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Nov 20/Dec 2014 – Year 12 – Issue 70

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Editor's Note

Thanksgiving, Christmas, New Year Eve...wows! It is time to celebrate with family, close friends, "just" friends, co-workers, etc. Christmas is a time when we remember everyone we ever loved. Not just give gifts and share presents. Christmas is a perfect time to put these thoughts into "word" before it's too late, and the message of love is left unsaid. Appreciation, solidarity, support, care, love, and more love.

And come the New Year's Eve. The beginning of a new year has always been greeted in the most fantastic and explosive ways all around the world. However, nothing beats the festivities, the happiness and the international appeal of the New Year's Eve celebration in Rio, Sao Paulo, Recife, Salvador... Brazil. Why Brazilian people usually wear white in New Year's? This country is one of the biggest Catholic countries in the world and spirituality has come a long way since the emergence of Catholicism. Myths have been in existence for a very long time and the tradition has truly become more

colorful throughout the years. In the New Year's Eve in coastal cities of Brazil, everybody, locals and members of the international community, come together by the beaches to proffer their offerings to Iemanjá – the queen of the ocean, and this is the most interesting and spiritual of the celebrations.

The New Year's Eve is a new opportunity for us to improve and achieve all the goals and objectives that we couldn't do the current year that is ending. By tradition, we celebrate New Year's together with families and loved ones because that way we enjoy it the best. And also by tradition, we usually are energized for a new start next day, January 1st! Here in this issue, we bring cool articles that should inspire you, or at least, leave you thinking. Move on.

Feliz Ano Novo!
Lindenberg Junior

SOUL BRASIL magazine

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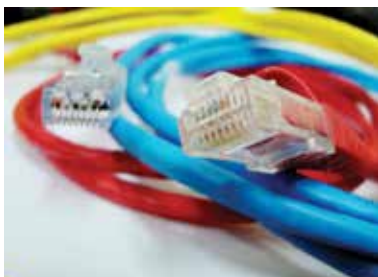
Celebridades (1) - Patricia Jordane, que ficou conhecida por causa de seu affair com o jogador Neymar, esteve em Miami no começo de Novembro e foi flagrada pegando um sol de topless e chamando a atenção do publico. Antes chegar na Florida, ela esteve em Paris, onde fez fotos sensuais e completamente sem roupa em frente à Torre Eiffel. Vale lembrar que a moça. causou muita polêmica em junho quando foi capa da Playboy brasileira que chegou a ter as vendas interrompidas porque Neymar não gostou de ter seu nome ligado a mesma. **Foto:** Splash News

Celebridades (2) – Ana Paula Arosio volta ao Brasil após uma temporada na Europa com o marido Henrique Pinheiro. O surpreendente é que ela retorna ao trabalho feliz, deixando evidente que a crise existencial acabou. A atriz chegou a se esconder da imprensa, recusando ser fotografada, alegando o fim de sua carreira. Ana Paula estava afastada da TV e do mundo do entretenimento desde 2010. Aos 40 anos, ela aceitou o convite para atuar no filme “A Floresta que se Move”, do diretor Vinicius Coimbra.



Tecnologia (1) - No dia 5 de Novembro o WhatsApp, um aplicativo que permite a troca de mensagens em telefones inteligentes, e muito conhecido entre os brasileiros, estreou um novo mecanismo que “acusa” se seu contato leu as suas mensagens. Porém, outra função mais escondida, foi adicionada ao mensageiro: agora, é possível saber exatamente há quanto tempo uma pessoa leu a sua mensagem e se te está “ignorando”, caso não tenha respondido.

Tecnologia (2) – Google ao lado de companhias de telecomunicações como a Algar Telecom (Brasil), Angola Cables (Angola) e Antel (Uruguai), vai ligar Brasil e EUA com cabo submarino de 10 mil km ate 2016. O projeto visa turbinar a infraestrutura necessária para as conexões de internet na America Latina. O cabo ligara as cidades brasileiras de Santos (SP) e Fortaleza (CE), a Boca Raton na Florida (EUA). A expectativa do grupo é que essa instalação amplie a largura da banda dos cabos submarinos já existentes em 64 Terabits por segundo. Todas as companhias citadas acima participarão da construção e financiamento do cabo. A execução ficara a cargo da TE Connectivity SubCom, especializada em telecomunicações submarinas e que tem no seu portfólio a instalação de quase 500 mil km de linhas.



Economia - Segundo o estudo “Perfil da indústria nos Estados” e divulgado dia 6 de Novembro pela Confederação Nacional da Indústria (CNI), o todo poderos estado de São Paulo foi o que mais perdeu participação no Produto Interno Bruto (PIB) da indústria brasileira entre 2001 e 2011. Apesar de ainda responder pela maior parte da produção (31,3%), São Paulo apresentou recuo de 7,7 pontos percentuais em sua fatia do PIB industrial nesse período, seguido pelo Rio Grande do Sul e Paraná. Impulsionado pela indústria de petróleo e gás, o Rio foi o que registrou maior aumento com acréscimo de 2,5 pontos percentuais (o estado tem a segunda maior fatia no indicador, com 12,3% do total). A novidade também foi os avanços registrados pelas regioes Centro-Oeste – que aumentou sua participação em 1,6 ponto, e Nordeste - com aumento de 0,6 ponto. “Há uma desconcentração na indústria no Brasil. As empresas estão procurando ou se aproximar de mercados consumidores ou do fornecimento de seus insumos”, explicou o gerente-executivo de Pesquisa da CNI, Renato da Fonseca.



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Viagem (1) – Os aeroportos do Sul da Califórnia bem que já estavam precisando ter melhores opções de restaurantes. O LAX já oferece em seu terminal da Delta um dos favoritos dos angelanos, o Lemonade, com suas saladas frescas e bem versáteis; no terminal da American Airlines, se pode ter a opção de comer bem no SoCal Institution; já no terminal Tom Bradley de onde partem e chegam os voos da Korean Airlines, temos a boa opção do Ink Sack. No aeroporto John Wayne de Orange County, podemos encontrar uma sopa de lentilha ou um delicioso hummus no Zov's localizado entre os portões 13 e 14; e caminhando alguns passos a mais, encontramos o Javi's que oferece o melhor da boa comida mexicana e inclusive uma deliciosa margarita de pepino!



