

33 CURES TO STRENGTHEN YOUR IMMUNE SYSTEM

DONNA MALTZ

Thank you for downloading the 33 Conscious Cures Guide *Soulutions Full of Possibility!*

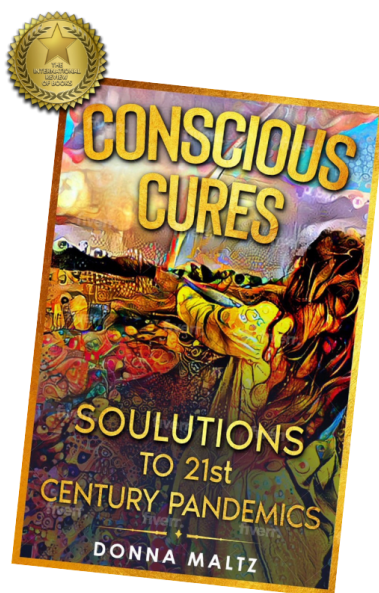


Self-care is essential to longevity and prosperity, so pat yourself on the back for being proactive about your health and building your immune system.

*When we are healthy, we are better positioned to help
care for others and Mother Earth.*

**This helpful guide is a section from my new book
Conscious Cures: Soulutions to 21st Century Pandemics.**

**The book is an Amazon Best Seller and awarded the Badge of Achievement by the
International Review of Books!**



This timely read is full of informative and evolutionary ideas, proving how our actions can heal and build a more equitable world. It will help you make sense of the times we live in, inspiring you to improve your life and the world. Instead of being stagnant and feeling helpless, together we can create a new paradigm that works for all of *lifekind*.

**Living like the future matters, we can embrace defeat and
rejoice in our achievements, all while making a difference in our lives and
being part of the *Soulutions*, so our children can enjoy life.**

~ Donna Maltz

Conscious Cures Soulutions Full of Possibility!

*The secret of getting ahead is getting started.
The secret of getting started is breaking your complex overwhelming tasks into small
manageable tasks and starting on the first one.*

~ Mark Twain, writer and humorist

Each of us has multiple tangible ways we can support our well-being. When we feel good, we can help others navigate a better novel way of being. Together, we can help heal the Earth.

Our physical and mental health strengthens when we focus on the positive and incorporate daily practices and healthy rituals. We get through the COVID era by fortifying ourselves for what is yet to come. A healthy mindset, a robust immune system, and letting go of fear and judgment is a recipe for success to defend against the daunting crisis the world is facing.

We have not realized our full potential.

I'm honored to share with you these conscious cures that I incorporate into my life. You can find sources for all in the Notes section at the end of the book. Of course, I always recommend you doing your own research and finding cures specific to your needs.

Reduce stress. Stress raise your blood pressure and pulse, making you more receptive to illnesses. The American Medical Association has noted that stress is the primary cause of over 60 percent of all human illnesses and diseases. If anxiety and fear are pressing down on you, get the help you deserve so you can leave the fear behind. Incorporate exercise, mindfulness, meditation, and breath awareness into your daily rituals. There is so much to do, and extraordinary opportunities to embark upon.

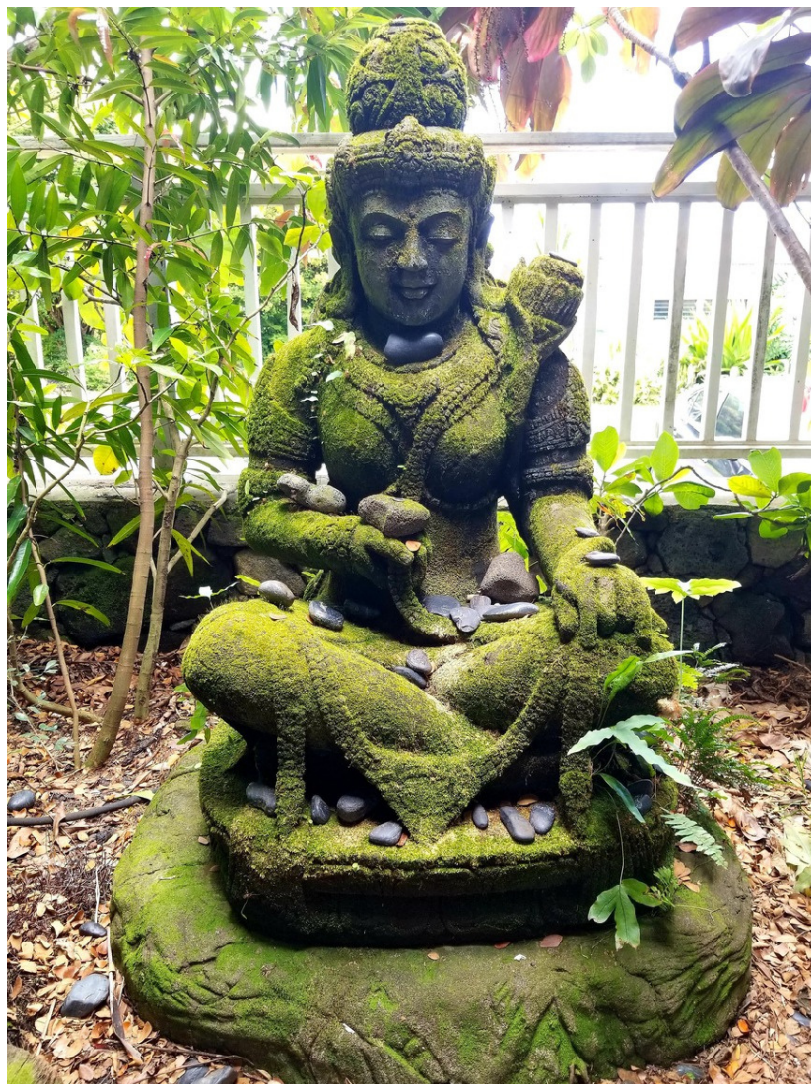


Exercise. Exercise lowers your body's stress hormones and regulates your cortisol levels. Whether it be yoga, Pilates, martial arts, or swimming, being active releases the chemical endorphin, enhancing your mood and acting as a natural painkiller. Daily exercise gets your blood pumping to purify your body. A high-temperature environment helps block viruses from entering, which is why your body reacts to infection with a fever that helps kill a virus and sweating that removes toxins. Sweating and breathing hard is good for us.

