Quantum Mind Power Newsletter
Issue #6

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- Food for Thought (Part I)
  
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- (FREE GIFT) Two-hour teleseminar recording of Morry Zelcovitch’s customer appreciation call
"The one word that attracts all abundance for you"

Song Chengxiang

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What is the one word that can attract all the abundance for you?

If you know it, have it engraved in your subconscious mind, and act according to this one word, you will be assured to live an abundant life.

If you know it, and live with this word, your life will never be a struggle again. It’s like you’ve found your true purpose in life, and you cannot wait to get up early in the morning to start your exciting day ahead.

Every single one of the richest people on this planet knows this secret word, and they have created avalanche of success just by knowing and working with this word.

Do you want to know what it is?

I hope I’ve created enough curiosity in your mind. I am doing this because I want you to take it seriously. If you take it lightly, you’re missing a great chance to change your life forever. I want you to listen closely, and promise me that you will never forget this word in your entire life.

If you can make it the most important word in your vocabulary, I can guarantee that success is inevitable for you.

And if you can, and are willing to take an extra step, I want you to write this word down, put it to a place where you can look at it every day. Your mind will automatically focus on it. Then this magic word will bring you very profitable ideas and opportunities that you never imagined possible.

OK, deal?

Let me tell you what this magic word is.

It is “SERVICE”.

Without service, this civilization will not function properly. It is in every little part of our life. We are involved in all kinds of services every single
day. Think about it, our entire life is about receiving and providing services.

And get this!

The money you have is simply a representation of how much service and value you have provided to others. This is a game of this civilization. The rule of the game is that the more and the better service you provide to others, the more wealth (oftentimes it is in terms of money) you will receive.

It is as simple as that, but most people don’t seem to get this point. They think the rich get richer just because they are lucky, or they have rich parents. These people are wishing someday they can win the lottery, or someday they can marry a rich man or a rich woman. This is the mindset of the poor. They may one day get a lot of money, but they will never get rich. Richness is not measured by how much money you have, but by how much rich mindset you have.

The rich mindset is what attracts the money and keeps the money for you. A person with a poor mindset may get some money temporarily, but they don’t have the ability to keep the money.

If you want to be rich, develop a rich mindset. And the one critical and most important part of a rich mindset is to provide more and better service to others.

If you have been striving to get rich, to make more money, but haven’t been able to get very far, I want you to change your focus now. Change your focus from earning more money to providing more and better service. Just give it a try, try it for a few months, and see what your life will be like.

If what you have been doing is not working, why not try this way. Try to focus on delivering more and better service to others instead of focusing on making more money. It can’t hurt, just treat it as an experiment. Test this idea and see if it works. If it does not work, just forget all about the rubbish I am talking about; if it works and it makes you a rich person, you’re welcome to send me a cheque. ☺

Seriously, this little shift of mindset is going to change your life forever.
Since I started making this shift a few years ago, my life has changed entirely. I wouldn’t be where I am today without making this mental shift from making money to providing more valuable service.

Sometimes, you will see results very quickly. Here is just a recent example from my own life.

When I decided to start publishing this Quantum Mind Power newsletter, all I was thinking was how I can give people more valuable information that can help them change their life for the better. Because I understand this law of service, I know if I give people really good valuable information, there is a pretty good chance that they will buy my products.

So all I did was to do my best to write good articles for this newsletter and share my best kept life-changing strategies FREELY with my readers. And the strange thing happened within a month after I started publishing the newsletter. Someone out of nowhere sent tons of visitors to our site, and made hundreds of sales for our brainwave entrainment product “Quantum Mind Power with The Morry Method System”. He/she did make commissions for these sales through our automatic affiliate system, but still this was a huge favor for us. And I still don’t know who this person is. I do believe he/she is one of my newsletter readers. If that was you, and you are reading this, I would like to sincerely express my appreciation for your help. 😊

The story did not end there, just a few days later; another person came along and made quite a number of sales for us too. All these are just extra added sales to our normal daily sales. I had absolutely no idea how all this happened, but I do believe it was because of the free service (newsletter) that I have been providing.

