LIFE BEGINS AFTER 40
A GUIDE TO LIVING YOUR BEST LIFE
Life Begins After 40: A Guide To Living Your Best Life

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Introduction

Do you have trouble putting yourself first in a healthy way?
Is your life out of balance in any of these areas: mind, body, soul, and money?
Life Begins After 40 will teach you to:

• Honor and accept yourself as you age
• Have healthy boundaries in all of your personal relationships
• Establish your goals for a great life after 40
• Get on the right track with food and exercise so you are eating and working out mindfully
• Revive your spiritual life
• Create a detailed financial roadmap

Take the time to evaluate the whole YOU and help you understand your choices so you can live your life powerfully – mind, body, soul, & money.

The aim of this book is to share the amazing wisdom I have gained in over 30 years working with thousands of women in 5 countries. I wrote this book because I see women over 40 who think they are old or past their prime. I’m currently 63 years old, and I feel like my life is better than ever and full of possibilities! You get to choose your attitude and how you feel about yourself, which will shine through to the world. I hope this book will help you find that inner peace so that you can live a life of happiness and prosperity.

Section One: You and Yourself

Having a healthy relationship with yourself begins with knowing yourself. Who are you? What are your dreams, goals, and values? What do you want out of life? What makes you happy and fulfilled? What are your feelings at any given time? Why do you do the things you do? What do you believe in? What drives you? What are you passionate about?

Do you do things out of a sense of obligation to others, because of expectations others have placed on you, or because you want to do them? Is your sense of self-esteem based on feedback, both supportive and critical, from people around you, or is it grounded in a clear sense of who you are, your convictions, and your sense of self-worth? The wise Greek saying “Know Thyself” can also be translated to “Know Your Enemy” because most people are their own worst enemy!
Self-Esteem

Self-esteem is a thinking game. How we think about ourselves is how we are going to relate to others, and it influences how we work, play, and learn. Self-esteem includes our assessment of ourselves, our worthiness, and the extent to which we see ourselves able to succeed and able to overcome challenges. If our self-esteem is low, we do not see ourselves as successful; we isolate ourselves and tend to feel defenseless and unloved. On the other hand, if our self-esteem is high, we are poised, confident, and less likely to be influenced by others. People who triumph in life tend to have a tremendous sense of self-esteem.

If we have high self-esteem, we treat ourselves well and are treated well by others. This, in turn, reinforces our belief in ourselves and, when combined with our past experiences, enables us to believe that our future endeavors will be successful. When a specific goal is not accomplished as planned, an individual with high self-esteem may choose instead to view it as a stepping-stone to something better, greater, and more enriching. And they go on.

Many people spend entire lifetimes deferring dreams and postponing the enjoyment of each moment, all the while thinking that tomorrow will be more fulfilling and less stressful. Regardless of age, occupation, handicap, heritage, or environment, individuals have the ability, and the responsibility, to control their own destinies and the choice to create balance in their lives.

If you have high self-esteem, you will:

• Not be afraid to stand out in a crowd.
• Not compromise your high standards, which include not taking recreational drugs, smoking, drinking too much, or otherwise living dangerously.

When I was 10 years old, I had the first opportunity to witness my mother, a midwife, deliver a baby. Later, I was trained by nurse midwives in Jamaica, where the rate of Cesarean sections was low compared to America. My patients were told that I would be called for an emergency C-section in the event of fetal distress. Upon arriving in the operating room, with the woman already anesthetized and prepped for surgery, I would reassess the woman’s condition. Sometimes I observed that the woman’s condition had improved and then reconsidered whether a C-section was necessary. Fear would creep in, and my confidence in my ability to make the right decision faltered. I envisioned myself standing in a courtroom defending my decisions. It is true that a C-section is often more convenient, and at that time, insurance companies reimbursed more for them. One day, I performed a C-section, knowing that I had given in to my fear of being sued. I went home, threw up, and quit a very lucrative aspect of my doctoring so that I would never compromise on this issue again.

• Not give in to a system you don’t respect.

Due to the smaller and smaller reimbursements from insurance companies, I found myself having to see more and more patients in order to meet my overhead expenses. So, I decided to accept patients solely on a cash pay basis. I made this decision to protect me and my patients from the limitations of the managed care system. It was difficult, but I decided that I would be happier doing business my own way.
• Not be afraid to speak out against injustice.

• Dare to have big dreams, commit to them, and make them happen, even if you have never met anyone who has succeeded.

Since I was a young girl, I knew that I could do anything I wanted. I chose to be a healer – a doctor. It was a long, arduous road with many obstacles, besides being a woman. I had to learn Spanish to go to medical school then English to do my post-graduate training. I lived and trained in warm and cold countries and learned about many different cultures. Fourteen years after I graduated from high school, I realized my big dream and became a doctor.

Self-esteem, or our belief and attitudes about ourselves, plays a significant part in all aspects of our lives. How we see ourselves is how we are going to relate, play, work, and learn. Self-esteem is how we assess our own worthiness; it is the extent of which we see ourselves being capable and able to succeed.

If we believe that we can accomplish great things, we will. What we believe becomes our reality - we create our own reality. We all have very powerful minds - if we see ourselves as failures, we will prove ourselves right by becoming failures. Likewise, if we believe we can be successful, we will. Confidence breeds confidence. Others accept you at your own appraisal.

If our self-esteem is low, we do not see ourselves as successful; we will isolate ourselves and feel defenseless and unloved. On the other hand, if our self-esteem is high, we will be more poised and confident and less likely to be influenced by others.

Likewise, if we have a high self-esteem, we expect others to treat us well, and they do. This in turn reinforces our belief in ourselves. Our past experiences will also enable us to believe that our future endeavors will be successful. Even when we fail, we only see it as losing a battle, not losing a war. And we go on.

Can you answer these questions?
• Who are you?
• What are your dreams, goals, and values?
• What do you want out of life?
• What makes you happy and fulfilled?
• What do you believe in?
• What drives you?
• Why do you do the things you do?
• What are you passionate about?
• Do you do things out of a sense of obligation to others, because of expectations others have placed on you, or because you want to do them?
• Is your sense of self-esteem based on feedback, both supportive and critical, from people around you, or is it grounded in a clear sense of who you are, your convictions, and your sense of self-worth?
Attitude Is Everything

The real key to staying mentally healthy is to maintain positive feelings about yourself. Eleanor Roosevelt said, “No one can make you feel inferior without your consent.” Successful people usually have tremendous self-confidence—they look at life as a creative adventure. This can be accomplished by being true to yourself and your goals, staying focused on your personal values, and linking your goals together to maintain a healthy outlook on life, regardless of the expectations of others. Being mentally healthy means being in control of your own destiny.