Azul
Linhas Aéreas Brasileiras



Viagem (2) – A companhia aérea Azul passara a atuar internacionalmente ligando o Brasil aos EUA a partir de Dezembro, em duas rotas que partem do aeroporto de Viracopos em Campinas (SP). O primeiro voo parte no dia 1 de Dezembro para Fort Lauderdale, e no dia 15 do mesmo mês, para Orlando. A Azul fará um voo diário para cada destino e adicionara voos extras durante janeiro e fevereiro, período de alta temporada no mercado

de turismo. No marketing da operação de lançamento, a empresa vendeu em setembro, os bilhetes de ida e volta para os dois destinos ao preço promocional de apenas R\$1500. Em meados de 2015, a Azul pretende começar a voar para Nova York. Nos voos internacionais, a empresa usara sete aeronaves Airbus A330, com cerca de 270 lugares. Além da Azul, a Gol já voa de Viracopos para Miami desde julho (2014). A American Airline já anunciou que fará a rota a partir de Dezembro de 2015.

Viagem (3) – A viagem dos brasileiros que visitam outros países para fazer compras deve ficar um pouco mais complicada a partir de 2015. A Receita Federal esta testando um novo sistema em aeroportos que tornara mais fácil a identificação dos passageiros com maior probabilidade de terem excedido o limite de compras no exterior. Atualmente, o valor maximo em compras isenta de impostos é de US\$500. O novo sistema, segundo informações do jornal O Globo, permitira que os fiscais de aduana tenham em mãos uma lista com o nome de todos os passageiros que vão desembarcar em um determinado voo. A partir disso, serão cruzados dados como profissão e lugares visitados nos últimos meses. “Com isso, será possível identificar aqueles que têm maior probabilidade de terem estourado o limite dos US\$500”, destaca a matéria. Atualmente a verificação das aduanas é feita por amostragem, com o passageiro sendo escolhido aleatoriamente entre aqueles que desembarcaram. Com o novo método, continuará sendo utilizado o critério de amostragem, porem com uma probabilidade maior da “escolha” ser certa.



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Get Away from the Routine and Heat Up your Relationship

Sandra Domingos



Some couples blame the daily stress, others blame the long-term of the relationship, yet others choose to change partners when routine takes control. There are still the ones that blame the partner's conservatism or even the exploitation of the nude body by the media that makes the body less and less seductive. Sexologists defend that whatever is the reason, the most important is to be creative.

Among many of the suggestions are to bathe or shower together, to talk openly and avoid taboo, to use an aphrodisiac scent a little before bedtime, to keep both body and mind always young, to use different lingerie, to send little notes, to make love in an unexpected place, to go out dancing, to travel to new places not visited before, to talk about where and how each one likes to be touched, etc. The most important thing though is to be creative in sex. This does not mean to turn to fetishes, but instead to be creative in the way we touch, in the way we look at our partner, and in the way we talk.

As a matter of fact, for those who want to heat up a relationship, here is a hint most agree upon: try to instigate your partner's desire, and also your own, with the good use of spicy words. Talking sexy in the partner's ears, whispering, or asking that they perform his or her favorite cares are good examples. The words used and the ways of saying them vary from person to person. Many people do not feel comfortable in this kind of role. Specially for her, talking during sex can take a more subtle form, such as a word of affection or a compliment at the right time.



DESIRE, PASSION AND SEDUCTION ENHANCED BY HERBS

Ancient cultures valued the art of seduction, therefore developing magic to enhance sexual intensity. In ancient Egypt, the religious leaders developed the use of essences, and manuscripts from Hindu science described the aphrodisiac power of ginseng, one of the most revitalizing products developed in the Orient.

Here below find some plants that stimulate the mind & body:

- * The Cilantro, when mixed with musk, saffron (crocus sativus) and incense, produces an efficient scent in the practice of sexual magic.
- * The Rose has considerable influence over the feminine sexual organs. It helps avoiding melancholy and is an anti-depressive. It is believed that its aphrodisiac scent actually increases semen production and therefore, it could be used in cases of impotence and infertility.

- * The patchouli comes from India, where it is known as puchaput. Its oil has the characteristic of improving the smell with age. It also helps with organizing ideas and solving problems.

NOTE: Never use plants when in a state of mental overwhelm or when undergoing strong emotions.

BATHING TOGETHER

You can transform bath or shower time in a sensual and pleasurable event:

- * Be spontaneous and use your instincts, let your hands glide over your partner's body while spreading the soap lather.
- * Glide your hands from the bottom of the back until touching the hair.
- * When approaching the neck, move your hands towards the shoulders, sliding down the sides until reaching the hips.

- * Massage the shoulders and neck, letting water fall over the body. With the arm on the waist, try to maintain the fist in a way that the palm of the hand be in contact with the muscle that supports the spine; slide it upwards to the shoulders, making the same movement going down. If you want to be closer to the other person use the bottom part of your arm. The natural nudity during the shower will eliminate shame and inhibition of the couple, bringing up the pleasure of caressing, massaging and the bath itself.

COMMUNICATION AND CREATIVITY

Finally, never let the stressful life of nowadays lead the couple to be off balance. A very strong connection is necessary to overcome the obstacles and keep away from routine. Nevertheless remember that touch, communication and creativity could be the miraculous recipe. ■

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Quem já não Teve esses Tipos de Problemas nos EUA?

Odisseia de Cliente para Cancelar TV a Cabo nos EUA se Torna Viral

Comcast se desculpou por comportamento de atendente, mas tornou-se alvo de críticas na internet. A penosa tentativa de um cliente de TV a cabo nos EUA de cancelar o seu serviço se espalhou na internet, impressionando os internautas pela agressividade do atendente que se recusava a processar o pedido.

O jornalista e editor sobre notícias de tecnologia da AOL (American Online), Ryan Block queria cancelar o seu contrato com a companhia Comcast usando a central de atendimento telefônico da empresa. Mas ao invés de uma simples ligação, sua experiência se transformou em uma batalha de 20 minutos com um “especialista em retenção” que firmemente tentava reverter a decisão do cliente.

Block gravou os oito minutos finais da ligação, subiu o áudio no website SoundCloud e postou o link do áudio em sua conta no Twitter. A gravação rapidamente tornou-se viral – em apenas poucos dias o áudio tinha sido ouvido mais de 5 milhões de vezes, e indicando que Block não está sozinho em sua frustração ao lidar com as grandes operadoras de telecomunicações – melhor dizendo, com as grandes corporações na América, e que estipulam regras (muitas vezes, não justas) para aumentarem seus lucros.

Na conversa, o operador insiste em saber o motivo pelo qual o consumidor deseja cancelar o serviço.

“Meu trabalho é conversar com você para te convencer a manter o seu serviço e saber por que você quer cancelar seu serviço”, diz o atendente.

Ele sugere que o consumidor vá a uma loja para fazer o cancelamento. O cliente diz que não visitará uma loja e pede, novamente, que o serviço seja cancelado por telefone. “Você pode cancelar esse serviço por telefone? A resposta é sim, certo?” O atendente pede, mais uma vez, um motivo. “Parece que você não quer me dar essa informação. Essa é a maneira mais fácil de cancelar o serviço”.

