name a few. Cathy Harris books and articles are full of content-rich material to help anyone get back into the driver's seat. Her life altering decision to become a "federal whistleblower" has made an extraordinary impact on many whose lives she has touched. Her strong sense of justice and bold stance has helped her venture into uncharted territories where she is helping other transcend boundaries and create options.

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This book "How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days" is the 3rd book in a 3-part empowerment book series. This is a 'health start-up kit' for anyone who has been feeling weak, sluggish or run-down.

1. **Detoxify Your Body:** Everyone needs to detoxify their bodies because stored physical and mental 'garbage' breeds what we know as diseases. Therefore, there are 3 types of detoxes/cleaners that you need to engage in at least 2 or 3 times a year. You should do an 'intestinal detox' at least 3 times a year and a 'liver' and 'kidney' detox at least twice a year. Make sure you give yourself at least a 2 to 3 week break between each detox so the toxins can continue to exit your body.

2. **Eat Organic Raw Fruits and Vegetables:** The goal is to slowly take yourself off processed foods (packaged, canned, jars, etc.) and other non-foods that you have been consuming over your lifetime. Eat 80% of green alkaline foods daily and 20% acidic. Your food should be fresh and organic which means you might have to shop every week because organic foods spoils quicker and cost more money.

3. **Take the Right Vitamin Supplements:** Your goal is to receive the proper nutrition and your energy will increase. Only 'steamed' or 'juiced' foods can give you the nutrients and enzymes you need to obtain energy. **Cooking food depletes nutrients!** Your body looks at cooked food like a 'foreign invader.' If you are eating COOKED foods, it has no nutritional value and you will need to take a vitamin supplement to help you receive some of your daily vital nutrients. Only buy vitamins from health food stores.

4. **Fasting is Good for You:** Fasting will allow your body to heal so make sure if you have been feeling run-down to fast. The 'common sense' definition fasting is 'the abstinence of food and substance, or a reduction in normal consumption.' This goes on around the clock for 24-hour periods. Reasons for fasting include to lose weight; to grow spiritually; to enhance prayer; to cleanse the body; to purge the mind; to heal the body or to recover from some debilitating state.

What They Are Saying About Cathy's Book

Cathy's first book in her 3-part empowerment book series is "How To Take Control of Your Own Life: A Self-Help Guide to Empowering Your Family and the Entire Community." The book is available now at www.howtotakecontrol.com.

This empowerment book is for anyone who is having a temporary setback because of the current economy. The tragedy is that this book is necessary. The good news is that once educated on your options, you can make more educated decisions on how to live your life.

Book Review by "Emerging Minds Magazine" -Community Organizer and Business Owner Cathy Harris has done a remarkable job laying out a comprehensive guide for just about anyone who may be facing a life changing dilemma. Her book is the first book one should read if facing termination from a job, bankruptcy, a career change, problems within the community, frustration with the political system, or looking to become a first time entrepreneur.

It may seem quite difficult to provide guidance on such a wide range of topics in one book, but somehow Cathy has managed to summarize everything on these topics and more in this must read 'self-help' guide.

There are two characteristics of this book that separates it from many other 'self-help' books that are on the market. First, Cathy is not what would be called an 'armchair' writer who writes this book from a theoretic perspective. On the contrary, Cathy wrote the book based on many of her real world experiences as she herself experienced a life changing dilemma as she transit-

tioned from a Senior Customs Inspector for the U.S. Customs and Border Protection, to a 'federal whistleblower' who bravely faced the loss of her retirement and insurance, to finally becoming a nationally recognized entrepreneur, self-help author, and community organizer, all within a two year time frame. As this book is a direct representative of the research done by Cathy in order to complete this 180 degree transition in her life, there is no doubt that what she has documented in this book is practical knowledge that has this remarkable woman's life as proof positive of its legitimacy. Secondly, it is quite impressive how Cathy made sure to leave no stone unturned in writing this book. From the two comprehensive appendices containing a plethora of useful web links, phone numbers and addresses, to the definitions of key words in the glossary, this book is filled with valuable information that you will be sure to reference time and time again.