A positive attitude can be a potent weapon against serious illness. In a study of men who had heart attacks, 21 out of 25 men who were pessimists died from the heart attack compared to only 6 out of 25 men who were optimistic.

A Personal Story

My family was poor, and the country I grew up in was ruled by a dictatorship. There was so much pain around me that I decided at a young age that I would not suffer any longer; I decided to look for the positive in everything. I have been called a pathological optimist, but I don’t mind. I have been asked many times if I encountered racial prejudice. My answer is no, I did not see it. I attribute this to the fact that I see the good in everyone and always trust people until they show they are not worthy of that trust. I am ready to learn from everyone. Also, I treat everyone the same, regardless of who they are or where they came from. In return, I am received with open arms.

Learning to Say NO and Be More Assertive

People have difficulty saying NO; not only is it easier to say yes, but it is also because they have no self-esteem and sense of self-worth and are looking for love and acceptance in the wrong places. Learning to say NO if you are asked to do something that “doesn’t feel right” is part of honoring yourself.

Your time and energy are precious commodities and are not to be wasted. Learn to value your time as much as you value others’. There is a tendency for women to put themselves last on their priority lists. If you have difficulty saying no when you don’t want to do something, it can be hazardous to your health. You will more likely become stressed, resentful and angry, feel victimized, and want to get revenge. You are also teaching your children and those who need your guidance how to be disempowered as well.

Assertiveness is an effective communication style based on mutual respect. Being assertive keeps people from walking all over you; it can also help you gain self-esteem and self-confidence, earn respect from others, improve communication from others, and create win-win situations.

If you have been a doormat for a long time and people around you expect you to do things, sometimes because they feel that they are entitled, it is going to be difficult to change. At first, those who are used to making demands on you or treating you with disrespect will have difficulty dealing with the new you, but you just have to keep trusting, keep practicing, and they will understand that it is not a joke.
Becoming assertive has to do with your whole being, the way you walk, talk, and interact with others. When patients are around me, they have no choice than to be themselves. Just by looking at them coming towards me will let me know where they stand about themselves. It is usually a deeply buried issue of being told by those who should empower them to believe that they are not worth it, are no good, or will turn out to be nothing when they grow up. At the end of the encounter, after teaching them how to erase that embedded negative image of themselves with time, I show them something as simple as how to enter a room looking confident by walking like they have a glass of water on each boob – making sure that the water does not spill over.

Saying no won't be easy if you're used to saying yes all the time. But learning to say no is an important part of simplifying your life and managing your stress.

How to Say NO!

- Practice saying NO. Repeat over and over in the mirror, “No, I can’t do that now” or “No, I would rather not,” and when you are saying it to people, do it in a firm way, letting them know that you don’t even have to give them any explanation.
- Don’t get angry or frustrated; concentrate on what you need to say – keep your emotions in check.
- Act confident while talking. Communication is not just verbal; it is about your whole being.
- When you talk, make direct eye contact, and don’t use dramatic gestures.
- Talk with a low tone of voice and make sure to enunciate each syllable. “I rea…lly…don’t…want…to… do…this!”

At first, it can be difficult, but with practice, it becomes easier and easier.

Your Home Should Be Your Refuge

A house in its most general sense is a human-built dwelling with enclosing walls, a floor, and a roof. It provides shelter against cold, heat, precipitation, wind, and intruding humans and animals. A house is called a home when it is occupied as a routine dwelling for humans, and also perhaps domestic animals.

It does not matter whether the structure is large, small, elaborate, or is just a simple room with a packed dirt floor. To be a nurturing home, it needs to be a place where a man or woman feels peaceful, safe, comforted, loved, and accepted.

“A house is not a home when there’s no one there,” as the Burt Bacharach song goes. Can you call your house your sanctuary? Or is your home causing you additional stress? There is plenty of stress from work, traffic, pollution, politics, economics, world events, etc. Is your home your refuge from the hectic outside world?

Here is what I recommend to make your home a place of sanctuary.

- Eliminate clutter: The more space you have to navigate, the better.
- Be aware of toxic substances in your home: EPA statistics show that women who work at home are 55% more likely to develop cancer than women working away from the home because of household cleaners, cosmetics, and pesticides.
• Beautify your outdoor space: It can be from a well-tended yard, an in-ground garden, or in pots. I am lucky to have an all-year around botanical garden that I created with love. It is a great place to be in touch with nature and the soul, setting the stage for healing.

• Be in the right relationships: It is better to be alone than in bad company. Your life is a cake, and whoever is going to live with you has to bring the icing – otherwise, no way Jose!!!

• Create a replenishing private spa in your home: Find or make space in your home to use as a place of self-renewal, as your “private spa.” It may not be a tropical island, but if the only place in the house where you can be alone is the bathroom, make it your recharging zone!

• Decorate your personal place to suit your taste and inform the other household members that when you are in that space, you should NOT be disturbed. After a long day, or any time that you feel overwhelmed, take a warm shower or, even better, a warm bath. While playing with the water, think about something that brings you joy -- like walking on the beach, feeling the wind blow on your face, and curling your toes in the soft, warm sand.

• When we're stressed, we tend to take quick, shallow breaths. While in your sacred space, purposefully do the opposite – take slow, deep breaths, inhaling deeply and holding the air for a few seconds, then releasing it very gradually. The result can be excellent for your mind and your body – and a peaceful home for your soul.

Do you have a special space in your home that you can call yours and can be by yourself, with yourself whenever you replenish your soul? If not, go ahead and create it!

Destressing Mindfully

The word “stress” has become very commonly used, as if it is a normal byproduct of the demands of life. Stress is the effect that these demands have on our minds and our bodies. It's what Mother Nature built into us way back in evolutionary time to prepare us to meet and survive the unexpected. It is meant to induce the "fight or flight" response, to allow us to overpower our enemies or to escape. When we react to something we perceive as danger, our body pumps out a series of hormones that make us more alert and ready to act.

In modern society, stress confronts us at work and at home, but not in the form of a lurking saber-toothed tiger. So our body's "alert" is turned in other directions. Sometimes we exercise, running to "chill out." If we can't move about, stress keeps pumping the hormones into our bloodstream until they assault our blood vessels, our hearts, our immune systems, and our livers. You can't eliminate stress from your life. In fact, you don't really want to. Some stress helps you focus your energies, sort your priorities, make decisions, and perform better. The secret is to know how to control stress. People who don't know how to control stress in a positive manner often use unhealthy alternatives like drinking, smoking, drug abuse, or overwork. Stress can also lead people to mentally or physically abuse their children or spouses.
We become stressed when we realize that we are in a situation that is out of our control or when we cannot see the light at the end of the tunnel. Most situations have a beginning, middle, and an end, whether we believe this or not. How long we stay in a horrible situation is up to us. The stress status quo is what can kill us.