Block responde: “Eu não lhe devo essa explicação”, retruca o jornalista. “Por favor, passe para a próxima pergunta”. Novamente, o funcionário pergunta: “Sabendo que nós somos o provedor de internet e TV número um em todo o país, por que você não quer ter o serviço considerado número um de internet e TV?” Block, mais uma vez, se nega a responder.

O “cabo de guerra” verbal entre cliente e operador dura vários minutos. O operador repete a mesma pergunta outras vezes, e em nenhuma delas obtém uma resposta que lhe pareça convincente. Block diz: “Esta ligação é, na verdade, um exemplo fantástico de por que eu não quero continuar com a Comcast. Então, por favor, você poderia cancelar o serviço?” O funcionário diz estar tentando ajudar o cliente, que responde: “A maneira pela qual você pode me ajudar é cancelando o serviço”.

A conversa vira praticamente um bate-boca. O operador refaz diversas vezes a pergunta sobre o motivo do cancelamento e em uma das vezes escuta do cliente “Não é da sua conta”. Mais na frente Block diz que irá se calar e aguardar pelo cancelamento do serviço. O atendente afirma que



o pedido foi finalmente concluído, mas diz não ter o número de protocolo da chamada, afirmando que a confirmação será enviada em três semanas.

A agressividade do operador, que não teve a identidade divulgada, foi duramente criticada nas redes sociais. Já a Comcast se tornou alvo de críticas ao tentar reparar a crise, culpando o funcionário e prometendo uma “ação rápida”. Em sua conta no Twitter Block postou “Espero que a ação rápida que vocês vão tomar seja uma reavaliação completa de seus hábitos e políticas, e não a demissão do funcionário”.

Internautas atribuíram a interação à pressão que a empresa põe sobre seus funcionários para que evitem cancelamentos, o que pode ter criado uma cultura que leve a comportamentos desse tipo. Na rede social Reddit, um usuário que se identificou como um ex-funcionário da Comcast e que trabalhou como especialista em retenção de clientes afirmou que esse tipo de profissional tem sua remuneração em parte baseada no número de cancelamentos evitados, e que se não conseguem reverter ao menos 75% dos cancelamentos, eles não recebem nada. ■



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Run Out of Money?

It's time to go into Survival Mode

This is an unfortunate situation that can happen to anyone, whether it's because of a lost job or another misfortune. Here below find out the most important things to preserve the money you still have as much as possible and finding other sources of income.

PRIORITIZE YOUR SPENDING

Take a hard look at your income, expenses, and debt, and pay close attention which bills to pay first and which bills you can let slide for a while. The ones you should pay first are the ones that would affect most your family's health and security such as:

Rent or mortgage payment; Essential utilities like gas, electricity, and water; Child support (you risk lose custody rights and even jail); Income taxes (Never mess with the IRS); Car payments (If you get behind, the lender could take your car); Student loans; and maybe... Insurance (medical, auto or home).

Even some of these are negotiable. Most utilities have programs that help services stay up in times of hardship. If you owe taxes, you can contact the IRS for a monthly repayment schedule. If you have a federal student loan, you could have the payments deferred – as long as your loan isn't in default.

Although it's not the best tactic, paying just the minimum on your credit cards can help you get by; just make sure you put the cards away and stop using them. And try to cut the bills that aren't much necessary such as gym memberships, cable TV and other non-



essentials. Even phone lines and/or internet access might be sacrifice for a while in your new emergency budget or at least, call the providers and negotiate better rates. Not forget to trim some of your most expensive spending in and out of the house, like with food and transportation. Buy generics, using coupon and even Food banks (a.k.a., food pantries) can help supplement your grocery trips. Do you really need a car for work or the second car?

FIND NEW SOURCES OF INCOME OR CASH

Find a temporary work. Tap your local unemployment agency for help and follow our unemployment survival guide. Even small things like babysitting or running errands can help you stay afloat. You might sign up to become a "Task Rabbit" (Google it) for example, to do simple tasks in your neighborhood and make extra dollars.

Consider renting out a room of your home if necessary. Seek government and/or non-profit assistance. Don't forget that there are government programs in U.S that could help you get back to financial stability, beyond unemployment insurance and food stamps.

For last, If you need more cash right away, explore loan options with friends and family – usually the best bet, but depends on how comfortable you are asking them and if they could help. If you just need your paycheck a little earlier and you're an hourly worker at one of many major retailers or corporations, with the App ActiveHours you will be paid pay early and without any fees or interest! If you have a good credit, you can get a decent rate from peer-to-peer lending sites like LendingClub. Like mostly "Latinos-Brasileiros" saying, don't lose the faith during this challenging time. ■



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Importantes Coisas da Vida que não Podemos Postergar

Existem coisas na vida que são importantes mas precisam ser analisadas antes de tomarmos uma decisão. Algumas podem ser postergadas como é o caso de casar ou de ter filhos. Porém, na vida de adulto, entre algumas dessas coisas importantes e que não podemos ignorar ou postergar é a compra de um seguro de vida, principalmente se você já casou e tem esposo/a e filhos. O seguro de vida lhe dá a paz de espírito ao mesmo tempo que pode dar tranquilidade e proteção financeira incluindo acúmulo do valor de resgate para toda a sua família, e por muitos poucos dólares por mês.

O seguro de vida protege as pessoas que dependem do seu apoio financeiro. Além do pagamento aos seus beneficiários para substituir a sua renda caso você faleça inesperadamente, o seguro de vida também oferece acúmulo garantido com impostos diferidos, enquanto a apólice permanecer vigente. Inclusive é possível usar o valor de resgate

como garantia de um empréstimo para financiar a educação de um filho, cobrir uma necessidade de caixa em uma emergência ou complementar a renda da aposentadoria quando a necessidade de seguro de vida diminui.

Como uma parte dos prêmios pagos acumula valor de resgate anualmente, esse acúmulo, no longo prazo, pode ser considerável, particularmente porque os impostos sobre o acúmulo são diferidos. Portanto, o quanto antes você começar a pagar os prêmios da apólice, mais rápido o seu valor de resgate começará a aumentar.

Uma apólice de vida completa também tem direito a dividendos, sempre que, forem declarados pelo emissor do seguro. Como segurado, você tem várias opções para usar dividendos: pode recebê-los em dinheiro, por exemplo, ou usá-los para comprar seguro de vida adicional quitado. O seguro quitado

também é elegível para receber dividendos, tem valor de resgate e não tem prêmios adicionais. Sendo assim, esperar para comprar seguro pode lhe custar a oportunidade de aumentar o valor de resgate da sua apólice e o benefício pago aos seus beneficiários.

Talvez você esteja saudável agora e decida postergar a compra de seguro de vida por alguns anos. Entretanto, nesses poucos anos, você pode apresentar problemas de saúde inesperados, que podem prejudicar a sua capacidade de ser segurado. No pior cenário, se você falecer inesperadamente, o custo da espera será a falta do benefício por morte para as pessoas que você ama.