Besides boosting body's feel-good chemicals, such as serotonin, exercise helps you sleep better, and regulate your weight. Serotonin is a neurotransmitter, or chemical messenger, involved in many processes throughout your body, from regulating your mood and aids in smooth digestion. Move your body every day and, if possible, do so outside. When we're stuck inside, we may lack the motivation to get our blood pumping and our breath puffing. Cleaning your living space from ceiling to floor can be a stress-buster workout, just like lifting weights. Put on some dance tunes and get those endorphins pumping!



Practice mindfulness and meditation. From Kundalini meditation to music meditation to walking meditation, there are many options. Learn to still your mind by your perception of a mindless task and turn that time into a mindful one. Mindfully wash your dishes, feel the pots and pans in the warm water, and experience the difference while present in the task. It will make your “work” more gratifying. Listening to the sounds of Nature or soothing music helps get us into a meditative state, as do warm candlelit baths. CBD oil can also help chill your mind and relax your body.



Be aware of your breath. It is so simple, yet so powerful. You can relax your thoughts and still your mind by becoming fully aware of your breathing. Sigh often and give it some sound! Gentle, relaxed breathing is better than breathing deeply when you are anxious. Focusing on your breath and repeating a positive mantra, such as, “I am safe, happy, and healthy,” can bring peace of mind and help regulate your breath.

Cultivate expression, not depression. Having outlets to express yourself leaves little room for depression. Some of the most incredible music, art, and business ideas have come from misfortune. If you find yourself feeling down, pick up something you love to do, and express yourself. Sharing your creations multiplies expression and joy. When others see you expressing yourself, they are more inclined to ignite their own passions.



Help others. One of the best ways to boost your mental health is to help others. It reduces sadness, fear, and anxiety and motivates you to do more acts of kindness. When you share your gifts, it gives you dignity, a sense of purpose, and self-worth. Everyone benefits.

A simple act of kindness goes a long way. You can offer to shop for a neighbor, make meals for others, donate to a charity, make masks, write an upbeat blog, and always share your smile. We all can find ways to cope and contribute. Our internal and external environments are more habitable when we integrate kindness, love, and compassion. Take a moment to think about what you are doing with your precious time.

Nature-ize when you cannot socialize. Not being able to socialize is stressful and can get depressing. When you're out in Nature, you can responsibly *Nature-ize* and enjoy time with loved ones and friends. You can also reap the benefits of communing with plants and animals while enjoying the fresh air and outdoor activities.

Studies reveal Nature therapy and communing with Nature has a positive effect on your physical and mental health. When people are outside, they often feel and act more friendly toward others. It's the perfect time to get outside and to get to know your neighbors. When parks were closed due to the virus, children learned to climb trees and swing from ropes. Families walked together, and bikes came out of storage. In many areas, dog adoptions increased, and dog walkers were out in greater numbers than ever before.



I repeat, no matter where you are, spend as much time as you can outdoors.

The power of Nature can absorb negative energy and help you cope with being cooped up. There are so many ways to enjoy the great outdoors: forest bathing (shinrin-yoku), wave watching, tree climbing, hiking, moonlight walks, gardening, fishing, skiing, and snorkeling, just to name a few.

You can cry and scream and allow yourself to let loose and feel free. Nature holds no judgment. Find your inner peace, guidance, and strength as you climb upward and out. Leave the urban lifestyle for at least an hour a day and rejuvenate your body, mind, and spirit. Being in Nature is free entertainment. Fresh air freshens our outlook. It also builds our immune systems.

Study Nature and learn about yourself. We have a lot to learn from Nature as we rebuild our world. When you observe Nature, you can learn how to be more resourceful, balanced, and resilient. You can see how biodiversity is key to a healthy community. Each ecosystem is interdependent but functioning as a whole, thriving on interconnectedness.

Landscapes interconnect ~ a forest to a meadow ~ a pasture to the coastline. Acknowledging that everything is interdependent and interconnected, we make better choices for ourselves and the world.

Put your hands in the soil via gardening and houseplants. The benefits of gardening are boundless. Soil is the most diverse habitat on Earth, offering multiple reasons to take part in it. Studies have shown that people who put their hands in the bacteria-rich Earth have fewer allergies.

Soil contains antidepressant bacteria that boost serotonin levels and elevate our mood. We know gardening reduces stress and anxiety and can serve as great physical exercise. If you haven't already tried it, try it. Fresh air is an added benefit. If you cannot garden outdoors, houseplants are the next best thing.



Houseplants do the opposite of what humans do when we breathe: they release oxygen and absorb carbon dioxide. Not only are they beautiful to look at, but they also freshen the air and eliminate harmful toxins. Research by NASA has revealed that houseplants can remove up to 87 percent of air toxins in twenty-four hours! It makes sense to get our hands in the soil and keep planting. Fewer toxins equate to healthier immune systems. The more we plant, the healthier the Earth's immune system.