Many of my patients are experiencing emotional and physical symptoms such as anxiety, irregular bleeding, difficulty sleeping, memory problems, sexual problems, hot flashes, etc. and are being told that they have PMS, hormone imbalance, perimenopause, or menopause. Invariably, they are experiencing stress, whether it is emotional or financial, work-related or not.

There are two types of stress: negative and positive. The difference between the two depends upon whether you feel you are in control of the stress. Some stress helps you to focus your energies, sort your priorities, make decisions, and perform better—this is positive stress. Negative stress occurs when you feel a lack of control in a particular situation.

Negative stress is what invariably happens to women. Women are less prone to be in positions of power and to have control over what happens in their lives. Women also tend to take care of everyone else's needs before taking care of their own. I have diagnosed cancer far too many times in women who sought my medical help for symptoms long after the symptoms started. These women were too busy caring for others, an elderly parent, a sick spouse, or children, to stop and take care of their own needs. Women are also expected to perform multiple tasks and duties. They often hold full-time jobs in addition to maintaining a household. Women may speak up and complain that the husband or the teenager does not help. Why should they? They know that she will complain a little and then do the task herself! When I ask women why they continue to do these things, they don’t know why; they feel they have to and are unaware of their own stress and resentment.

It is normal for everyone to experience stress; in fact, it’s inevitable. Some of life’s occurrences normally produce stress. Exercise, in fact, is a form of good stress. That keyed-up feeling, often referred to as "stage fright," occurs before you give a performance or a speech. You're nervous — but properly controlled; the feeling gives extra energy to your efforts. New experiences, like buying a new house, moving across the country, or taking a new job, are stressful. Bad stress includes things like overwork or the death of a relative.

Unresolved stress causes the continual release of hormones into the bloodstream. These hormones assault the blood vessels, heart, immune system, and liver. The end result is problems such as high blood pressure, increased susceptibility to illness, viral and bacterial infections, ulcers, headaches, chronic muscular tension, high cholesterol levels, heart attacks, hormonal imbalance, and even cancer. Women who are stressed are more likely to suffer from the common cold. Some women tend to develop eating disorders such as anorexia, bulimia, or overeating. They may have a tendency to abuse illicit or prescription drugs, alcohol, and cigarettes. Some women, who previously quit smoking, may resume the habit at this time. Women who are under a lot of stress are more likely to experience stress-related illnesses and may be more prone to accidental injuries. They may perform poorly at work and tend to be involved in more interpersonal problems, family conflicts, and social isolation.

When you feel stress, take the time to take a life inventory. Find out what the triggers are and learn to deal with them. It usually involves your own outlook on life, an imbalance in your personal relationships, work/career, finances, etc. It can also be related to your environment or the side effects of a medication. Living your life powerfully depends on healthy relationships that nurture you and that are not taking away from you. This means establishing healthy boundaries in all of them. Learn to listen to your own body. Negative feelings and/or bodily symptoms that we experience are warning signs that we should let go or change situations or people in our lives.
**Tips to sabotage stress:**

- Find your stress triggers and learn to deal with them.
- Go to a retreat: Leave everything behind, including your intimate partner, children, and relatives. See yourself as a battery that needs to be recharged from time to time. Otherwise, it will run out of power just when it's needed most.
- Try relaxation techniques such as meditation, progressive muscle relaxation, stretching, guided visual imagery, biofeedback, yoga, and prayer.
- Listen to relaxing music. When I drive, I don't listen to the news; I play music that I enjoy.
- Get a massage. If you can't afford it, ask your friends, co-workers, children, or partner to buy you one for your next birthday or holiday.
- Get an adequate amount of sleep each night.
- Do some gentle exercises like taking a nice walk.
- Try aromatherapy – lavender, vanilla, fennel, and valerian root calm the nervous system.
- Stop or reduce watching the television news.
- Read the newspaper headlines and only those articles that interest you.
- Soak in a bubble bath or whirlpool.
- Breathe. When we're stressed, we tend to take quick, shallow breaths. To reduce stress, take slow, deep breaths; inhale deeply, filling the entire diaphragm, and hold for a few seconds, then release the air gradually.
- Talk to your good friends; recovering through my midlife crisis would have taken longer if I did not have good friends to talk to.
- Limit what must be done every day to a more reasonable list.
- Start delegating responsibilities at work and at home. Improve your time-management skills.
- Maintain a sense of humor and laugh.
- Go outdoors to enjoy nature or gardening. Spending time in my garden and digging in the dirt with my bare hands is a good way for me to relax.
- Cry if you have to.
- Pray or go to church.
- Journal.

**My Concluding Thoughts on Your Relationship with Yourself**

How you see yourself and treat yourself is how others are going to treat you. Here are some tips on keeping a positive attitude about yourself:

- Work at something you love
- Take control of your time
- Control stress
- Have positive role models
- Give of yourself, share your gifts
- Rest, get enough sleep and time alone
- Smile – research shows that it automatically improves mood
- Consider your thinking as if it were a product, and check its quality control
- Fuel your mind with love and passion for life.
Life Begins After 40 One-On-One Programs
With Dr. Carolle

- Do you feel like your life is out of balance?
- Are you looking to make a big change with your career or relationship and need direction?
- Have you gone through some challenges with your family?
- Are you dealing with physical and/or emotional issues?

*I can help you! I have been there and done that.*

In this 4 session one-on-one program I will help you:

1. Establish your goals for a great life after 40
2. Get on the right track with food so you are eating mindfully
3. Create a detailed financial roadmap
4. Help you find the root cause of ANY emotional or physical issues and address them

I will take the time to evaluate the whole YOU and help you understand your choices so you can live your life powerfully – mind, body, soul & Money.

What you get from the Life Begins After 40 Program:
- Four one-on-one sessions over the phone with Dr. Carolle
- Exercises and techniques that will enhance your life
- An accountability partner and sounding board who has been there and done that
- Expert help in overcoming obstacles and achieving your goals

**Pricing and Options**

**Option 1:**
Four 50 minute sessions over the phone: $1195

**Option 2:**
One 50 minute session and three laser-focused 25 minute sessions over the phone: $649

Please email info@drcarolle.com or call Matt at 202-469-2257 if you are ready to get started or if you have any questions about the *Life Begins After 40 Programs.*
Section Two: You and Your Body

How you take care of your body is the cornerstone of the quality of your life. Physical health has to do with the body you were born with and how you treat it throughout your life. Anything less than a healthy physical body presents a significant challenge to your spirit in carrying out your life’s work.