A compra de um seguro de vida é uma decisão importante e até mesmo, fundamental. Dedique o tempo necessário para buscar mais informações e escolher a cobertura mais adequada para você e os respectivos benefícios para a sua família. Essa decisão cabe exclusivamente a você, mas quanto mais tempo postergá-la, mais caro pode ser para você. ■

***Garantias são dadas pela capacidade de pagamento de sinistros do emissor. O valor de resgate de uma apólice de vida permanente está disponível na forma de empréstimos (que acumulam juros à taxa em vigor) e reduzem o benefício por morte e o valor de resgate. Os dividendos são baseados na escala de dividendos aplicável à apólice, não são garantidos, nem é uma estimativa de resultados futuros.**





Você não pode planejar tudo.

Mas pode estar preparado sempre.



Assegure que quem você ama possa contar com você, aconteça o que acontecer.

Mantenha vivo o que é bom. Esteja preparado sempre com um seguro de vida acessível da New York Life. Entre em contato conosco hoje.

Obs: Os documentos (apólices, contratos) referentes a qualquer produto da New York Life e suas subsidiárias foram redigidos originalmente em inglês. Caso haja alguma discrepância com relação à tradução, prevalecerá o disposto nas apólices e contratos em inglês.

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Clicks & More in Vegas

By Lisa Neary

***Lisa Neary is a photographer and a retired lawyer. To know more about her work, check the website www.LisaNearyPortraits.com. She is the most recent Soul Brasil contributor. Welcome aboard!**



On the morning of October 31st Las Vegas hosted the parade in celebration of the 150th Birthday of Nevada statehood in 1864. The Grand Marshall of the parade was Nevada's highest elected official, Governor Brian Sandoval. Nevada is known as The Silver State because the discovery of silver and its mining caused the growth of population and economic activity that led to its recognition as a state. Nevada's motto is "Battle Born" because it became a state during the Civil War.



During the night of October 31st, Via Brasil Steakhouse hosted a Halloween Party for the Brazilian lover's community of Las Vegas that lasted well into the late night. Organized and hosted by Anna Gomes, event coordinator for Via Brasil Steakhouse, it featured party-pumping dance music by its staff of DJs, Samba dancers and special costume performers. The dance floor was filled with revelers in their Halloween costumes and a wonderful time was had by all. On other occasions such as World Cup and Brazilian Independence Day, Via Brasil Steakhouse hosts outdoor festivals of Brazilian Culture for the entire family featuring live entertainment including samba and fire dancers, fire breathers, and Brazilian bands. Via Brasil Steakhouse has become a center for the celebration of Brazilian people, culture, cuisine and entertainment.



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Acontece em L.A

Por Claudia Passos



Exibição privada do Curta "Te Amo! Shabbat Shalom!" da atriz/diretora Aymara Limma na House of the Blues.

1. Atriz/Diretora Aymara Limma
2. Músico Daniel Carneiro
3. Cineasta Gabriela Egito e Lindenberg Jr.

Opening Night do 6th Hollywood Brazilian Film Festival (HBRFest)

1. A atriz brasileira Thaila Ayala presente na noite de abertura do HBRFest 2014
2. A produtora executiva do festival Talize Sayegh com os filhos do campeão de MMA Anderson Silva; Kaory Silva, Gabriel Silva, e Kalyl Silva.
3. Talize com o ator brasileiro Erik Marmo e a esposa, a modelo Larissa Burnier.
4. O correspondente internacional da Rede Tv Fabio Borges distribuindo simpatia com a reporter Luiza Florence.



Visitando Los Angeles: Guilherme Lacerda

O compositor de calçada e cavaquinista Guilherme Lacerda esteve em turne solo com o cavaco nas costas... para eventuais encontros sambísticos do dia-a-dia da vida em Los Angeles. Em companhia de Adnan Naser Junior.



Halloween 2014... We were all over town!!!

1. Grupo Cupim do Samba comandou a alegria da comunidade brasileira em Orange County.
2. O cantor baiano Ney Rios (BatukAxe) juntamente com a participação especial do coreografo Silleyk da Bahia deixaram os ritmos baianos agitarem Hollywood.
3. THE 7 BOYS... Halloween Pop-rock-MPB-Reggae... you name it!!!! Outra grande festa em Redondo Beach!



Lançamento de Música

O cantor, compositor e lider da Banda BIRDFISH Gio Castilho no lançamento da musica ALIVE THE FIRE.

(* Foto gentilmente cedida por Diego Zucchetto)

+Photos: ▼

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NOSSA GENTE

Obrigado a todos os outros colaboradores, do começo de nossa história em 2002 até mais recentemente, e que fazem parte de nossa história.

A partir dessa edição 70 mostraremos aqui nessa seção alguns brasileiros & brasileiras de nossa comunidade, e o que eles fazem e/ou quando chegaram aos EUA. A intenção é associar eles/elas a sua profissão e/ou a sua empresa... fazendo a sua parte e também ajudando a economia americana.



SANTISTA CORINTIANO

O paulista **Fernando Barbosa** nasceu e se criou na cidade de Santos, mas é um ferrenho torcedor Corinthians! Ele chegou a Los Angeles em 1995 e em 1999 fundou a Pit Stop Car Sales, firma estabelecida na área de South Bay. O simpático santista empreendedor sim gosta muito de peixe...mas em se tratando de futebol, ele vai de "timão"!



BAIANO VIRADO

O baiano **Marco Vaz** chegou a Los Angeles em 1998 e se orgulha de dizer que fez de tudo um pouco aqui na América. Trabalhou de lavador de pratos e entregador de pizzas até entregador de documentos (mensageiro) e chaffeur de limousine. Em 2005 ele fundou a Ogun Limo Services. Parabéns pela força "meu rei".



GAUCHA ATENCIOSA

A **Fernanda Collarda** tem ganhado muitos clientes pela sua atenção prestada ao instante. Com bastante experiência no ramo de seguros a gaúcha já trabalhou para várias companhias de seguros na área de Los Angeles, até abrir junto com sua mãe e o seu irmão, a Elassar Insurance Services. Continue assim garot



TIME EM SINCRONIA

O time da **Pontual Money Transfer**, liderado pelo paulista e fundador da empresa, Fernando Faysano, está sempre pronto para ajudar os brasileiros que buscam enviar um dinheirinho para o Brasil. A empresa é sinônimo de confiança e bons serviços, enquanto o seu time de brasileiros e também latinos amantes do Brasil, dedicados, sinônimo de dedicação e profissionalismo. Valeu pela filosofia de atuação da empresa! Valeu minha gente!

NOSSOS AGRADECIMENTOS!