Decades of observational studies have proven time spent in natural environments with hands in the soil are linked to improving our overall health. Grounding ourselves by going barefoot in healthy soil is an added bonus.

Eat as if your life depends on it. Eating a low-carbon food-print diet matters. Support your local farmers and enjoy nutritious regional food, knowing you are strengthening your local economy and the well-being of Mother Earth. Build your immune system and help save the planet.

Consuming foods that boost your mood and your immune system will reduce anxiety and stress levels. Eat a diversified diet with plenty of fresh plant-based foods: fruits, veggies, nuts, seeds, whole grains, healthy fats, and quality meat and dairy. If you are vegan, it is essential to beef up other areas of your diet.



Add extra immune-building foods such as turmeric, ginger, citrus (especially lemons), mushrooms, peppers, garlic, and onions. Fermented vegetables, such as homemade sauerkraut and kimchi, are a boon to gut health. Foods high in selenium, vitamin D, Omega-3 fatty acids, antioxidants, B vitamins, zinc, proteins, and probiotic microorganisms are excellent choices. In times of additional stress, high-quality supplements are also a good idea.

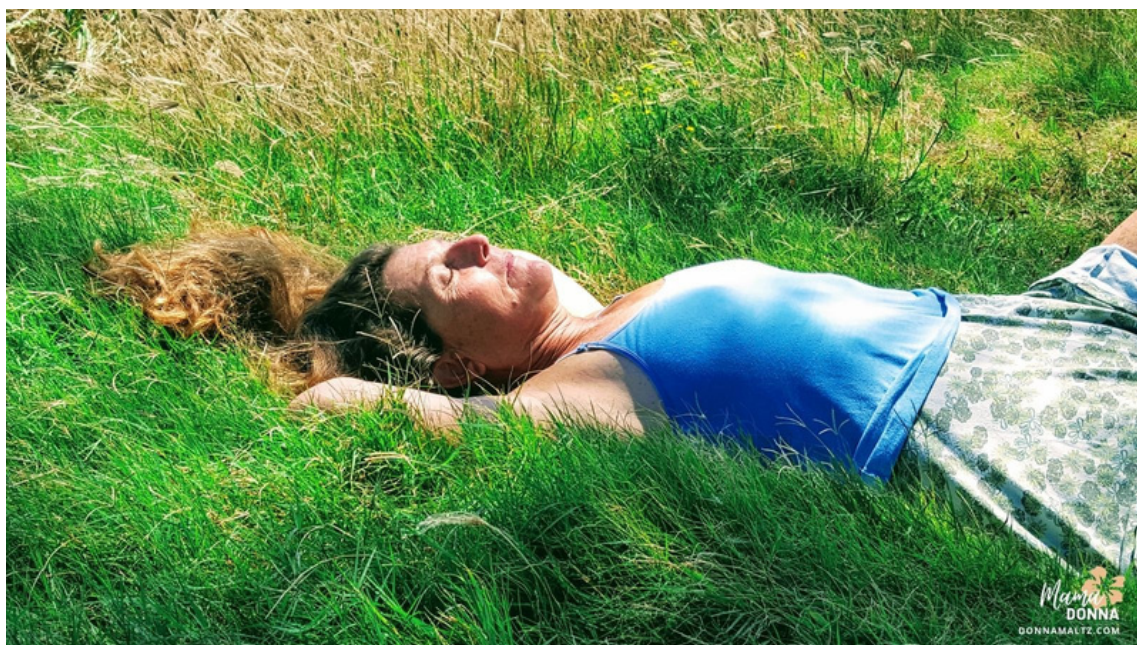
Stress eating is terrible for our wellbeing because we find ourselves overindulging or the opposite, forgetting to eat. Neither is the correct answer. If you find yourself falling into either trap, it's time to do your research or speak with a nutritional coach. Avoid the use of alcohol and other addictive substances.



Stay hydrated. The link between water and stress reduction is well documented. Our bodies are made up of 70 percent water. All our organs, including our brains, need water to function correctly. If you're dehydrated, your body isn't running well — and that can lead to stress and even hospitalization. The National Academy of Medicine recommends 2.7 liters (eleven cups) to 3.7 liters (almost sixteen cups) per day. Depending on your level of exercise and what you eat and drink, the quantity will vary. So, sip your stress away.

Take cold showers. A burst of cold water at the end of a shower, or an entire cold-water shower, may sound uncomfortable, but the benefits outweigh the temporary chill. Cold showers have been used for centuries to improve circulation and build stress resistance. They also increase endorphins, which reduce stress. Cold showers jolt your body, which increases alertness, energy, clarity, and happiness. I suggest easing into it until you can stay in the cold water for two or three minutes while breathing deeply.

Sleep and rest when you are tired. I cannot overemphasize getting plenty of rest and enough sleep. Sound sleep repairs our precious bodies and minds. Go to bed and wake up at a reasonable time and get off the screen after dark. I recommend to my overworked clients that they get into bed by 9 pm with a cup of calming tea, settle in with a good book, and listen to relaxing music. You can find plenty of great meditative music for free online to help you get a good night's rest. Make sure you are getting enough magnesium in your diet or consider taking a supplement.



Sleep seven to eight hours, not four or twelve. Too much sleep can often be as detrimental as not enough, and it's a potential sign of depression. If you find you are sleeping too much or not enough, it's time to get help.

Stick to a healthy routine. We are creatures of habit. Finding a new pattern can be challenging but rewarding. Make a schedule that is varied and includes time for work and self-care. The key is to balance your lifestyle with your work style. We are all wired differently. Knowing your natural biorhythms — your body's rhythms of life that indicate your best timing for sleep, activity, and creativity — will help you figure out your ideal routines.



