



Phone: (021) 5565553

Fax: (021) 5565554 / 0866171335

E-mail: info@alimenti.co.za

Website: www.alimenti.co.za

A Good Positive Heart

In studies that were done, men who had a tendency towards negative emotions, such as anxiety, pessimism and hostility, had a higher risk of heart disease compared to their peers who demonstrated more positive emotional outlooks.

I would like to encourage you to stop and smell the roses more often. Most of the things that you are so worried and negative about, are things that you can't do anything about, and they tend to work themselves out anyway.

Catch yourself when your mood turns dark and try focusing on the good and positive things in your life. Thank our Heavenly Father for the good things in your life! .

May you have a blessed Easter!

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