

HOPE AND NEW LIFE HEALTH CARE AND THE COVID-19 VIRUS US AND YOU

AS A REGISTERED NURSE FOR THE PAST 25 YEARS, THESE 18 MONTHS HAVE BEEN CHALLENGING TIMES IN THE NURSING FIELD. AS THE DIRECTOR OF HOPE AND NEW LIFE MY GREATEST CHALLENGE IS TO KEEP MY CLIENTS, MY FAMILY, FRIENDS, AND MYSELF ALIVE AND WELL. AS THE WELLNESS PROFESSIONAL OF THIS ORGANIZATION, I HAVE BEEN WORKING ALONGSIDE WITH MEDICAL PROFESSIONALS TO SAVED LIVES FROM THE COVID-19 VIRUS AND OTHER CHRONIC DISEASES ONE CAN FACE. I STARTED RESEARCHING THE IMMUNE SYSTEM AND CHRONIC AND INFECTIOUS DISEASES INCLUDING THE VIRUS. WE DO NOT PROVIDE SERVICES TO CURE OR DIAGNOSE DISEASES, BUT TO HELP ONE MAKE BETTER CHOICES TO BE ALIVE AND IN GOOD HEALTH. SO I VOLUNTEER MY SERVICES TO THIS ORGANIZATION SO THEY CAN PROVIDE FREE WELLNESS TESTING, CONSULTATION, AND SUPPLEMENTS TO OUR CLIENTS AND EMPLOYEES IN OUR ASSISTED LIVING FACILITY. WE HAVE BEEN PROVIDING FREE WELLNESS SERVICES EITHER IN OFFICE OR REMOTELY TO 90 % OF OUR CLIENTS THAT CANNOT AFFORD SUCH SERVICES, IN MINNESOTA, CALIFORNIA, ARIZONA, WASHINGTON DC, ATLANTA AND ABROAD. WE SERVED CLIENTS FROM AGE 13 AND ABOVE, WITH OR WITHOUT CHRONIC DISEASES, WORKING WITH THEM AND THEIR HEALTH PROFESSIONALS. WE HAVE HELPED NURSE THOSE DIAGNOSED WITH COVID-19 BACK TO THEIR NORM. WE HAVE ENCOURAGED AND ASSISTED THOSE AFRAID OF TAKING THE COVID-19 VACCINE BY RECOMMENDING OUR BASIC SUPPLEMENTS (VITAMIN D3, OMEGA 3 AND B-COMPLEX OR MULTIVITAMIN) AND A WELLNESS SCAN BEFORE TAKING THE VACCINE AND IT HAS BEEN

SUCCESSFUL. WE HAVE SENT SUPPLEMENTS TO OUR HEALTH PROFESSIONALS IN SIERRA LEONE, WEST AFRICA. IT DID NOT ONLY HELP BOOST THEIR IMMUNE SYSTEM AGAINST THE VIRUS BUT AGAINST MALARIA AND TYPHOID FEVER. MOST OF OUR CLIENTS WITH CHRONIC DISEASES VERBALIZE IMPROVEMENT IN THEIR HEALTH AS EVIDENCE BY THEIR BLOOD TESTING LIKE HEMOGLOBIN A1C, CHOLESTEROL LEVEL AND MORE ENERGY AND ENDURANCE.

AS WE CONTINUE OUR RESEARCH AND SERVICES, WE URGE YOU TO CONTINUE ON YOUR WELLNESS PATH FOR LONGEVITY.

WE RECOMMEND YOU EAT HEALTHY.

CONTINUE ON YOUR SUPPLEMENTS LIKE VITAMIN D3, OMEGA 3 AND B COMPLEX OR MULTIVITAMINS.

HAVE YOUR HEALTH PROFESSIONAL CHECK YOUR VITAMIN D LEVEL SO YOU CAN BE WITHIN NORMAL LEVEL .

WE DO PROVIDE VITAMIN D LEVEL CHECKS WITH OUR SUPPLEMENT PRODUCTS ALSO.

EXERCISE. YOU CAN JOIN OUR ZUMBA DANCE EVERY 10 AM AND 2PM ON OUR WEBSITE.

WALKING WITH FAMILY AND FRIENDS.

HYDRATE YOURSELF WELL WITH WATER.

SLEEP WELL.

TAKE THE COVID-19 VACCINE.

WASH YOUR HANDS FREQUENTLY.

MAKE A BETTER CHOICE FOR YOUR WELLNESS TODAY AND BE SAFE.

AS WE ALL ARE IN THE BUSINESS OF HELPING ONE ANOTHER, I
AM ASKING IF YOU SPONSOR SOMEONE IN NEED THAT CANNOT
AFFORD THESE SERVICES.

MILLICENT SAWYERR

EXECUTIVE DIRECTOR

WELLNESS PROFESSIONAL