Create a self-care toolbox. Keep items around your home to help fix what ails you. They could include: a journal, dumbbells, essential oils, turmeric, herbal teas, supplements, a favorite pillow and blanket, Epsom salts to put in your daily bath, candles, playing cards, downloaded meditation music, or rock 'n' roll. You get the picture. Load your self-care toolbox with things that make you feel better. Use it as a ready first-aid kit when you feel overwhelmed. If you have children or are living with other people, help them gather a self-care toolbox too. Share when needed.

Find what you can control, to keep you in control. In moments of significant uncertainty or feeling overwhelmed, it's essential to manage your personal space. Organize your bookshelf and paperwork, purge your closet and drawers, and clean under the bed. Cleaning helps to anchor and ground you when everything around you is chaotic. In the process, you may find useful items to add to your toolbox. You never know what you'll find under the bed.

Attend to household hygiene. Research has shown that essential oils can kill most airborne microorganisms and boost your immune system. Oils such as thyme, clover, cinnamon, and oregano, offer tremendous benefits for personal hygiene and disinfecting your home.

Many household products are plagued with harmful chemicals and can damage your health and the health of your family. If you are in quarantine or working at home, purify your home with essential oils and other natural home remedies instead of the toxic chemicals and disinfecting formulas that compromise your health.

Clean up your act and your decor. We are all challenged to redefine what our homes mean and how to make them homier. Photos of loved ones and images of Nature and our favorite places can help boost our morale, as does keeping our spaces clean and orderly. When our homes are welcoming to us, they are inviting to others.



Attend to personal hygiene and dress for success. Bathe daily, brush those pearly whites, and care for your overall appearance. Take off the PJs and get dressed in clothes that make you feel good. If you are a black-and-white dresser, and feeling down, try changing it up with bright colors. Tie-dye works for me. What we wear on the outside affects our insides, including our smiles.

Practice oral hygiene and other natural therapies to build your immune system. Oil pulling is an effective way to remove toxins from your mouth, which is the main pathway to your digestive system. In addition to boosting the immune system, this time-tested and gentle approach to good health also treats tooth decay, kills bad breath, whitens teeth, improves cracked lips, helps cures bleeding gums, soothes a dry throat, is heart healthy, and reduces inflammation.

I recommend reading up on this ancient and very effective Ayurvedic remedy. After you oil pull, you can rinse your mouth with food-grade hydrogen peroxide, which also boosts your immune system. These natural remedies have little impact on the Earth and a significant impact on your health.



Be aware of your word; what you think and say matters. You do not want or need to do anything if you choose not to. It's your choice to change the words that control your thoughts. Use your words to uplift the world — one person at a time.

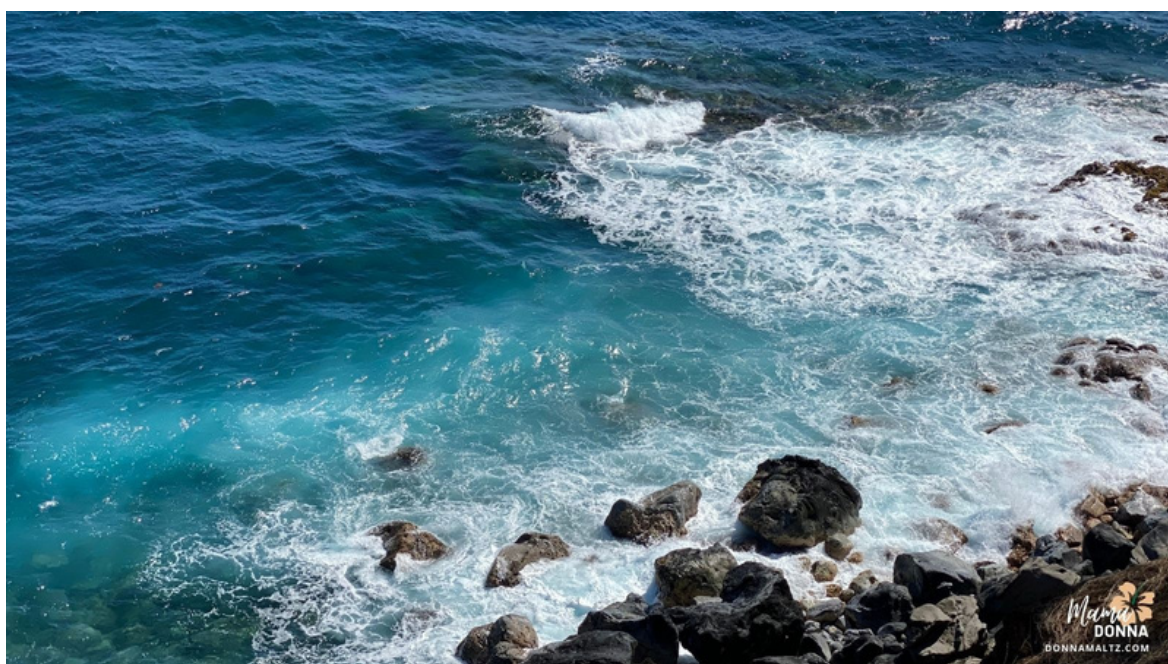


Living with love in our hearts, thoughts, and words improves our lives and makes the world a better place. It is a powerful *Soulution*; choose a mindset and use words that express opportunity and awe instead of doubt and desperation and enjoy the results. Our words affect our actions and have the power to shape our reality. Choose to change your language and what you choose to take in. This simple *Soulution* can rewire your brain.