As it is better to read this book now and be prepared for when life 'throws you a curve ball' than to get caught off guard. I recommend that everyone get a copy of this book for their personal library as soon as possible. For more information and how to purchase this book go to www.HowToTakeControl.com

Know Your Numbers and Save Your Life: Blood Cholesterol should be below 200-HDL (good) 50 for women and 40 for men - LDL (bad) should be below 100; Blood glucose/sugar should be below 100 (125 is pre-diabetics); Triglycerides should be below 150; Blood pressure should be below 120/80 (140/90 is high and 130/80 is high if you have diabetes and you should be on medications).

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Cathy Harris EMPOWERMENT

Lectures, Seminars, Workshops www.CathyHarrisSpeaks.com

- How To Start Your Own Business for Adults & Youth
- How To Write a Book
- How To Become Healthier Over the Next 30 Days
- How To Deal with Workplace Issues (Sex & Race Discrimination, Sexism, Sexual Harassment, etc.)
- How to Deal with Law Enforcement Officers on a Local, State and Federal Level on the Streets, in Your Car, In Your Home.

Table of Contents for 1st book in Series

“How To Take Control of Your Own Life: A Self-Help Guide to Empowering Your Family and the Entire Community”

- How To Survive Unemployment
- How To Change Careers
- How To Save Your Home
- How To Get Your Finances in Order
- How To Mobilize Effectively
- How To Become an Effective Leader
- How To Get Your Candidate Into Office
- How To Get Legislation Passed
- How To Change the Education System
- How To Stop Racial Profiling & Police Brutality
- How To Set Up Legal Defense Funds
- How To Build a Presence on the Internet
- How To Work with the Media Without Avoiding Costing Mistakes
- How To Launch Your Own Media Campaign
- How To Become a Freelance Writer
- How To Become a Syndicated Columnist
- How To Write a Book
- How To Become a Speaker

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Table of Contents for 2nd book in Series

“How To Take Control of Your Own Life: A Self-Help Guide to Starting Your Own Business”

- Do You Have What It Takes to Become an Entrepreneur?
- Top 3 Stages of Setting Up and Legitimizing a Business
- Legal Business Structures
- Top Business Myths, Mistakes and Scams
- How To Market Your Business
- Are You Losing Business Because of Bad Customer Service Skills?
- How To Finance Your Business
- What is the Small Business Administration?

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5. Stay Away from Meat: Remember if you eat meat, it will stay in your body for 3 days or longer turning into parasites and toxins. So try to cut down on the amount of meat you are eating and eat the right kind of meat.

6. Chew Your Food: Some people choose to eat 5 or 6 small meals a day instead of 3 big meals but don't go 4 hours without eating something. Try to drink water 30 minutes before a meal. It will open up your digestive system so the body can take what it needs. When you don't chew your food you are swallowing undigested food particles which will turn into parasites and toxins in your body. So it's extremely important to chew foods at least 30 to 60 times before swallowing.

7. Stop Eating Mucus-Producing Foods Including All Dairy Products: Dairy products (milk, yogurt, cheese, cottage cheese, etc.) was not made for certain individuals. Many blacks are 'lactose intolerance' because they are allergic to these foods. Test yourself! Stop eating all dairy products for 2 to 3 weeks and see how you feel? If you feel better then cut these foods out permanently. Other foods that are mucus producing are chocolate, eggs and fried foods. All these foods causes inflammation and your body can't heal if it is full of inflammation.

8. Constantly Sweat Toxins Out of Your Body: Remember we live in an 'imperfect world' so toxins are constantly coming into our bodies through the water we drink, the food we eat and air we breathe. The goal is to keep the toxins exiting your body. The 3 ways to eliminate toxins are through your sweat, your urine and waste. You can sweat by sitting in a Sitz bath with epsom salt or baking soda and sweating for at least 20 minutes or more; You can sweat while you engage in some type of cardiovascular activity; and you can join a gym and sit in the sauna or steam room on a regular basis.