Nessa reta de final de ano, a Soul Brasil gostaria de agradecer parte de nosso time de colaboradores que estiveram firme nos ajudando durante o correr do ano de 2014. A catarinense ❶ **Julia Melim**, obrigado pelos longos anos de apoio. E quando ficar famosa em breve, não esqueça da SB! A pernambucana ❷ **Sandra Domingos**, obrigado por estar sempre perto apesar de estar na Bahia! A baiana ❸ **Claudia Passos**, obrigado pelas maravilhosas fotos minha rainha! A ❹ **Jane Ceron**, obrigado pelo carinho! E as gringas (com coração brasileiro) Ann Fain ❺ e Jennifer Parker ❻ + Victor Gutierrez nosso "Thank You for the long time support"!





Como Atrair Mais Dinheiro em Sua Vida

By Silvia Silk

*Tradução/Edição: Lindenberg Junior

Um comentário que costumo escutar no meu dia a dia e que se refere ao tema da abundância e prosperidade é "Eu não tenho dinheiro suficiente para fazer todas as coisas que eu quero fazer". Dentro desse mesmo tema, uma possível pergunta que muitos gostariam de fazer seria "O que realmente pode me ajudar a atrair mais dinheiro em minha vida?"

Inicialmente é importante você entender que o que você diz conscientemente, por você estar automaticamente programado assim, é a Intenção/Crença/Desejo que o Universo/Amor responde para você. Em outras palavras, para que você possa atrair mais dinheiro você deve aprender a pedir por isso, e manter o seu estado de consciência. Então, quando o dinheiro aparecer, esteja pronto para recebê-lo. Abaixo, seguem algumas dicas para integrá-lo com essa consciência.

PRIMEIRO:

Abençoe o dinheiro que você passa adiante. Abençoe os cheques que você escreve. Abençoe as contas dos cartões de crédito que você paga. Tenha a intenção de enviar seu dinheiro para o universo, e fazê-lo retornar para você e multiplicado. Para que entenda melhor, abaixo estão algumas das minhas intenções:

* Eu abençoei esse dinheiro que fluiu para fora. Eu recebo esse dinheiro que fluiu de volta para

mim multiplicado por 1000. Abençoado pela graça de Deus. Com gratidão, eu permito que o dinheiro saia e volte para mim facilmente. O sopro da vida flui facilmente para dentro e para fora de mim. Eu permito que o dinheiro flua facilmente de mim e para mim. Eu me tranquilizo. Eu fico em paz. Que seja assim.

SEGUNDO:

Prepare um mantra ou uma prece contínua, que seja repetida várias e várias vezes internamente na sua mente e externamente nos seus ouvidos. Que diga alguma coisa assim: "O dinheiro flui como as ondas do mar, dentro e fora, para mim e de mim. O Universo em que vivo é abundante, próspero, e generoso. Eu sou um imã para o sucesso". Usando esse tipo de programação positiva mental, você eventualmente eliminará a antiga programação automática do "não suficiente", "não vai dar", etc.

TERCEIRO:

Esteja disposto a "dar" parte do seu dinheiro e do que você ganha com prazer. Sinta alegria quando você sentar para pagar suas contas. Muito importante, expresse gratidão pelo que você recebeu em troca deste dinheiro que esta saindo. Parece brincadeira? Mas não é! Acredite no que eu estou dizendo.

Isso lhe facilitará receber dinheiro. Pagar suas contas com receio de não ter o suficiente fecha os canais por onde o dinheiro vem, de fontes inesperadas. Espere que o dinheiro apareça para você inesperadamente, e ele irá. É divertido!

Outro lembrete: quando a maioria das pessoas dão dinheiro, eles fazem isso com um punho apertado. Estão com medo. Não desapegam. Bem, essa energia do medo irá atrair mais coisas a temer. Em vez disso, procure dar dinheiro com um coração aberto e uma expressão de retorno. Dê com amor.

TESTEMUNHO:

Porque eu vivo neste estado de consciência abundante, o dinheiro aparece. É sempre uma surpresa ver como o universo é criativo me enviando dinheiro. Uma recente surpresa foi um cartão que recebi pelo correio com um cheque gordo dentro. Veio de um cliente que eu tive há alguns anos. Essa pessoa queria expressar sua apreciação por receber via e-mail, durante esses anos, o meu newsletter digital. No geral, o gesto de gratidão envia um sinal de apreço, que pelo qual, traz mais para você por ter sido grato. Minha sugestão inicial é que você comece neste momento a pensar em quem você pode estar sinceramente grato. ■

*Silvia Silk é terapeuta com especialidade em "Reconnective Healing" e diretora do Institute for Balance Living em Los Angeles – www.thereconnection.com

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Are you Drowning in Debt?

Check out alternatives for a better New Year

If you are drowning in debt, there are a few options to keeping your head above water such as consolidating your debts through an official debt consolidation agency or filing for bankruptcy. However, negotiating with creditors and credit card companies before filing bankruptcy is most likely your best move. If they are willing to reach agreement that works with your budget, you can eliminate the need to file bankruptcy and save your credit.

NEGOTIATION AND DEBIT CONSOLIDATION

Explore other options to save your secured debt before considering bankruptcy. To save a home, you might want to try a forbearance, refinancing, loan modification, short sale, or deed in lieu of foreclosure. If you aren't concerned about keeping your secured debt, try negotiating with all your creditors instead. Credit card companies are often willing to work with customers who want to settle debt. With older credit card debt, waiting for it to fall off your credit report may be less damaging than filing bankruptcy and restarting the clock.

When you overcharge or rely too much on your credit cards to cover shortfalls in your budget, your monthly debt payments can become more than you can manage. Debt consolidation is something you can use to regain control. Consider credit counseling if you are unable to strike a deal with creditors. Counselors can help you create a budget and even negotiate with creditors on your behalf. Legitimate non-profit organizations that are certified in credit counseling can help you with a debt management program, and they do not charge you for first visit. Checking the National Foundation of Credit Counseling is a good start - <https://www.nfcc.org/index.php>.

Debt consolidation is the process of combining multiple debts at the lowest possible interest rate. Instead of paying several different accounts every month, you only have to worry about one. The goal here is to get the lowest interest rate possible and in a way that you can afford. But usually you need to freeze your credit cards.

BANKRUPTCY

Bankruptcy should be a last resort since it destroys your credit score. With this option you actually have two options: Chapter 7 or Chapter 13. Chapter 7 bankruptcy wipes the slate clean. When you file Chapter 7 bankruptcy, your debt is discharged. You are required to liquidate assets to satisfy debt.