You can guard and improve your health by being pro-active. Studies repeatedly show that the risk of the most prevalent diseases and the leading causes of death in the US (cardiovascular disease and cancer) for both men and women are related to lifestyle – the choices you make that affect your physical body. There are several schools of thought on how physical health can best be achieved and maintained, but they all emphasize that knowledge, diet, exercise, and rest are essential.

Knowledge involves self-awareness, prevention, and professional diagnosis. When an illness is diagnosed early, treatment has the greatest potential for resulting in a cure. The majority of diseases, including cancer, can be successfully treated if discovered early.

Self-Acceptance as We Age

Many of us seek to find something wrong with our bodies; we do not like what we see in the mirror; we want to be taller, shorter, thinner, or fatter. We want to have darker skin and baste in the sun to get a “healthy tan,” subsequently increasing our risk of skin cancer. If we have straight hair, we curl it; if it is curly, we want it straight, and so on and so on.

Americans live in a youth-oriented society that bombards us daily with images of youthful superiority. Aging is often associated with failing health and lessening prowess. We need to learn to accept ourselves the way we are and to know that it is okay to grow old. Many of us do not want to age naturally; we want to have buff, wrinkle-free bodies, and therefore, continue to support the multi-billion dollar industry of plastic surgery and cosmetics.

When I remodeled my bathroom not too long ago, I wanted it to look more spacious and open, but I could not add another window, so the contractor suggested that I plaster most of the walls with large mirrors and put a solar tube on the ceiling. It does a great job, but now whenever I am in the bathroom, all naked, I can see my body from all angles; sometimes I try to find the old me in the picture that is reflected back at me.

When I celebrated my 63rd birthday, someone asked me how I felt about getting old. I was surprised by this question since I don’t think of myself as old.

Later that night, I took a good look in the mirror while undressing. I realized that, yes indeed, I was growing old. Reflected back at me was the image of someone who looked much different than in years past. I now have grey hair, my belly is no longer flat, my breasts are sagging, and I’ve gained a few pounds. I remembered the days when I was so skinny that my little brother, Lesly, would call me a broomstick! And there have been many times since that I wished I was as skinny as I was back then.

When I thought about it, everyone in my family, both from my mother’s side and my father’s side, looked the same as they age, even my father when he was almost skin and bones before he died. I then realized that there is nothing wrong with my body; we just have too many mirrors!

Your Healing Plan: Write down things that you dislike about your body, then apologize to it and tell it that you love it. If you can afford to correct it with plastic surgery, more power to you!
Listen to Your Body

We are spiritual, psycho-emotional and physical beings. When these aspects are in balance, we will be healthy. If not, we will first experience emotional symptoms. As time goes by, the unbalance will be expressed in our body as disease.

The body is a perfect machine that has the possibility to heal itself and will send signals that we need to attend to. It will let your mind know when you are under stress or you are doing something that’s hurting it. You need to listen and be aware of what it is trying to tell you.

Unfortunately, we all want an easy fix, a pill, a sab, an ointment, cream, lotion, capsules, whatever it takes to shut off those signals. A lot of people self-medicate: if we have a headache, we take a pill; when we are tired, we take energy boosters. If we take the time to find the cause, it will save us a lot of discomfort, as well as a lot of money.

Many women who are experiencing insomnia, fatigue, anxiety, depression, bowel problems, hot flashes, problems concentrating, confusion, lack of sex drive, or misplaced anger are told and believe that these symptoms are due to PMS, perimenopause, menopause, or that they are experiencing a hormonal imbalance.

Over the years, I have cared for many of these women. My job has been to show them the correlation between what has been happening in their lives, whether they were having problems with their personal relationships, work, or their finances, and the symptoms that are showing up.

A symptom is the tip of the iceberg pointing to something much deeper. True healing demands that you find the root cause of your symptoms and learn to deal with it. The next time you are experiencing abnormal symptoms, you will need to find out how to:

• Recognize how your lifestyle may be causing you undue stress.
• Stop ignoring or denying intuitive messages from your body.
• Determine what the triggers of your stress are.
• Quickly discover the root causes of your symptoms, how to deal with them healthfully, and live your life powerfully.

Eating Mindfully

Eating a healthy diet is not rocket science – you would think the contrary by reading all the special diets on the market. After living in many parts of the world, I have found that most diets are moderate in protein, moderate in carbohydrates, and very low in fat. Fat usually comes from animal products whose cost can be prohibitive in many parts of the world. Also, regardless of their diet, for many, food is part of a ritual, people use food as a way for family to get together, they are grateful for the ability to purchase it and feed their families, they eat slowly while conversing, and they eat little portions.

A healthy diet that will help you power your brain, fend off infections, and strengthen your muscles is very simple. Keeping to a healthy diet is pretty straightforward. To get the proper amount of nutrients and vitamins, eat as many foods from different sources as possible, food that is fresh, unprocessed, and raw whenever possible. So how do you know what YOU should eat? I believe that you can eat almost anything in moderation unless you have a medical problem. If you eat too much and you go for seconds, or eat something and you feel guilty, it’s a sign to pay attention.

There is a constant conversation going on with you and your body. It will tell you when you are hungry, thirsty, need to pee or defecate, or go to sleep, what to eat or not, etc... Cravings are simply a message to let us know what it’s lacking.
On your journal, computer, or a piece of paper, regardless of your state of health, write your favorite breakfast, lunch, dinner, and snack. Then eat whatever is in that list with moderation. If you have diabetes, for example, find out which ones increase your blood sugar levels then cut it down even more. I do not recommend eliminating them because when you are under stress, these foods are what will bring you solace and you will not be able to resist them. Otherwise, you will feel guilty, be more stressed, have more cravings, and end up eating more than your body can tolerate.

When it’s time to eat, go to the refrigerator or your pantry, look at the menu in a restaurant or at a buffet, and your body will tell you exactly what it needs at this particular moment. “Give me a little of this, a little of that, not that one, you know I can’t digest it, get this small piece, no a bigger piece… etc.” Your eyes are connected with that infinite wisdom, and it will let you know what it needs, and you will come out with a plate full of a variety of things. When you go for seconds or only fill it up with one type of food, you are not really listening to your body.

When you sit down and eat, be grateful for the food, give blessings to those who made it possible, those who picked it on the farm, packaged it, stayed away from loved ones to transport it one place to the other, the cooks who made it palatable, and those who serve it. Be grateful for having money to buy it, our good fortune, and pray for those who are not as lucky.

Then, take time to chew, one bite at a time, letting nature do its work, mixing it with saliva juice to start the process of digestion, knowing that when it goes into the stomach, it will continue through the intestines of this magnificent body and will take what it needs and eliminate all excess through our urine and stool.