Since words and emotions come from our thoughts, how we think affects how we speak to each other. What we say directly affects how we relate to the world. The most powerful words you think and voice, are the ones you say to yourself. When you honor your words, you have integrity. When you do not follow through on your word, you lose respect for yourself, and others lose respect for you. When you are conscious of the words you think and speak, you confidently share your intentions.

Every time you think about saying, “I need, I want, I have to, or I should,” replace it with a choice or some form of; I am choosing rather than wanting. I have chosen to, rather than need to. It is my choice, rather than I have to. You get the picture. When you choose something, it empowers you to take action rather than the guilt that comes from thinking you should have done it. Choosing to be tender and kind to yourself and others will change your life and influence those around you to act with integrity.

Understand that where you get your download affects your upload. What we read on social media, in a newspaper, on the computer, or in a book affects our inner dialogue. Turn off the news and tone down social media unless it's positive. Mental hygiene is critical to your health.



Scary, negative, and overwhelming media can bring us down. Yes, it is vital to stay informed, so choose sources you trust for up-to-date information without bombarding your nervous system. Resist repeatedly checking several times a day. You don't have to know how many people got sick or died every hour or if the stock market crashed. Your mental health will improve without the constant onslaught. It is crucial to counterbalance offensive news content with hopeful information that brings you joy. Go on a news fast and social media detox at least one day a week. You will thank yourself for it. Throughout the other days, avoid addictive media patterns. Visit libraries and bookstores online. Libraries offer free e-books, movies, and music for you to download. Cleanse your mind with positivity.

Stimulate your mind. Immerse yourself in a new hobby or art project. You can get an online degree, learn a foreign language, make new recipes, start playing a musical instrument, read great novels or self-help books, and watch educational films or lighthearted movies that make you laugh.

Laugh often. Laughter is exceptional medicine. The more you laugh, the better you feel. Get some good joke books, watch a good comedy, and help others laugh. Laughter stimulates your immune system and is excellent mental medicine. Engage in fun things you enjoy. You can even play games online with people from another continent.



Enhance your mood and memory with music. While you are dancing—sing—and while you are singing—dance! Singing and dancing are proven ways to boost attitudes. All the systems in your body will thank you.

Write in a journal. Journal writing can recharge your batteries, reduce stress, find answers to problems, and help unload the mental turmoil that holds you back. It enables you to express your feelings by letting them flow onto the paper. Write what you are grateful for and what may be bothering you. Your writing can help manifest a better life for yourself. Some of your journal entries could even turn into a published body of work someday to help others.

Anne Frank, a teenager who wrote a diary while hiding from the Nazis in Amsterdam, has been a great role model and mentor. She wrote while confined to a small attic for two years, and her writing has inspired countless people over many generations. Her incredible story helps others navigate troubling times.



Be honest with yourself and others. Adults and children are entitled to express their feelings. Being cooped up can bring out the worst in us. We all have our moments, so drop the judgment and ask others not to judge you. Judgment is the demise of society. Listen and allow all parties to be heard with an open mind. Give each other room to breathe. You are more effective when you move with grace.

Manage your anger. Anger can take over our beings. Yes, we get angry, but how we manage our anger directly affects the outcome. There is usually a definite winner and a sore loser, and nothing gets resolved. Anger often stems from rejection and being hurt, causing a profound reaction that can spiral out of control. A resolution comes if you have the awareness to help guide your emotions to speak your truth, rather than your rage. It is much better to have an evolutionary mindset than a revolutionary attitude.



Do your best to agree to disagree, avoid arguments, and communicate with an open heart. Agree to listen. When we are honest and compassionate, it sets an example. Bridge the gaps by meeting on common ground. Embracing new ideas, what you agree on first will make it easier to address the disagreements. Being understanding helps bring out the best and most honest side of each other.