Chapter 13 bankruptcy allows you to keep certain assets, including your home or vehicle, provided you are able to make the monthly payments. If you fall behind on your secured debt, it is important to continue making your regular payment to the creditor. It doesn't lower your existing payments,

but it restructures past-due balances. You will need to pay both secured and unsecured debt, including credit cards, and usually you are required to make monthly payments to the court appointed trustee. The amount of your payment is based on your debt and disposable income. Your disposable income is the money leftover each month after your expenses.

If you are unable to fulfill the terms of your repayment agreement, your debt isn't discharged. Your creditors can resume collection activity and can file a lawsuit against you to collect the money you owe. If you have a mortgage, the lender can begin the foreclosure process if you fail to make your regular payment or trustee payments. It is important to ensure you can afford all your current obligations in addition to repaying the debt. Take into consideration the risk of losing your job or unexpected financial emergencies. If you decide to file for Bankruptcy, you can do it yourself, but if that is too overwhelming you can choose to hire professional legal assistance for a smoother process. ■





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Sandra Domingos

Why this Natural Extract Can Work Wonders for your Hair and Skin

I love natural and organic products, and in special when it brings benefits to help your beauty and health. Since when I was a little girl in Brazil, I have heard this name "Jojoba" by my mother. For at least three decades now, jojoba oil is a star in Brazil. It is an extract from the seeds of the jojoba tree that looks like an oil but is actually a wax. Unrefined jojoba oil appears as a clear golden liquid at room temperature with a slightly nutty odour. Refined jojoba oil is colourless and odourless. Choose organic oil and you'll avoid all kinds of chemicals.

Jojoba oil is special because, out of all the natural extracts, it's the closest in nature to the oils found in human skin. As such you'll find it in a huge number of beauty products, and it has a wide variety of uses both on its own and mixed with other ingredients. If you're interested in natural skincare and beauty then you've probably heard about some of the many jojoba oil benefits.

HERE SIX JOJOBA OIL BENEFITS:

- 1) **Hair conditioner:** Rub a few drops of jojoba oil through the ends of the hair to help condition, prevent split ends and add a natural shine and softness to the hair. It's especially useful if you want to protect against blow drying and straightening.
- 2) **Suitable for sensitive skin:** If you've got sensitive skin, or suffer from conditions such as eczema or psoriasis, then jojoba oil is generally mild enough to be used on your skin. It goes without saying, however, that you should speak with your doctor before trying any new treatments.
- 3) **Moisturizer:** Jojoba, applied directly to the skin, can moisturize for the whole day. It won't evaporate, and it won't leave your skin feeling greasy.
- 4) **Acne treatment:** Many people have started to use jojoba oil as a way of tricking the skin into thinking that it's already produced enough oil, helping to reduce the production of oil responsible for acne.
- 5) **Absorbs easily:** Because its properties are so similar to our natural skin oils, one of the jojoba oil benefits is the fact that it absorbs quickly and easily into the skin. Quicker than any other vegetable oil!
- 6) **Soothe cracked lips:** If you suffer from dry, sore and cracked lips then simply substitute your usual chemical-laden lip balm for natural jojoba. Its moisturizing properties help to soothe the delicate skin.

Besides all this benefits above, here is another in special: It has anti-aging properties. As my mom saying, "Use jojoba oil to slow aging". Jojoba oil is commonly found in a number of anti-aging products thanks to the way it helps to encourage healing of the skin.

ARE THERE ANY DISADVANTAGES OF USING JOJOBA?

The main problem is that jojoba is expensive, especially when you want to buy it organic. Thankfully, however, you'll only generally need a few drops to moisturize the hair or skin. Be careful not to use too much, as it can make your skin look shiny. The good news is that, for most people, the jojoba oil benefits are simple to achieve and have noticeable results. What's better than using a completely natural product on your skin? ■



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Close Up San Diego

by Victor Gutierrez



Slleik, the choreographer from Bahia that Just moved to California months ago and is living in Los Angeles, have been in San Diego to give his Afro-Brazilian dance workshop in October. Among the enthusiastic participants, Ilana Queiroz and Marilu Marauak.



The Festival Cabrillo Pointloma of San Diego has attracted many local residents for the celebration handing of Juan Rodriguez Cabrillo at San Diego Bay.

The Festival ARTSD 2014 sponsored by Acura has featured some of the talented Latin American artists like Antonia Casas (daughter of painter Benjamin Casas from El Salvador) and Carlos Merida (from Mexico).

The next step will be the exhibition in L.A or ARTLA 2015, to be held at the Los Angeles Convention Center in January.



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O Consulado Geral do Brasil em Los Angeles e o Conselho de Cidadãos gostariam de informar sobre a necessidade da contribuição de voluntários brasileiros. Entre os dias 25 de julho a 2 de agosto de 2015, a cidade de Los Angeles sediará as Olimpíadas Especiais de Verão, destinadas, exclusivamente, a atletas com algum tipo de deficiência intelectual, e estima-se a participação brasileira em torno de 59 atletas. A contribuição de voluntários é fundamental, pois estes atuarão como intérpretes dos atletas brasileiros e como oficiais de ligação junto aos organizadores do evento. As inscrições podem ser feitas pelo diretamente na pagina do evento: <http://www.la2015.org/volunteer>.



ATENDIMENTO AO IMIGRANTE

Infelizmente muito profissional mal-intencionado vem iludindo os imigrantes indocumentados tirando proveito financeiro. Milhões de casos de imigrantes enganados por esse tipo de profissional acontecem todos os dias. Muitos não são advogados e não esclarecem os riscos aos clientes, em muitos casos, levando-os a deportação. Esses indocumentados, na maioria dos casos, se deixam enganar por não saber do que esta acontecendo, e em parte, por não falar inglês ou por não saber que tem um website do próprio serviço de cidadania imigração dos EUA, onde podem buscar por muitas informações e desde 2012, disponibilizadas em vários idiomas, inclusive o português. É importante saber que o Centro de Recursos Multilíngue (Link: www.uscis.gov/tools/multilingual-resource-center) do "US Citezen & Immigration Services" foi criado justamente para facilitar os milhares de indocumentados e/ou ainda não cidadãos americanos a obterem informações relevantes e inclusive poderem baixar e imprimir diversos tipos de formulários no processo de legalização ou cidadania.



OBAMA & IMIGRAÇÃO

No dia 21 de Novembro, e apenas um dia antes dessa edição seguir para impressão, o presidente Barack Obama ignorou os protestos, as reclamações e as caras feias dos republicanos e finalmente anunciou o que ele chamou de primeira parte da ampla reformulação do sistema de imigração do país. O esperado ato do presidente deve proteger até cinco milhões de imigrantes sem documentos suspendendo deportações e autorizando permisos de trabalho. Obama finalmente agiu e soube impor a sua autoridade como presidente. A ato também vai influir e mudar significativamente as atividades de 12 mil agentes de imigração do governo. E beneficiará a grande massa de imigrantes ilegais que tem filhos cidadãos nascidos nos EUA. A ato do presidente, porem, ainda deixou de fora um grande numero de imigrantes que poderiam ser beneficiados como é o caso dos profissionais com habilidades na area de alta tecnologia, e segurança entre outros. Muitos grupos defensores dos direitos dos imigrantes assim como uma grande massa de eleitores hispânicos tera forte influencia e sera crucial para as esperanças dos democratas de ganhar a Casa Branca em 2016. Pelo menos agora, com o ato inicial sendo concretizado, os democratas possam ter sua chances renovadas.