When we don’t listen to that body and we eat too much, we feel guilty about what we are eating because we are calling it bad or junk food. In doing so, we confer negative energy to that particular food, and then it’s the total opposite; no wonder we have heartburn and eventually will be overweight and plagued with diabetes, heart disease, etc…

I tell my patients to consider their plates like the palette of an artist who is ready to paint a rainbow. Put on your plate as many different colors that you can fit in it. It is also important that you eat smaller portions. Most of us eat portions that are too big. At restaurants, portions are getting bigger and bigger, so we feel that we have to clean our plates.

Optimally, your diet should be the first choice for increasing your calcium intake, such as eating leafy green vegetables and legumes and calcium fortified products. Dairy products such as milk, yogurt, and cheese not only contain calcium but are also a major source of vitamin D; additionally, they contain vitamins A, B-6, folate, riboflavin, magnesium, and potassium. Other foods, such as broccoli, turnip greens, and canned salmon with bones, are also great sources of calcium.

Keep On Moving

If I could create a pill to ensure perfect health, it would be an exercise pill! Exercising regularly is a good way to enjoy being in good physical condition; it helps control weight and lifts your spirits. Regular exercise also helps build strong bones, significantly reduces the risk of heart disease, lowers the risk of Type 2 diabetes, helps lower blood pressure, lowers the risk of breast and colon cancer, reduces stress and anxiety, relieves insomnia, promotes digestion, increases energy, and improves your sex life!

Exercise is also an essential part of a successful weight-loss plan. It helps burn calories and influences the appetite-regulating center in the brain.
Your Exercise Plan

Your first step in planning an exercise program should be to consult your healthcare provider. The two of you can decide what kind of exercise is best for you and how you should work into it. Ideally, you should check back with your health-care provider periodically to evaluate your improvement.

Before you start any kind of exercise routine, ask yourself these questions:

- What type of exercise should I do?
- How much do I need?
- How long should I do it?
- Do I need specific equipment?
- Will I need special clothing?

Think twice before joining a gym. More than half of the people who do so quit during the first six months. However, if you do so, make sure that it is near your work or home or you won’t go. Most important of all, pick a type of exercise you enjoy. Also, ask yourself:

- Do I want to exercise alone or work out with a group?
- What time of day do I want to exercise?

In case you're not sure, try different kinds of exercises and different times of day before making a final choice. Once you decide, stick with your plan. But if you have to choose between varying your workout schedule and skipping a day—vary!

Exercise should be performed on a regular basis at least two or three times a week at the same time for the best results. Plan on 20 to 30 minutes or longer, according to your endurance. Choose a convenient time and set a specific goal. For example, “Within two months, I will be swimming three times a week for half an hour.”

If you've been inactive for a long time, it's dangerous to overdo at the beginning. Start slowly, and gradually increase the length of time. For example, swim for about 15 minutes the first time, and add two to five minutes a day until you reach your goal.

Be careful not to hurt yourself. Take some time to warm up and never stretch when your muscles are cold. Dress properly, especially if you exercise outdoors. Be sure to drink plenty of fluids, especially during hot weather so you avoid becoming dehydrated.

If you’re interested in using exercise machines, make sure you know how to use them properly before you start.

Prevention Is the Best Medicine

We think alike if going to the doctor for a regular check-up is not on your list of favorite things to do. But, we have to do it! An annual physical exam is an excellent way to detect most health problems, such as diabetes, high blood pressure – also called the silent epidemic, early rather than too late.

Routine exams according to your age will include tests that can reveal other silent diseases such cancer.

As far as prevention—many studies show that modifying one’s lifestyle, including proper nutrition, regular exercise, stress reduction, relaxation, prevention of sexually transmitted diseases, smoking cessation, alcohol and drug use moderation, maintaining a normal body weight, and regular checkups can reduce many of these risk factors. However, please note that disease risk is very complex, and in addition to lifestyle and health choices, involves the following factors: genetics, socioeconomic situation, culture, environment, and racial differences.
What to Do In this Information Age?

There is an explosion of information on the Internet and it can be a great tool for obtaining medical information. As with everything else in life, there are always advantages and disadvantages. One outstanding advantage is that from the comfort of her home, a woman can look over highly technical medical journals as well as peruse different sites that provide health information.

The downside is that with all this information available, some of it can be harmful and misleading to the general public. It can create anxiety, making a person believe that they may have a certain illness when the presenting symptoms are common to many other illnesses. Those prone to suggestion may go overboard -- patients misdiagnosing themselves, discontinuing their prescribed medications, and switching to some "alternative/natural” treatments, which have not been proven to be effective and, in some cases, may even be harmful.

It is true that the more informed you are, the greater your ability to take charge of your health. It’s okay to look for information on the web, but most people do not have the appropriate training and experience to determine the best course of action when a problem arises. My recommendation is that you should enter into a relationship with a healthcare provider whom you feel you can trust, ask any questions, and know that your needs are being addressed -- where you are allowed to take part in the decision-making process concerning your health and well-being.

Healthier lifestyles, medical advances, and preventive choices mean that we will live longer and healthier than our ancestors. Today, a positive approach to life and longevity includes taking responsibility for every facet of your life, especially your wonderful body.

Let’s stay well together!

Section Three: You and Your Spiritual Health

Have you considered how your spiritual health can play a part in your overall well-being? It’s been my experience that many distressed women I consult with are lacking in the spiritual areas of their lives. I have seen first-hand how having strong spiritual health can be a way to find balance in your life.

Prayers and Health

One of the most powerful ways to self-heal is through prayer. Studies have documented lower rates of depression and anxiety-related illness among those who pray. Other studies have demonstrated better outcomes among patients who were prayed for, as compared to patients who were not.

Faith and prayer are like good friends who can help you carry the burden of life. Those who pray are less likely to be sick. Healing can also be achieved through prayer at a distance, when sent together with loving, compassionate thoughts and intentions. Many people find answers to, or at least comfort in, prayer when dealing with life’s tragedies.

During the earthquake and its aftermath, people around the world could not believe
possible circumstances. Their faith in Jesus, that ‘Bon Dié bon, Jésu ap vin sauvém, ‘God is Good, Jesus will come and rescue me,’ made them strong.

More than half of the medical schools in the country now offer courses such as “Spirituality and Medicine” —up from just three a decade ago—largely because patients are demanding more spiritual care. According to a Newsweek poll, 72 percent of Americans say they would welcome a conversation with their physician about faith; the same number say they believe that praying to God can cure someone—even if science says the person doesn’t stand a chance.

About Sorrow

A W. Tozer wrote, “God can’t use a person to the maximum until he or she has been hurt deeply.” I recently read an article by Professor Abdulaziz Sachedina, of the Department of Religious Studies at the University of Virginia, in which he commented on the circumstances of September 11, 2001. He had found a poem, written by Jalaluddin Rumi, which spoke to his pain.

“Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will have their place.”

I see now that my wakeup call experiences with anxiety and panic attacks were opportunities to grow spiritually. I am now a much stronger person. This newfound strength benefits not only myself but also all those around me.

Gratefulness and Health

Being grateful exercises your soul. When I was going through a particularly tough time, I was counseled to create a “Grateful List.” You simply write down what you are grateful for. When you find yourself in times of doubt or sadness or ill health, find and read your “Grateful List.” You are less prone to be unhappy when you focus on things you are grateful for. You are more likely to be optimistic and feel good about yourself, and share your blessings. So, please sit down and make a list of the things you are grateful for, and add to it whenever you can.

Forgiveness and Health

“Forgetfulness is freeing – for yourself as well as for others. It frees you from carrying the burden of past resentments. It allows you to release the past so that all your energy can be fully available for the present. Forgiveness is the ultimate gift you can give yourself.”

Author unknown
Forgiving Self

The key to true forgiveness is letting go of the anger and negative feelings associated with yourself or others. Forgiving yourself is coming to grips with the fact that you cannot undo the past, that what is done is done. In order to grow and live in balance, one must be committed to positive self-teachings, such as self-love and self-esteem. Self-forgiveness should then be like a natural extension. Being self-condemning, or self-righteous, is the wrong way to live. Forgiving oneself is just one more symptom of self-love.

Forgiving Others

Forgiving someone is recognizing you have been wronged, giving up all resulting resentment, and eventually responding to the offending person with compassion and even love. Forgiving does not mean that you deny that you have been wronged, nor is it condoning or excusing your abuse.

Is there someone in your life who you need to forgive?

My Concluding Thoughts on You and Your Spirit

It’s a challenge to be, and remain, aware of our divine source. To balance our lives, I believe we all must learn how to create a personal world in which we remember the spiritual aspect of life.

To me, admitting you have a soul and then taking care of it means spiritual health. How do you take care of it? Find whatever you call a higher power and lay your ego at its feet.

Section Four: You and Your Money

One thing you should understand is that money should not be the main reason from which decisions are made. If you stay in a job or a relationship just because of economic security, it is not worth the stress that comes with it.

Step I: Assess Your Current Financial Health

The following worksheet is designed to help you by clearly outlining your assets and liabilities. Your net worth is the major measurement of your wealth and is calculated by subtracting your liabilities from your assets. By increasing your assets or reducing your debt, you increase your net worth. Do you know what you’re worth?
Calculate Your Net Worth

**Assets**

**Savings and Investments**
Cash (money in the bank, checking, savings, money market deposit accounts) $_______
CDs (Certificates of Deposit) $_______
Income Investments (stocks, bonds, mutual funds) $_______
Real Estate Investment $_______
Ownership Interest in a Business, Partnership or Other Investments $_______
Other $_______

**Retirement Plan Investments**
Individual Retirement Accounts (IRAs) $_______
SEP $_______
Keogh Plan $_______
401(k) or 403(b) Plans $_______
Pension Plan $_______
Profit Sharing Plan $_______
Cash Value of Life Insurance $_______
Market Value of Home(s) $_______
Personal Property (cars, collectibles, furniture, jewelry) $_______
Other $_______

*Total Assets* $_______

**Liabilities**
Mortgage Payment $_______
Car Loans $_______
Credit Cards $_______
Student Loans $_______
Other Loans $_______
Unpaid Taxes $_______
Outstanding Bills and Obligations $_______

*Total Liabilities* $_______

Your Net Worth (Assets minus Liabilities)

Assets $_______
Liabilities $_______

*Your Net Worth* $_______

If you recently graduated from college and have student loans, your liabilities may exceed your assets. Whatever your net worth is -- positive or negative -- the most important fact is that you are now aware of your financial picture and are willing to work on it. Remember, it is never too late to start and no amount is too little to save!
Often, people count on income tax refunds to pay for a vacation or a down payment on a car. If you receive a fairly large income tax refund each year, your employer is withholding too much from your paycheck. That tax refund may seem like a windfall, but you are not looking at the situation correctly. Overpaying taxes is like giving the IRS an interest-free loan. If this money was not withheld from your paycheck, you could save it or use it to pay off debts. Ask your tax preparer or someone in your accounting or benefits department to help you calculate your withholdings.

**Step II: Know How Much You Are Spending Each Month**

Sometimes we are unable to save because we are unaware of how much we spend. When I started working with a financial advisor, I filled out a Monthly Family Expense Budget. I was surprised to realize that my weekly tennis lessons were costing me $2,600 per year. I took the time to find a tennis partner, reduced my lessons to one per week, and saved $1,300.

I know a woman who loved café latte and bought one every workday at lunchtime. She did not realize that the $4.25 she spent each day added up to $1,100 a year. Had she invested this money, earning an average of 7% per year, she would have had about $80,000, enough to buy her own coffee franchise. Makes you think, doesn’t it!

I’ve included a *Monthly Family Expense Budget* worksheet, located at the back of the book, to help you determine your monthly family expense budget. It will help you budget your spending and saving. *Please use it!*
## HOUSEHOLD EXPENSES

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mortgage or Rent</td>
<td>$______</td>
</tr>
<tr>
<td>Utilities (gas/electric)</td>
<td>$______</td>
</tr>
<tr>
<td>Water/Sewer</td>
<td>$______</td>
</tr>
<tr>
<td>Trash removal</td>
<td>$______</td>
</tr>
<tr>
<td>Telephone (home and cell), pager</td>
<td>$______</td>
</tr>
<tr>
<td>TV cable/satellite</td>
<td>$______</td>
</tr>
<tr>
<td>Computer connection</td>
<td>$______</td>
</tr>
<tr>
<td>Banking Expenses</td>
<td>$______</td>
</tr>
<tr>
<td>Home maintenance &amp; repair costs</td>
<td>$______</td>
</tr>
<tr>
<td>Housecleaning service/cleaning supplies</td>
<td>$______</td>
</tr>
<tr>
<td>Gardener/pool maintenance</td>
<td>$______</td>
</tr>
<tr>
<td>Computer-related expenses (maintenance/upgrades)</td>
<td>$______</td>
</tr>
<tr>
<td>Child care</td>
<td>$______</td>
</tr>
<tr>
<td>School tuition</td>
<td>$______</td>
</tr>
<tr>
<td>Children’s allowance</td>
<td>$______</td>
</tr>
<tr>
<td>P.O Box expense</td>
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</tr>
<tr>
<td>Postage</td>
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<tr>
<td><strong>Total Household Expenses</strong></td>
<td>$______</td>
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</table>