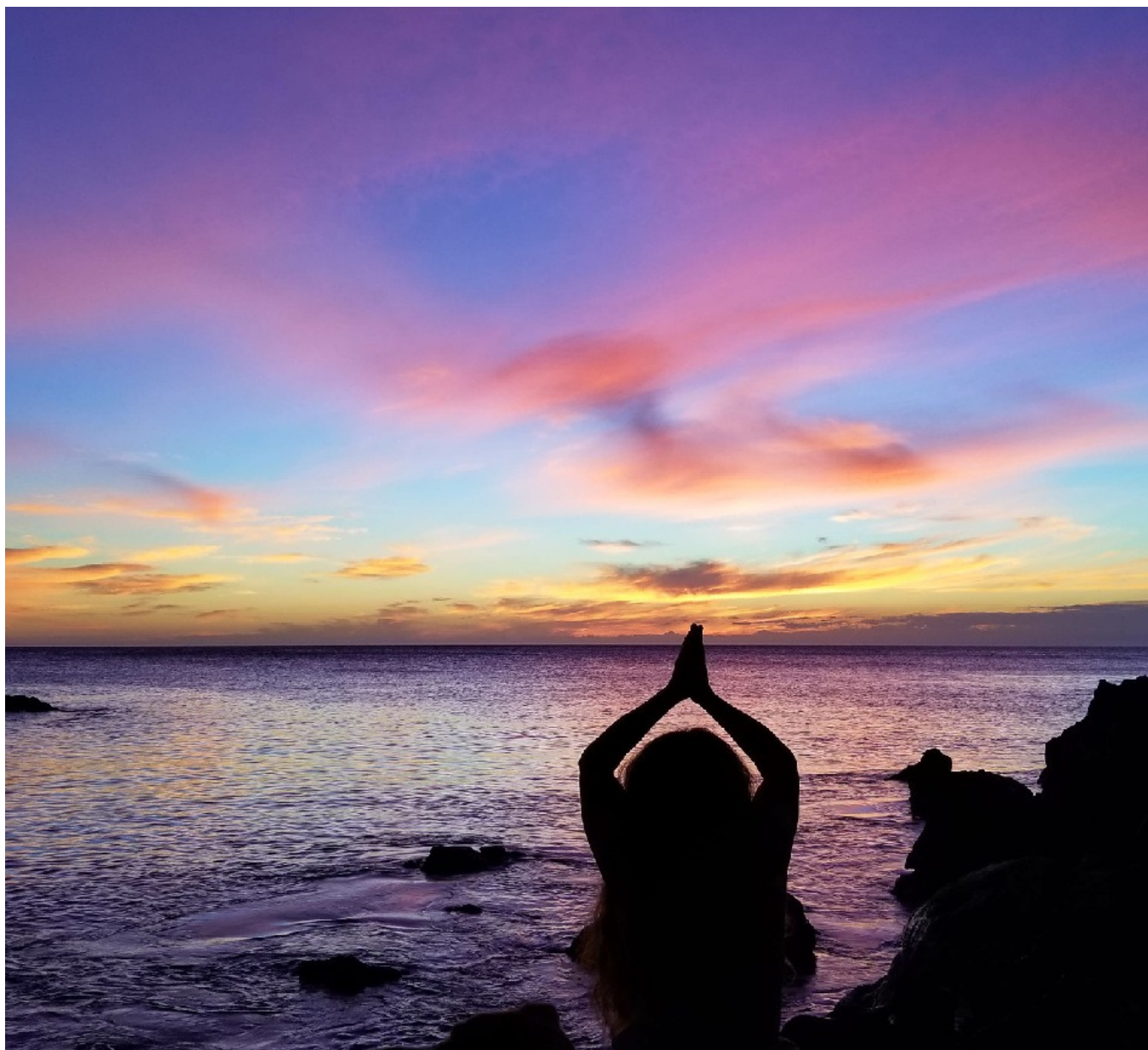
When we feel angry and not ready to share our truth, it's best to take a time out, and reach for our toolbox. Sometimes it's best to just walk away from a situation, head outside to a park, the ocean, or anywhere you can be alone. Find a safe place where you feel safe to cry, scream, and move. Writing, songwriting, diving into an art project, and taking walks in Nature are excellent ways to project our thoughts, let off steam, and gain clarity.

Our emotions, like everything in life, change. Losing our temper is natural, but how we manage it makes all the difference. Resources are available to help keep our anger in check. Looking for help is courageous, not a sign of weakness.

Accept yourself. This pandemic era is challenging for all of us, but it too shall pass. Almost everyone in the world is struggling with disruptions in their daily lives. Accept everything about yourself in this situation without question, blame, or self-doubt. Remind yourself, "I am doing the best I can at this moment." Even if you are not, that's okay. The more you say it to yourself, the better you will feel.

Let go of those terrifying thoughts that paralyze you and remember to use your self-care toolbox. When you let go of negativity, you make room for positivity to grow. Expect surprises and do your best to be flexible. Like a tree in a hurricane, stay rooted and grounded.

Remember, you are not alone. Remind yourself daily that your troubles are temporary, even though it may feel like there is no end to the uncertainty. There is no roadmap to predict what will happen in life. This virus reminds us to never take our precious lives for granted. More tragedies and travesties will occur in this world, so it is essential to remind yourself to take good care of yourself. Find someone you trust who can help you feel safe and reconnect to yourself.



Ask for help. If you cannot accept yourself and the situation, admit you may need additional assistance and then, go get it. There is no shame in asking for help. If friends and family are not enough to support you, that's okay! Get professional guidance.

Mental health professionals, coaches, nutritionists, online support groups, and other services are available to assist you. Most health insurance companies cover mental health, and if you do not have health insurance, there are other programs to help support you. Life is kicking our asses big-time right now, so don't feel like a victim. Find what you need.

If you have children, allow them to be your teacher. Now is not the time to punish; it is a time to help your children feel loved and safe. Create an environment for emotional connection and support. Your children don't need to hear the news.



Remember, our mental health affects our physical well-being and children can feel and see what we are going through. Like you, children do better when they have a routine and a self-care toolbox full of books, toys, arts and craft supplies, and stuffed animals. Enjoy doing art and playing together. Love and affection are the best gifts for you and your child's mental health. Safe play dates are an added bonus.

Live like the future matters. When you know you're doing something good for the planet and, you have a soulful purpose and become part of the Soulution. Choose to be part of a global society drenched with love and compassion and work within Nature's systems and cycles. Adopt a Solution-influenced mindset.

When you are part of the Soulution and not the pollution, you are living like the future matters.

Harness the power of gratitude. Focus on what you are grateful for and watch your life change. That sums it up! People talk about being grateful, but what does that really mean? Where do you find your gratitude, and how do you express it?

As for me, I am grateful for the cleaner air and oceans, happier bird songs, and the stunning summer flowers and vegetables. I'm thankful to have more time to write and photograph and spend time with my dear husband, close friends, and playful dogs. I am grateful to have time to help others who are less fortunate than me and that my home has never been so clean and organized! I have so many things to be grateful for: my health, chocolate, the ability to read, friends who listen and really hear me, the change of the aromatic seasons, the many sounds of music, a closet full of clothes, the sunrise and the sunset. **What's on your list?**



*Thank you so much for reading!
It means the world to me that you're taking care of yourself
and Mother Earth*



*Together, from the Soil to the Soul,
we can create a brighter world
for future generations.*



A Note From Donna

I am going to be honest and forthright with you. You must recognize how important it is to gather your strength, be open-minded, and help bridge the gaps of division. We all must do our part to bring life back into balance.