9. Drink the Right Type of Water: If you have a weight problem, your food cravings may be a sign of thirst, not hunger. Sometimes drinking the right type of water can make you start feeling better within a few days. Alkaline water is best! Start the morning with 8 ounces of alkaline water with organic lemon juice. This will 'wake-up' or 'activate' your liver—which is in charge of your 'energy' and 'obesity.' Then 30 minutes before each meal drink water. Do not drink water with your meals. You can start your water again one hour after a meal. If you don't have access to alkaline water — use 'distilled' or 'pure/purified' water only.

10. Stop Taking All Pharmaceuticals: There is a good chance that pharmaceutical use either 'prescribed' or 'over the counter' have ravaged your internal organs which will eventually cause them to give out especially your liver which detoxifies these medications. So the goal is to reverse any damage that you have caused your organs before it's too late. You can do this by taking the 12 steps outlined in this newsletter while you slowly take yourself off ALL pharmaceuticals.

11. Get Some Type of Cardiovascular Exercise: Being fit usually means you engage in some type of cardiovascular exercise which gets your heart rate up and keeps it up for at least 30 minutes or more. These include walking, running, aerobics, swimming, cycling, etc. at least 4 or more days a week. The longer time you work out and the more days you work out—the more fit you will become. The more fit you are—the longer you are likely to live.

12. Get Plenty of Rest: The first step to take when attempting to get more rest is to go to bed the same time every night and wake up the same time everyday. You can make your bedroom sleep friendly by reserving your bed for sleep not work; keep the room cool and dark; keep down noise by moving the t.v. and stereo to another room; make sure the bed is comfortable; and take a daytime nap to make up for lost sleep.

What They Are Saying About Seminars and Workshops

Cathy Harris successful background—combined with her mix of entrepreneurial, government, and consulting experiences - uniquely sets her seminars and workshops apart from others.

-Ed Brown, Founder, Core Edge Charisma Institute

Cathy Harris seminars and workshops are not to be missed because they clear up misinformation, misconceptions, myths and other urban legends in the community.

-Kenne Walker, CEO, Dare2Care Technologies

Before I attended one of Cathy's seminars, I thought all marketing were too expensive for me to afford. Cathy's seminars showed my company how we could get major exposure by using free publicity and low-cost marketing techniques.

-Felicia Smith, Micah Realty

Tune into
The Cathy Harris Show
www.blogtalkradio.com/
TheCathyHarrisShow

Other Testimonials About Empowerment Book

The timing of this book is perfect considering the current economic and employment conditions all over the world. With so many companies downsizing and outsourcing, we need a guide to walk us through these stressful situations.

-One World Computing Corp.,
H. Mitchell, Atlanta, GA

Cathy Harris has created a monster of a book...The book simplifies matters for anyone who has had temporary setbacks. This book needs to be in every home in America.
-Hal Lamar, Freelance Writer,
Atlanta, GA

Cathy has provided a solution oriented text, instead of another book bashing our community. The book should be required reading in high schools and universities throughout the U.S.

-Twana Bond-Jones, Publisher,
Poetic Art Press, Birmingham

This book is not only motivational, but Cathy has included various resources and a directory --making it easier for anyone to get in the driver's seat.
-Viola Davis.com, Political
Activist, Stone Mountain, GA

The book is a pocket-sized encyclopedia of great ideas and empowerment tools.

-Black Talk Broadcasting,
Houston, TX

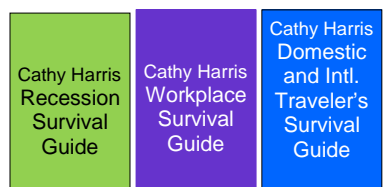
Cathy Harris' book is so informative, it should be sold side-by-side with the 'Webster's Dictionary.'

-WRCT Radio, The Radio Activist,
Philadelphia, PA

This is an easy to understand plain spoken guide designed to help people who find themselves unemployed, underemployed, overemployed or simply desiring to use more of their gifts and talents to become self-employed.

-Arthuretta Martin, Author and
Motivational Speaker, DC

Check Out Cathy's Survival Guides



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