

UNITED4THECAUSE

9th Annual Retreat

BACK TO BASICS

A WOMAN'S TUNEUP

Women's Resource Listing

SEPTEMBER 17, 2023

3:00 -5:30 p.m.

A Woman's Tuneup

- We hope that this “A Woman's Tuneup” resource manual will be useful to your attainment of maximum health and wholeness. As you peruse each page, note resources listed are simply a thumbnail of plethora resources in the respective categories. However, we believe this list will ignite each of you to begin your personal tuneup. You are encouraged to keep a journal, noting the pros, cons and successful outcomes. We look forward to sharing at our **10th Annual Retreat on May 3-5, 2024**. Registration will begin *February 2024 (save the date)*.
- Should you have any questions, please contact the United4theCause office at 707-330-1890.


United4theCause Presents

Sept. 17th
3-5:30pm PDT



Back to Basics: A Woman's Tuneup

Via Zoom

Join us for our 9th Annual Retreat! Our guest speaker will be Dr. Milton R. Mills, M.D., of Plant Based Nation and featured on 'What the Health' documentary.



Early registration is encouraged to ensure your entry at this amazing event. Invite friends and family members to attend this informative afternoon with Dr. Milton R. Mills and a surprise special guest. Once registered, the zoom link will be emailed on September 16th. Register now at United4theCause.org/Events Calendar or use the QR code above.



See you soon!
-Dr. Karen White,
Founder

United

Spiritual Life

- **The Bible**
- **A Womans Bible NIV**
- **Creation Health** by Des Cummings Jr. - 8 steps toward improved health.
- **Lead Like Jesus** by Kenneth Blanchard
- **Faith and Works** by E. G White
- **Live Like You're Blessed** by Dr. Suzan Johnson Cook
- **Ministry of Healing** by E. G. White (pdf and audio link: https://media4.egwwritings.org/pdf/en_MH.pdf)
- **Becoming a Woman of Grace** - Cynthia Heale
- **The Prayer of Jabez** - Bruce Wilkinson
- **The Sanctified Life** - by E. G. White

Mental and Emotional Life

- **The Bible**
- **Creation Health** by Des Cummings Jr. - 8 steps toward improved health.
- **Christian Therapists**
- **United4theCause** - Family Networking Center (counseling, coaching and support services)
- **The Forgiveness Formula** by Rebecca Fish
- **Bad Girls of the Bible** by Liz Curtis Higgs
- **Will I Ever Learn** - by Hyveth Williams
- **Excuses Be Gone** - Wayne Dyer

Physical Life

- The Bible
- **Creation Health** by Des Cummings Jr. - 8 steps toward improved health.
- Annual Dental Cleaning - local dentist via dental insurance
- Annual Mammogram - <https://youtu.be/WJKhehpFxow>
- Annual Physical Examination - <https://youtu.be/CxfZ0OLf5oE>
- Monthly Breast Self-Examination - <https://youtu.be/nkPR4ar1EQ4?si=HoXi5LWsufPwp98o>
- How to Self-Care - <https://youtu.be/LY4i5CSn7AA?si=MrLZqAmKNjTJYDEY>
- Walking Video - https://youtu.be/k_SoCdUlBvM?si=z35ljiNmMlCHw9cN
- Body Sculpturing - <https://fb.watch/n2gcQafnUD/>
- Chair Exercise - <https://youtu.be/Wpj8BG73SNw?si=GgXV6ZliPH6YR3mv>
- All in One Workout - https://youtu.be/X0lt2_w8i8?si=ZoTMlwCZjsToQIYF
- Full Body Exercise - <https://youtu.be/ObUqkQaZeho?si=fk6htrmVdljVgsN5>

General Resources

Books, Websites, Services and Organizations

- drmiltonmillsplantbasednation.com
- 3abnrecipes.org - a plethora of vegan and vegetarian recipes
- **Cancer.org** - American Cancer Society
- **Cancer Legal Resource Center** - thecirc.org
- **Cancer.Net** - provides financial assistance to patients.
- Cscpsearch.cdph.ca.gov - The Capable Project - List of Safe Cosmetics
- **Conquer Magazine** - the patient voice
- https://youtu.be/Fo_RkwlPnSQ?si=YSKJsliGvOOE3Ka0 - **Eight Laws of Health by Barbara O'Neill**
- **NODA** - No One Dies Alone (A volunteer program usually provided at most hospitals).
- patientadvocate.org - Patient Advocate Foundation
- Refocusonu.org - **Self-care rebuilding the woman you were meant to be.**
- **Un-ruly.com** - Weaves 101: Everything You Need to Know About Weaves
- WonderfullyMadeStitchCreations.com - boutique: custom made gifts. All proceeds go to United4theCause
- youngsurvival.org - Young Survival Coalition
- Contamination in Foods - <https://www.ewg.org/news-insights/news/2019/02/glyphosate-contamination-food-goes-far-beyond-oat-products>
- <https://www.sokolovelaw.com/blog/foods-glyphosate-cancer>
- Free African American Vegan Starter Guide — Download the Free Guide - <https://byanygreensnecessary.com>

9th Annual Retreat Program