## CREDIT CARDS & DEBTS

<table>
<thead>
<tr>
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<tbody>
<tr>
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</tr>
<tr>
<td>Child support</td>
<td>$______</td>
</tr>
<tr>
<td>Alimony</td>
<td>$______</td>
</tr>
<tr>
<td>Student Loans</td>
<td>$______</td>
</tr>
<tr>
<td>Other Loans</td>
<td>$______</td>
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<tr>
<td><strong>Total Debt Expenses</strong></td>
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</tbody>
</table>

## TRANSPORTATION

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Auto payment(s)</td>
<td>$______</td>
</tr>
<tr>
<td>Auto gas/oil</td>
<td>$______</td>
</tr>
<tr>
<td>Auto repair/washing/other</td>
<td>$______</td>
</tr>
<tr>
<td>Parking</td>
<td>$______</td>
</tr>
<tr>
<td>Other transportation (taxi/train/bus)</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Transportation</strong></td>
<td>$______</td>
</tr>
</tbody>
</table>

## INSURANCE

<table>
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</thead>
<tbody>
<tr>
<td>Homeowners'/Renters’</td>
<td>$______</td>
</tr>
<tr>
<td>Auto</td>
<td>$______</td>
</tr>
<tr>
<td>Life</td>
<td>$______</td>
</tr>
<tr>
<td>Health/dental</td>
<td>$______</td>
</tr>
<tr>
<td>Disability/other</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Insurance</strong></td>
<td>$______</td>
</tr>
</tbody>
</table>

## FOOD & MEDICINE

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groceries</td>
<td>$______</td>
</tr>
<tr>
<td>Kitchen/cooking supplies</td>
<td>$______</td>
</tr>
<tr>
<td>Special dietary needs/vitamins/supplements/OTC drugs</td>
<td>$______</td>
</tr>
<tr>
<td>Pet food</td>
<td>$______</td>
</tr>
<tr>
<td>Category</td>
<td>Amount</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Total Food/Medicine</td>
<td>$______</td>
</tr>
<tr>
<td><strong>PROFESSIONAL FEES</strong></td>
<td></td>
</tr>
<tr>
<td>Doctors</td>
<td>$______</td>
</tr>
<tr>
<td>Dentist</td>
<td>$______</td>
</tr>
<tr>
<td>Eye care</td>
<td>$______</td>
</tr>
<tr>
<td>Attorney</td>
<td>$______</td>
</tr>
<tr>
<td>Veterinarian</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Professional Fees</strong></td>
<td>$______</td>
</tr>
<tr>
<td><strong>ENTERTAINMENT &amp; RECREATION</strong></td>
<td></td>
</tr>
<tr>
<td>Eating out</td>
<td>$______</td>
</tr>
<tr>
<td>Movies</td>
<td>$______</td>
</tr>
<tr>
<td>Concerts/sporting events</td>
<td>$______</td>
</tr>
<tr>
<td>Videos (rental/purchase)</td>
<td>$______</td>
</tr>
<tr>
<td>Bad habits (cigarettes &amp; alcohol)</td>
<td>$______</td>
</tr>
<tr>
<td>Gym membership</td>
<td>$______</td>
</tr>
<tr>
<td>Club/hobby dues/costs</td>
<td>$______</td>
</tr>
<tr>
<td>Books, magazines, newspaper</td>
<td>$______</td>
</tr>
<tr>
<td>Music (CD/tape purchase)</td>
<td>$______</td>
</tr>
<tr>
<td>Vacation &amp; travel</td>
<td>$______</td>
</tr>
<tr>
<td>Gifts</td>
<td>$______</td>
</tr>
<tr>
<td>Other:______________________________</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Entertainment</strong></td>
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<tr>
<td><strong>CLOTHING &amp; ACCESSORIES</strong></td>
<td></td>
</tr>
<tr>
<td>Purchases</td>
<td>$______</td>
</tr>
<tr>
<td>Cleaning and repair</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Clothing</strong></td>
<td>$______</td>
</tr>
<tr>
<td><strong>CONTRIBUTIONS</strong></td>
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<tr>
<td>Religious</td>
<td>$______</td>
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<tr>
<td>Other charity</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Contributions</strong></td>
<td>$______</td>
</tr>
<tr>
<td><strong>PERSONAL ITEMS</strong></td>
<td></td>
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<tr>
<td>Beauty treatments (hair/nails/massage)</td>
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</tr>
<tr>
<td>Cosmetic/Plastic Surgeries</td>
<td>$______</td>
</tr>
<tr>
<td>Personal care products (lotions, potions, shampoo)</td>
<td>$______</td>
</tr>
<tr>
<td>Other:______________________________</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Personal Items</strong></td>
<td>$______</td>
</tr>
<tr>
<td><strong>TAXES, INVESTMENTS, SAVINGS</strong></td>
<td></td>
</tr>
<tr>
<td>Accounting &amp; tax preparations fees</td>
<td>$______</td>
</tr>
<tr>
<td>Federal taxes</td>
<td>$______</td>
</tr>
<tr>
<td>State taxes</td>
<td>$______</td>
</tr>
<tr>
<td>Local taxes</td>
<td>$______</td>
</tr>
<tr>
<td>Retirement Savings Plan Contribution</td>
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</tr>
<tr>
<td>Social Security taxes</td>
<td>$______</td>
</tr>
<tr>
<td>Investments</td>
<td>$______</td>
</tr>
<tr>
<td><strong>Total Taxes, Investments, Savings</strong></td>
<td>$______</td>
</tr>
</tbody>
</table>
Conclusion

Life begins at 40; or is it 65 to be more precise?

When I celebrated my 65th birthday recently, someone asked me how I felt about getting old. I was surprised by this question since I don’t think of myself as old. The night before, I was hosting at my home Tonton Bisha and Anne, two famous Haitian actors and their entourage who came from Haiti for their movie premiere in San Diego, “I love you Anne – 2.” I delighted myself in working in the kitchen with three other Haitian friends, Marie, Jo, and Marida, and prepared a mouth-watering Haitian feast – all from scratch on my feet for many hours and not tiring. Then it was time to go the movie theater.

As they were having some technical difficulty and the Haitian crowd of more than two hundred people starting to get fidgety, Gary Cenatus, one of the entourage decided to entertain us with an impromptu beauty contest. He asked that ten women who felt that they were the most beautiful women in the room to come to the podium. The one who got the most cheers will be chosen. Many young women in their teens and early twenties rushed to the podium parading their gorgeous and firm bodies to the delight of the crowd. Then they wanted one more since only nine women responded.

“Why not?” I said to myself. “I had never been a contestant in a beauty contest; “Why not now?” and I strolled to the podium with the cheering of the crowd.