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7 Reasons to Record your Dreams

Tom T. Moore

Back in 1979, I started to record my dreams each night and morning as I awoke. About two weeks after I began, I had an extremely vivid dream of an explosion with a woman and men involved. My wife and I were planning a trip to Manila for a world congress of travel agents. We both decided to delete the Manila portion of the trip and added days to Taiwan and Hong Kong. On the first day of the congress, terrorists blew up a bomb near the front of the stage where we would normally have sat, injuring ten travel agents. Later, a woman that worked in the Philippines cultural office in Los Angeles and four other men were arrested. Afterwards, I vowed to record my dreams the rest of my life.

Below are seven reasons why you should record your dreams each day:

1. DREAMS ARE MESSAGES FROM OUR SOULS.

The dream state is much more complex than you might imagine. When entering that quantum state during dreamtime, most of the time our dreams appear symbolically. Some people are much better at interpreting these symbols than the rest of us. I use *The Dreamer's Dictionary* by Lady Stearn Robinson and Tom Corbett, which seemed to interpret my dreams better than other similar dictionaries. Our souls send us messages couched in these dream

symbols. They can be warnings of upcoming challenges, or encouragement when we need it that things are going to be better soon.

2. AS NOTED ABOVE, DREAMS CAN BE PRECOGNITIVE.

Besides many personal precognitive dreams, I've had a number of dreams about upcoming events, usually couched in dream symbology. As an example, in 1985 I dreamed about a delta-shaped aircraft crashing a week or so before Delta Airlines Flight 191 crashed at the

Dallas-Ft. Worth Airport. Shortly before the Space Shuttle Challenger exploded on takeoff in 1986, I dreamed of being in a glass capsule high above the earth and then suddenly beneath the ocean. Before 911, I had three dreams including a tornado (my symbol that something bad is going to occur) going across an office building with a line of people sitting in invisible chairs following behind.

By the same token, we will also have many pleasant precognitive dreams, like money on the way, a great change of location, or the love of our life who will soon appear.

3. THE PRACTICE OF RECORDING DREAMS WILL HELP IN MEDITATION.

It will help you to receive images in an altered Alpha state. I never really thought I would be able to communicate with "spirit" as I'm able to do now with my own Guardian Angel (GA) that I call Theo, and with Gaia, the soul of the earth. I realize now that staying in that "zone" is great practice for what I call my "active" meditations. It helps us to recognize images as they appear during meditation, or to receive "thought packets" as my GA Theo calls them.





4. WE SEE WHOM IT IS THAT WE ASSIST IN THE DREAM STATE.

Theo tells me that when we are in the dream state, we travel all over the universe to help other beings in solving their problems, since we solve more problems in one day on Earth than many beings encounter in one universal year. There is a group of whole souls, that we call "dream angels," who receive these requests and assign one of us to solve the problem during our dreamtime. Most of the time we appear during their dreams to help them solve a problem.

5. ABILITY TO VIEW OTHER PARALLEL LIVES.

Have you ever remembered a dream where it seemed to be the present day, but perhaps you were in some different situation? When we sold our tour business in the early eighties we started an international film and TV program distribution business. For years I would continue to have dreams of running tours and making those business decisions. Theo explains that there are twelve parallel lives going on for each of our lives on Earth. He calls them "time lines," with the 12 divided into four frequencies and then into twos. We're on Time Line 6 - a middle frequency, tied closely with Time Line 5.

6. ABILITY TO VIEW OUR PAST AND FUTURE LIVES.

I've had many dreams of past and future lives, from battles in the Crusades, World War I and ancient times to the future as a pilot in a space ship. Remember that we are in a special space-time continuum, and all of our lives on Earth are occurring at the same time as time is an illusion to us. And in the quantum state we can mix and match from different time periods.

If you have a disturbing dream, you can say (or whisper) out loud, "I request a Most Benevolent Outcome for anything this dream pertains to in my physical life, thank you!" It will mitigate and lessen the challenge that perhaps is coming your way.

7. RECORDING OUR DREAMS PREPARES US FOR AN EASY TRANSITION.

The astral body at death, I've been told, is the same as the one you use during your travels across the universe. You are just no longer tethered. Recording your dreams helps you to feel comfortable and not frightened when you transition.

Let's now look at the practical steps to remembering your dreams. Many people say they don't dream, but that's not true—everyone does. It's just that they don't make it a priority to remember the dreams. First, go to your local variety store or supermarket and buy a penlight and notebook, containing the largest number of pages. You are making a physical commitment.

Each night before bed, open the notebook and write the next day's date and your location. At this

time, say out loud, "I request a Most Benevolent Outcome to remember my dreams tonight, thank you!" This lets all your guides know you are serious about remembering your dreams.

Then in the middle of the night or next morning, get up and take your notebook, light and dictionary into another room so you won't disturb your bedmate, and write the dream, or dreams, down. Use the dictionary to look up the symbols. You might only remember an image, or a couple of words – that's fine, write it down. Some dreams will be very detailed and you'll write a whole page about them, yet others, just a sentence. I still have nights where I don't recall any dreams, but the most dreams I remember writing down in one night were nine.

Recording our dreams each night will open up a whole new understanding of the amazing world we encounter each night in our dreamtime. ■

*** Tom T. Moore is the author of the three "The Gentle Way" books and a frequent radio guest. He has traveled for many countries including Brazil. If you would like to learn more about his work, check his website www.thegentlewaybook.com.**





Reflections on Brazil

I can still smell Brazil in my clothes... I am reluctant to wash them. Their scent reminds me of the salt air, of shrimp vended on crowded beaches along with sun lotions and all nature of other items, of Brazilian night sounds, sensuous and smooth guitar riffs, intense atabaque beats, mesmerizing berimbau strains punctuated by bells, pandeiro, caixixi, and artful capoeira moves, of exotic heat and humidity, of husky evening sounds as insects and toads proclaim their presence still on the degraded land...

And the people, dressed in all ways and colors, quick to smile, confident with their bodies, stirring up the heat day and night with the hum of movement and conversation. My mind lulled by the relentless intoxication of my senses to a point of shadowy thought, allowing for vivid direct, primary experience. Music caressed my spirit, sang my heart, danced inside and out, as rhythms riveted my attention, pricked my nature, and rocked my soul!