Ask yourself if you are truly living the life you wish to live. There is always room for improvement. After all, this is the real Universe(ity) of life. Choose not to lose your soul in turmoil. Shut out all the distractions and face those things you've been avoiding. It is a time of massive transformation. A time for conscious cures.

Whenever you feel boxed in, do your best to breathe freely and open yourself to see the beauty in every moment. If you feel like a victim, then it's time to wake up and realize that you have the power to become the creator of your life. You can do that if you're ready to take full responsibility and believe you can transform into a better self. If you wish to see significant change in the world, that is the most important thing you can focus on right now.



Reconnect and allow the wisdom to flow; the ever-changing current of life is not something to fight or resist. Take the time to relax. Be still. Observe the changes, and you will discover how to ride these changing waves.

Just like being conscious of the breath, it's all connected in beautiful harmony. A new wave of energy is available to ride. Yet it's our responsibility to learn how to ride that wave and not drown in our sorrows.

The support and resources are available to guide your good intentions. Many of them I offer you in this book, and others are in your community. Pursue them all and find your tribe. When you take your control back, you discover a wealth of power inside yourself you never knew existed. You become in charge of your life again, which charges you up with the energy to discover who you are and how your unique skills can be part of the *Soulutions*.

Utilize your time wisely, which is our greatest currency, to bring forth your full potential. It's time we all redefine what success and wealth means in the 21st century. Focus on your dynamic qualities that position you to be healthier and wealthier in the truest sense, minus the dollars that most think are the answer to freedom and happiness. Each of us can play a role in the betterment of our planet. There is no more "talking" about it; it's time for action. What we focus on grows.

Place your intentions and follow through with your actions. Be discerning, as you awaken the divine, and evolve in this new era. Strive to be a bright shining light. The ecology of our lifestyle is a determining factor for our future. With reverence, focus on the betterment of your community and the planet, not just yourself or the bottom line. Making investments in yourself, you are making an investment that pays for itself. When your bank is full, you can share your riches and brighten someone else's day.

Lead by example and live from your heart. Passionately share your abundance, gratitude, and love. Find ways to connect and serve your community, and the necessary dollars will come. Together we are better and can help shift the world into a more balanced and sustainable state. Focus on the opportunities with each action you take and spread love, joy, and prosperity.

Go forth with grace and help guide the human race to balanced abundance.

It's time we all open our eyes, be present, and savor the wisdom and lessons of Nature's systems and cycles. Like a seed planted in the soil, a sensation arises when you stand barefoot on the ground, breathing deep and soaking up sunlight. It's a reminder that we've all been planted here and have plans/intentions to achieve and grow.

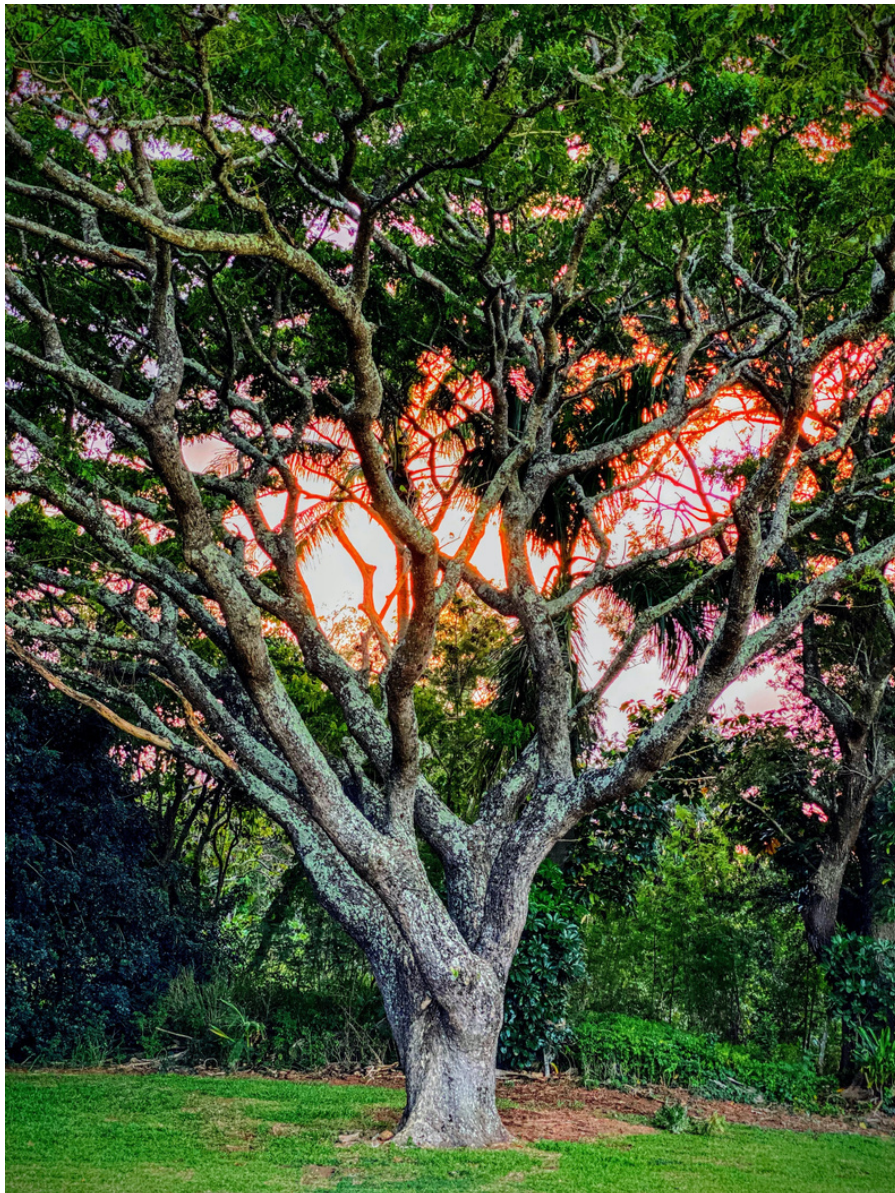
The real question is, do your preferences align with the Earth's?

