

Brent Wayne

Web Development

255, Duncan Mill Road, Unit # 212

Canada

View the full portfolio at <http://www.thecreativefinder.com/brentwayne>

Professional Experience and Curriculum Vitae

I'm front end web developer. I love to develop responsive website with beautiful user interface.

Previous Clientele

Please kindly get in touch for more information.

Awards and Accolades

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Awards and Accolades

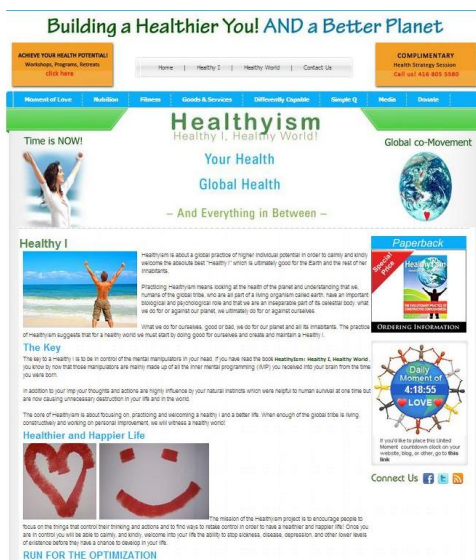
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L3T 2C5
Canada

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Focus on the things that control their thinking and actions and to first learn to make control in order to have a healthier and happier life. Once you are in control you will be able to control, and enjoy, someone into your life the ability to stop sickness, disease, depression, and other lower levels of existence before they have a chance to develop in your life.

RUN FOR THE OPTIMIZATION

We have something new in Canada called "Run for the Cure," an event devoted to raising funds for breast cancer research, education, and awareness programs. This is a great cause, and it's also much needed, but we must also take an event called "Run for the Optimization of Health," an awareness of what we can do to help prevent disease in the first place, raising awareness that is about helping people take the actions necessary to get healthy and give their bodies the best chance of being strong and not developing the diseases in the first place. Read more.

You Are What You Do...or Don't Do

When you are aware of what controls your thinking and actions, specifically the oneness of your inner mental program (IMP), and of the weaknesses of your human nature—you become aware that you are what you do.


Nutritionist Victor Lindner wrote a book in 1942 called You Are What You Eat, which suggested that food controls one's health.

Today, the importance of what we eat is less of a suggestion and more of a given. The key to self-improvement and to improve health, is to not only be aware that you are what you eat and to be aware that you are what you do in many other areas of your life. For example:


- You are what you eat and how much you eat and what nutrients you ultimately assimilate into your body.
- You are how you use your body.
- You are what you think.
- You are how much you let your IMP control you.
- You are how much you let identification mentally control you.
- You are how aware you are of the world in your head and around you.
- You are the amount of awareness you allow to enter or control, which, among many benefits, converts to much-needed vitamin D in your body.
- You are what awareness (and acceptance) you have of the oneness and connectivity of all things.
- You are how many things you affect your body or allow into your body in the first place.
- You are what you give and receive.
- You are what you think and realize.
- You are what you make of your life.
- You are what resources and tools you have to support a healthy lifestyle.
- You are how much you give and interact with others.
- You are how much you laugh, sing, and dance around.
- You are how much you support your mental and gut.
- You are what you do (or don't do) to your body, mind, and soul.

Click on the links below for a few ideas on positive, fitness and nutrition to help you to create a healthier and happier life.


Things You Can Do - POSTURE



Things You Can Do - Health/Fitness Program



You can Do - Healthy Eating Habits



HOW TO CHANGE YOUR LIFE | HOW TO SAVE THE WORLD | TIPS FOR BETTER LIFE | HOW TO GET HEALTHY | HEALTHY ONE STRATEGY | CHANGING YOUR CONVICTIONS | HEALTHY TRIP FOR BEGINNERS | HEALTHY LOST TIPS | HEALTHY LOST PRODUCTS | HEALTHY HEALTHY LOST | HEALTHY HEALTHY PRACTICES