Each contestant told why they felt they were the most beautiful woman. I stood at number 7; we were all laughing hysterically waiting for our turn.

“I am beautiful,” the first one said, while shaking her boobs and doing a provocative dance with her large butt among the booing and cheering, “and I KNOW IT.” I realized then how gutsy I was and had to think fast on what I was going to say. The women were cheered and booed at the same time.

When it was my turn, the place was in an uproar. I was wearing a very matronly African outfit, I put my hand on my hips and told the cheering crowd that “I was born beautiful, I was going to die beautiful, and for what I had accomplished so far in my life on the eve of my 63rd birthday and what I gave back to the world, I was indeed the most beautiful woman in the room.”

As the cheering escalated and almost no booing, unfortunately we were told that it was time to start the movie. I went back to my seat laughing and shaking my head; indeed I was having a great life, and knowing that I would have most likely won the contest, I planned to continue to be as spontaneous and have fun in my life for years to come.

Later that night, I took a good look in the mirror while undressing. I realized that, yes indeed, I was growing old. Reflected back to me was the image of someone who looked much different than in years past. I now have grey hair, my belly is no longer flat, and I’ve gained a few pounds. But there were no more wishes on how I should be; I was exactly where I was supposed to be with all the accomplishments and dreams that did not come true.

I smiled at that face being reflected in the mirror.

I hope that what I shared in this book will enable you to do the same, regardless of how old you are!
Life Begins After 40 One-On-One Programs
With Dr. Carolle

- Do you feel like your life is out of balance?
- Are you looking to make a big change with your career or relationship and need direction?
- Have you gone through some challenges with your family?
- Are you dealing with physical and/or emotional issues?

I can help you! I have been there and done that.

In this 4 session one-on-one program I will help you:

5. Establish your goals for a great life after 40
6. Get on the right track with food so you are eating mindfully
7. Create a detailed financial roadmap
8. Help you find the root cause of ANY emotional or physical issues and address them

I will take the time to evaluate the whole YOU and help you understand your choices so you can live your life powerfully – mind, body, soul & Money.

What you get from the Life Begins After 40 Program:
- Four one-on-one sessions over the phone with Dr. Carolle
- Exercises and techniques that will enhance your life
- An accountability partner and sounding board who has been there and done that
- Expert help in overcoming obstacles and achieving your goals

Pricing and Options

Option 1:
Four 50 minute sessions over the phone: $1195

Option 2:
One 50 minute session and three laser-focused 25 minute sessions over the phone: $649

Please email info@drcarolle.com or call Matt at 202-469-2257 if you are ready to get started or if you have any questions about the Life Begins After 40 Programs.
About the Author

Carolle Jean-Murat, MD

Dr. Carolle Jean-Murat is a gifted intuitive and spiritual healer, trained as a board-certified and primary care specialist who has helped thousands of men and women over the past four decades. Born in 1950 and raised in Haiti, she comes from a family of healers, shamans, herbalists and midwives. Dr. Carolle was educated in top universities in Haiti, Mexico, Jamaica, and the US, giving her a broad-spectrum approach to medicine and invaluable multicultural knowledge. She has worked with patients in the most unimaginable conditions, even performing surgeries by flashlight in Haiti. In contrast, she has also practiced medicine in highly acclaimed, technologically advanced hospitals in the US. helping thousands of men and women from the poorest in Haiti to the richest in Southern California, including wounded warriors suffering from post-traumatic stress disorder (PTSD) and military sexual trauma (MST),

Dr. Carolle is a Fellow of the American Congress of Obstetricians and Gynecologists. She had a successful private practice in San Diego, California from 1982 to 2005. In 2005, she closed her private practice in San Diego, CA because she could no longer fit into a prescription-writing, bottom-line-oriented medical system that did not allow time and resources for doctors to properly care for patients as whole human beings. She would not compromise.

Her dream was to continue treating and healing patients using her own ideals. She created the Dr. Carolle Wellness & Retreat Center of San Diego where those who were ill or suffering could spend as much time as they needed with her. She is the co-founder of The True Healing & Wellness Institute of San Diego which opened in January of 2016. Dr. Carolle is currently seeing patients at The True Healing & Wellness Institute for various conditions including cancer, post-traumatic stress disorder (PTSD), military sexual trauma (MST), diabetes, anxiety, and more.

Fluent in five languages, Dr. Carolle combines her scientific knowledge with her extraordinary gift of intuition and clairvoyance to help those who are ready to heal. Her process helps to discover the root cause of patient’s symptoms, and teaches them how to use this information to begin the healing process. Effortlessly, she guides patients and shows them their strengths, teaches them how to let go, and simultaneously helps them how to overcome the obstacles that have prevented them from being their best self.

Dr. Carolle has always felt strongly about serving others, especially the poor and underprivileged. For more than 20 years, Dr. Carolle has provided free medical care to the people of Haiti and underserved clinics in San Diego through Catholic Charities, Volunteer in Medicine Clinics, and Mexico. Her own charity, Health Through Communication, is focused on providing medical care, education, and other services to the people of Haiti.

As an international motivational speaker, Dr. Carolle brings her message of self-empowerment through her award-winning books, lectures, seminars, radio, newspapers, TV, and eBooks. Her latest book, soon to be released, True Healing Through Faith, will also be a feature film.

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Other e-Books by Dr. Carolle

- **A Day in the Life of a Healer: Short Stories about Divine Appointments**
  Follow Dr. Carolle, an intuitive healer, board-certified OB-GYN raised in Haiti from a family of healers, a grandfather who was a shaman, a paternal grandmother who was an herbalist, a mother who was an herbalist and midwife; her early years in Haiti, her medical training in Mexico, Jamaica, and the US; settling in San Diego, and making it full circle during her missionary trips to Haiti.

- **A Healer’s Funny Bones: Never Take Yourself Too Seriously**
  Funny stories that happened to Dr. Carolle and her patients.

- **Forgiving Yourself & Others: How to Unleash Your Future by Freeing Yourself from Past Traumas**
  Unresolved childhood issues are one of the major causes of unhappiness and dis-ease. Healing unloving or hurtful relationships with ourselves and others is the most crucial step to be taken in our lives…

- **Life Lessons from Grandma: Short Stories and Secrets from a Very Wise Woman**
  Stories told to Dr. Carolle’s from her Grandma, whose wisdom inspired her as a healer and as a person

- **Your and Your Money: Your Health Depends On It!**
  Women often pay little attention to their finances while many emotional and physical complaints can be traced to financial stressors. Learn how to take control of your finances, document your present financial situation, set long-term financial goals, learn ways to get out of debt, and save for your future.

These e-books are available for purchase and download at her website
[http://drcarolle.com/store](http://drcarolle.com/store)