Ritual became the rasa of each day. After fresh tropical fruits, ripe to pungency, with delicious Brazilian cafe and sweet breads, we sang for hours most days... drones, chants, orixa songs,

blending our voices to provide the background, the canvas for the rest of the day. What followed varied... travel, ceremony, instruction in dance, more songs, rhythms, beach visits, artful shopping, walking, walking, walking throughout the Pelourinho in Salvador (Bahia), or in the mountains outside of Rio to bathe in the waterfall, or in Recife (Pernambuco) to check the intensity and relentlessness of the Maracatu strains with trombones, trumpets, snares, bass and incredible double bell. It was a dream come true, steeped in the culture of Brazil, of candomble and the orixas. I was in Brazil! Like a wide-eyed child.

One night dancing in ceremony in repetitive motion for ten hours to haunting Portuguese songs and hymns, one night mesmerized by the sights, sounds, beauty, and dazzling brilliance of white clothed undulating bodies, adorned, making their way around the circle as one body, moved by the continuous rhythms of stick and hand on wood and skin... another night fascinated yet feeling disconnected as a sea of people danced in the streets in front and behind of huge trucks carrying popular entertainers during pre-Carnival festivities.



By Judy Piazza

A knee injury kept me in place for a few days (dancing samba on cobblestone, hilly streets did me in I think)... still, receptive, resting, quiet, I had the gift of listening to the land around me in a different way, feeling the rhythms of the day and night as I've done before on different lands. I set up a bed on the terrace at the converted horse ranch/retreat center we were at, and stayed there watching the sun brighten to brilliance, feeling the heat seep into every crevice, watching the workers and their horses slowly moving to do their chores... everything in slow motion, yet intense.

Brazil, the Land of Enchantment... truly an incredible place in its breadth, scope, expression, music. With gratitude to Silvia Nakkach, Alba Lirio and all the teachers I had the good fortune to be with there to those I met and befriended as part of our group, and to the great spirit that moves through all, I salute you... and I remain humbled, excited, anticipating Life. ■

* Judy Piazza is a recording artist, music therapist and educator. She has travelled to Brazil, Peru, Central America, India, and Japan to study and experience the rhythmic and vocal traditions of natives of these countries – www.resonanceandrhythms.com



*Photo by Claudia Passos

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How to Remove Junk from Your Diet

Just as the name suggests junk food is junk. Junk food is full of calories that do absolutely nothing for your body. These are called empty calories because they have no or very little nutritional value. The truth is that most of these calories come from sugar and fats and they will do nothing but increase weight and body fat.

Junk food can also cause you to retain water which will make you feel bloated and sluggish. This causes you to feel tired instead of having the energy to get up and move around. The long term effects of eating junk food can be extreme from causing you to be overweight to causing the clogging of arteries that leads to heart attack.

Why do people love junk food? The truth is that our brains have very positive reactions to fatty and sugary foods. It induces “feel good” hormones in the brain that actually mimic the effects of powerful addictive drugs like cocaine and heroin. It is no wonder that we need them.

How many people have cravings for spinach? But, cravings for ice cream, chips, soda and cookies is a whole other matter. In order to overcome these perilous food addictions, you must retrain your body, change old habits and change tastes. It takes time and effort, but, it can be done.

For you start the process to remove junk food from your diet, its necessary initially common sense. Many people say that it is cheaper to eat junk food than it is to eat healthy food. Or they use the excuse that they just don't like the way healthy food tastes.

First you will have to reprogram your taste buds to get used to eating healthy foods. You have been eating junk food all of your life, this is what

your body is used to and what it will crave but it is up to you to retrain your body and your mind to crave healthy foods.

**IT IS NOT CHEAPER TO EAT JUNK FOOD!
JUST A EXAMPLE: POTATO CHIPS X
ORANGES**

A bag of potato chips costs about \$3.99, this will usually last a family of four one day, if that long. Now let's look at a bag of oranges. One bag of oranges costs about \$4 on average. When you buy a bag of oranges you will get 8-10 oranges. This can make as many as 16 snacks which can last up to four days for a family of four.

Now you have to look at which you would rather your family or yourself eat. Potato chips are loaded with fat, salt and a lot of calories. 1 ounce of Lays plain chips has 160 calories, 1 grams of fat and 170 grams of sodium (7% of daily allowance). An orange has 0 fat, 0 salt and only 45 calories. Plus, it's loaded with essential nutrients, like vitamin C (85% of the daily recommended allowance), plus potassium and fiber.

When eating a bag of potato chips you may be watching television, letting all of that fat attach itself to your body, but, when you eat that orange, you are energized simply by the smell of it. And, this is just one example of how junk food compares to healthier options.

PLANNING

It may take some planning when you are removing junk food from your diet, but, it is possible to eat healthy on the same budget you have right now. When you remove junk food from your diet you will find that you suffer from cravings.

Here are a few substitutions you can use to get past the cravings:

- ✓ A square of dark chocolate instead of a chocolate candy bar
- ✓ Unsalted pretzels or no butter popcorn instead of chips
- ✓ Baked vegetable strips instead of chips
- ✓ Raw nuts instead of chips for a crunchy snack
- ✓ Plain yogurt with fruit, honey, or nuts instead of ice cream
- ✓ Flavored sparkling water instead of soda
- ✓ Fresh fruit instead of cake and cookies
- ✓ Raisins instead of candy
- ✓ Cherries instead of candy

SUBSTITUTING IN RECIPES

There are also ways that you can alter your favorite recipes to create a healthier version. For example instead of using butter in your cakes and cookies you can create a healthier version by substituting the butter with apple sauce.

You can also use non-fat plain yogurt instead of sour cream or mayonnaise. If you are a real lover of mayonnaise, than try replacing it with avocado on your sandwiches. It has the same texture and you never miss the empty calories of the mayonnaise.

BOTTOM LINE

These are just a few things that you can do to remove the junk food from your diet. There are so many other options that you can do, but, rest assured it is possible to remove the junk food from your diet and replace it with much healthier alternatives. This will ensure your good health and the health of your family. ■

Dominique Oniel

Where Did You Born: San Mateo, CA/USA; **Living Now:** South San Francisco, CA;
Weight: 140lbs; **Height:** 5'7 1/2; **Sign:** Taurus; **Preference Color:** Gold; **Preference Food:** Pasta, French pastries and Pao de Queijo! **Hobby:** Reading, Travel and Shopping.
Sport/Fitness: Weight Lifting and Samba Dancing. **Music Style:** Samba, Pagode and Sertanejo Universitario. **Career:** Marketing major. Currently, I am working in the hospitality industry. **A Dream:** Work for a large Brazilian fitness clothing brand. **Motto:** Everything great is worth waiting for. No need to rush.





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