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If you haven’t checked out our acclaimed Quantum Mind Power with The Morry Method program, please go to:


Or the downloadable version at

http://quantum-mind-power.com/special.php

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I share this story with you to give you some inspiration on how well this concept or law works. It might not happen as quickly for you, you need to be patient, however, don’t try a few days and say “I have been providing service, why haven’t a million bucks come my way?”

What you need is to form a habit of thinking about providing service. Or you might call it a service mindset. Any habit worth forming takes time. Don’t expect changes to happen overnight, form the habit first, then the rest will become very easy for you.

I want you to start thinking today. Think about how you can provide more and better service to others. If you have a job, start thinking how you can provide more value to your company. If you have a business, start thinking how you can provide more and better services, or improve your current services so that your customers can benefit more. Even in your family life, start thinking how you can provide more value to your spouse and your kids. Again, what you want is to form a service mindset.

Remember this magic word “SERVICE”. Really make it part of your daily life. You will see an enormous effect on every aspect of your life.

I hope you’ve enjoyed this issue so far, and I look forward to hearing your success stories.

**If you have any questions or comments, you can send them to me anytime to** support@quantum-mind-power-system.com

Song Chengxiang

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**Food for Thought (Part I)**

by Morry Zelcovitch
Brainwave Entrainment Engineer/Specialist
Creator of Quantum Mind Power with TMM

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Food, without it there is no life!

It affects the chemicals in your brain; these chemicals are called neurotransmitters.
Neurotransmitters control many of the bodies’ functions including mood, appetite, thoughts, feelings and indeed our behaviors.

As you probably know (especially if you've spoken to me) brainwave entrainment helps to create some very important neurotransmitters that we all need for proper everyday functioning. What you may not know however is that many of the foods we eat also directly influence the production or non-production of important neurotransmitters that we need, to be happy and healthy in our lives.

For example; one neurotransmitter that affects mood is called serotonin. Serotonin can be produced by foods such as dairy, beef, poultry, nuts, beans, pasta and even some types of bread.

Most of the brains’ neurotransmitters are actually made from something called amino acids which are obtained from the proteins in various foods. Neurotransmitters are actually the brains’ chemicals that help to motivate, sedate, focus or frustrate us and their complex interaction is what is responsible for shifting your mood and helping to change your mind and how it functions.

You may have heard or read from other sources that it’s good to load up on carbohydrates if you need a burst of energy. In actuality you need to choose more protein when you're tired. Foods that are high in protein include fish, poultry, meat and eggs. Other foods which can be good sources of protein are legumes, cheese and milk.

These foods are broken down during digestion and become amino acid building blocks including Tyrosine, which help to increase the production of neurotransmitters such as dopamine, which in turn can bring increased energy and mental alertness. On the other hand you need to be sure to avoid simple carbohydrates, such as foods made with white flour, for example; breads, pasta and rice as well as carbohydrates high in sugar which can tend to lead to fatigue.

In order to get the most beneficial effects from either carbohydrates or proteins it's always best to eat them separately. The energy boosting effect that you can get from proteins will often be offset if you start out a lunch of fish for example (protein) with a role (mostly carbohydrates). Make the protein the first food that you eat and then go lightly on the carbohydrates (if it's mental alertness that you're after).
Helpful hint number one... berries are loaded with antioxidants called anthocyanins which combat inflammation, and free radicals. Free radicals are molecules that can harm brain cells and impair brain function. Some research suggests that blueberries may also enable brain cells to send and receive messages more easily.

Eating carbohydrates can help to trigger the release of insulin into the bloodstream.