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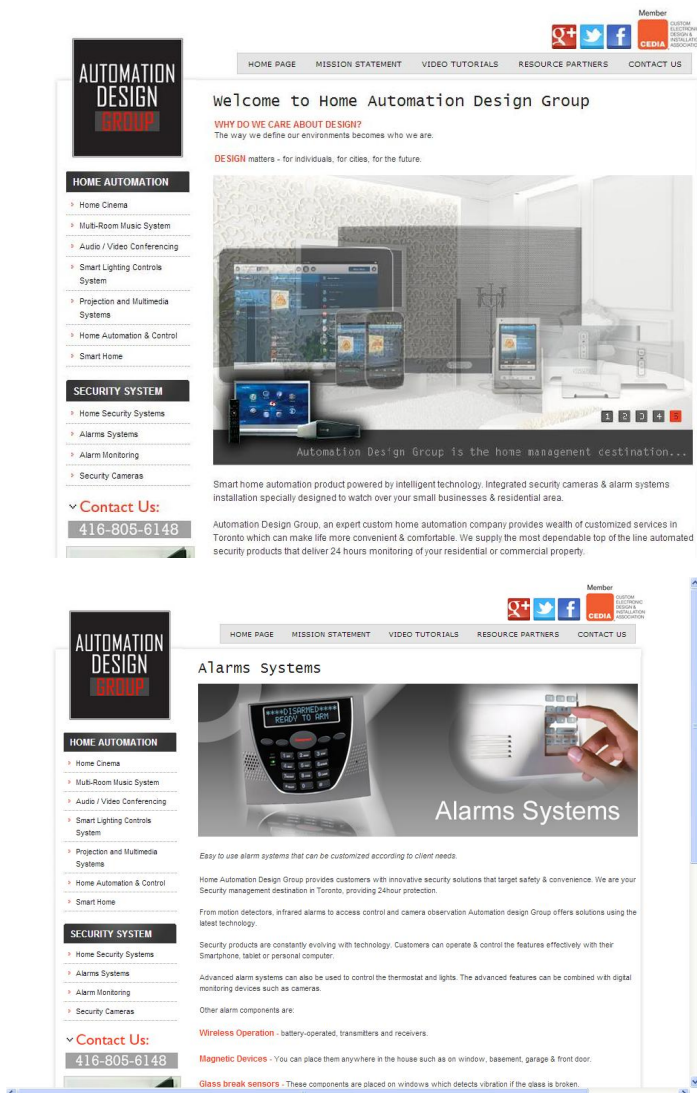


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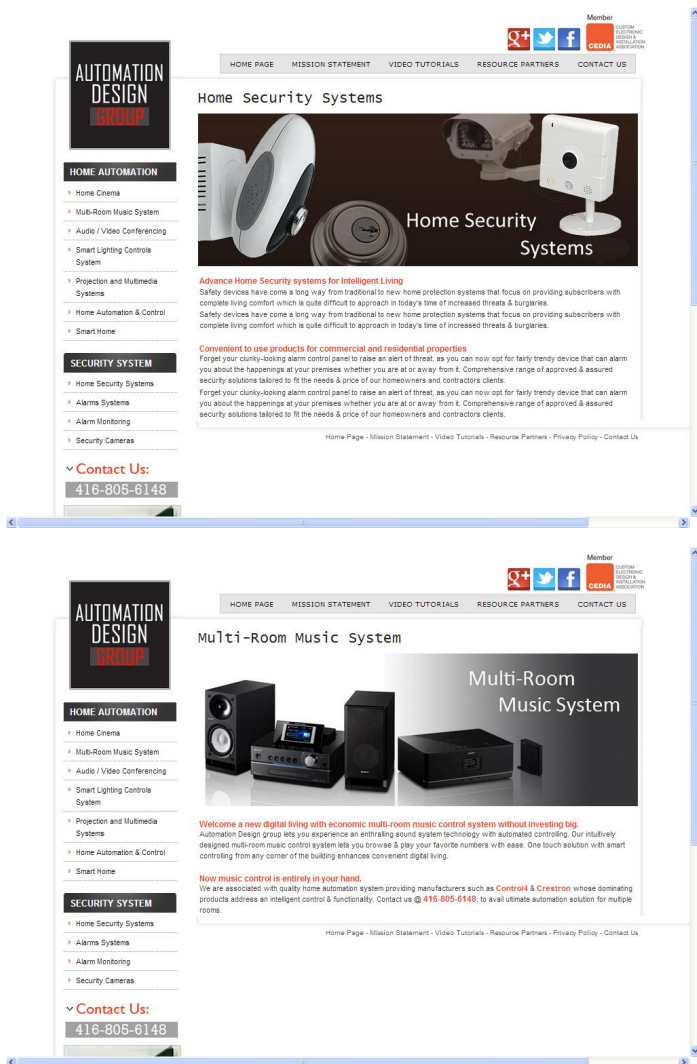
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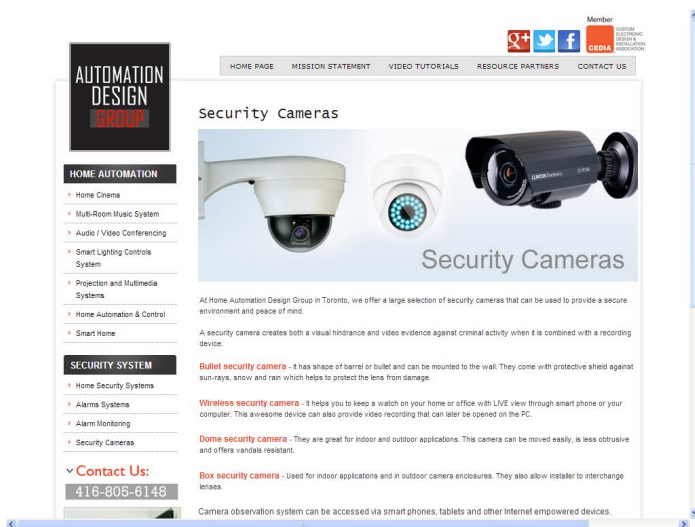
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