You can call me old-fashioned, and Eco Bohemian, feminist, or Earth Mother, but I stand for what I stand on. I'm here to protect what's beneath my feet, the Earth and the critters large and small, yet also to evolve. I am dedicated to human equality and taking less from our Earth, to reaching for the stars but not calling them my own, to conquering only my inner demons, no one else's, or nothing else.

I believe we can change and experience life's joys as we collaboratively solve problems, living in intuitive balance. Ask yourself how you can drift your mindset from the idea of humankind and shift your consciousness to lifekind. Where do you stand?

We don't know what tomorrow will bring; it's the question of a thousand dreams. What you do and what you believe matters. I am optimistic that with the right intentions, this will be an evolutionary time that brings humanity to a place of revelation and grace.

As we adapt to the changes, we become more resilient. I believe those working for a just society will come out of these challenging times with better dreams. I think we will not only recover from this, but many of us will do the most important and meaningful work of our lives as we build, therefore, our own world. With Nature as our guide, we'll learn from tragedy and not be afraid to recognize where we have failed, and honor where we have shined as humans.



*Teach our children well.
I hope you focus on the beauty of
life and embrace the things you love.*

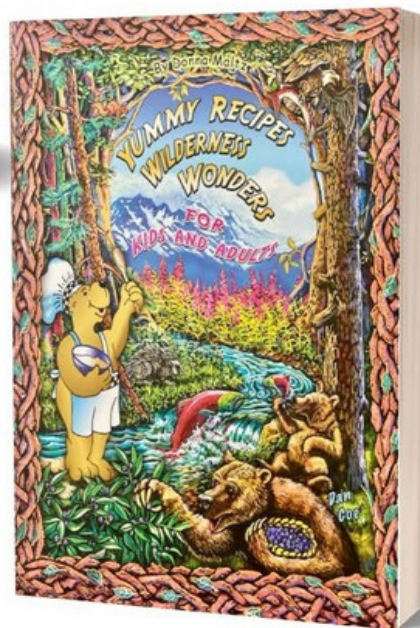
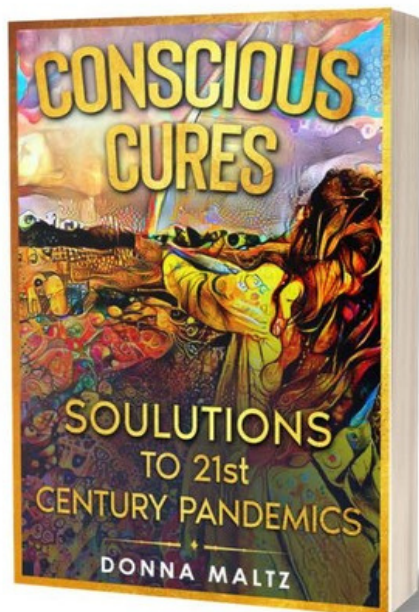
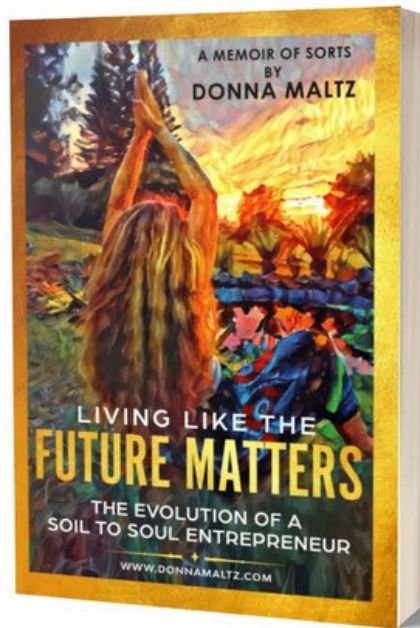
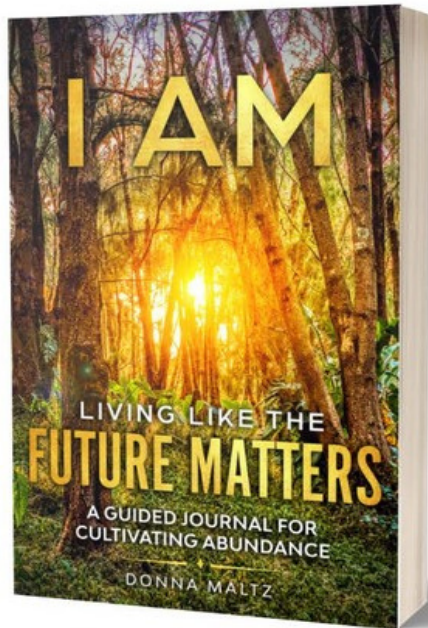
Big Love and Aloha



Donna Maltz

*Our success is not just in human connection and love.
Extend that connection and love to all of lifekind
and we better our world.*

Please enjoy my inspirational books!



www.DonnaMaltz.com