Insulin actually helps to clear all of the amino acids out of the blood with the exception of Tryptophan. Tryptophan is an amino acid that normally gets crowded out by other amino acids in its attempts to cross what is called the blood-brain barrier, but when its competitors are out of the way it can enter the brain. What is interesting about this is that the Tryptophan is actually converted to serotonin, and serotonin is a neurotransmitter that tends to have the effect of reducing pain, decreasing appetite and producing a sense of calm. Of course, if there's too much of it you can even induce sleep, which will explain why many people after a large Thanksgiving turkey dinner get very tired. Tryptophan is a very large component of turkey.

Helpful hint number two... Research is showing that dieters tend to become depressed about two weeks into a diet, about the time that their serotonin levels have dropped due to decreased carbohydrate intake.

Protein sources such as fish, chicken and red meat can help increase alertness. During the digestion process, protein rich foods are broken down into amino acids as well and some of those amino acids help to increase the production of neurotransmitters that are known to increase energy levels and alertness. For example; deficiency of folic acid has been linked to depression in clinical studies. This deficiency tends to cause serotonin levels in the brain to decrease; in fact it's been found that psychiatric patients with depression tend to have much higher rates of folic acid deficiency than is found in the general public. It has also been found that this kind of depression can often be relieved by as little as 200 mcg of cooked spinach or even a simple glass of orange juice.

Researcher Judith Wurtman suggested recently that serotonin deficiency could actually cause depression and thus could be helped by eating high carbohydrate foods thus increasing Tryptophan intake. According to Wurtman, food induced changes in energy and mood can be explained by the effect of foods on neurotransmitter levels. She suggests
choosing foods on the basis of their content of principal amino acids and carbohydrate/protein ratios. For example; Tryptophan uptake in the brain is actually enhanced if it is ingested along with sugar and not with other competing amino acids.

Research that has been conducted by the Brain and Behavior Institute at the University of Maastricht in the Netherlands has shown that foods depleted in the amino acid Tryptophan can commonly cause depression. It appears that Tryptophan is a metabolic precursor to the chemical messenger serotonin (this simply means that you need one to get the other), and is found in foods such as milk, bread, cheese and bananas as well as meats such as Turkey. What they actually found was that the depletion of serotonin levels in the brain can actually result in depression and other mental problems, all of which can be helped greatly by one’s diet and nutritional intake.

**Helpful hint number three...** The early warning signs of serotonin deficiency may be a noticeable loss of enthusiasm for your favorite activity or a lack of joy when eating your favorite foods, also physical symptoms like weight gain or skin breakouts may signal to you that you have a biochemical imbalance.

(To be Continued...)

If you are ready to experience the relaxing brainwave sound tracks, and raise your vibration to a new level to attract a better life that you deserve, here is the link to get your copy of Quantum Mind Power system with The Morry Method:


Or the downloadable version at

http://quantum-mind-power.com/special.php

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Recently, Morry Zelcovitch -- my business partner and the creator of Quantum Mind Power with TMM brainwave entrainment program, conducted a customer appreciation call.

The call went great! He shared some great information about brainwave entrainment and Quantum Mind Power with TMM.

I would love to give you the download link to the recording of this call.

You can download it at

http://quantum-mind-power-system.com/1stcustomercall.htm

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Your Comments and Feedback
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Do you find this newsletter informative?

Do you learn something new in each issue?

Do you have any questions?

Do you have any suggestions as to how we could improve?

Are there other things you would like us to cover in future issues?

Would you like to make any comments?

Simply write an email to me and let me know.

Here is my email address again:
support@quantum-mind-power-system.com
If you find the information in the Quantum Mind Power newsletter helpful, and you would like to send me a testimonial, please use this link:

http://quantum-mind-power-system.com/Newsletter/Testimonials

Please feel free to send this newsletter to your friends and share the great news...they can sign up FREE and receive more life changing tools and strategies from me every week at

http://quantum-mind-power.com

Wishing you great success and happiness,

Song Chengxiang

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