

September 2022



Passionately Living for Health

Joint Pain Relief Options



What's preventing you from moving and doing the things you want to do? Are you feeling pain in your joints? I've had clients experiencing various levels of pain from osteoarthritis. Symptoms include stiffness, swelling, and of course pain, which seem standard for this condition. Osteoarthritis is the most common form of arthritis, affecting over 30 million adults in the U.S. developing when cartilage in the joints breaks down over time.¹

How can changing one's food habits help with arthritic pain? What about supplements? Are there any on the market having a positive impact? Amanda Barrell of Medical News Today states it's not possible for specific foods or nutritional supplements to cure osteoarthritis, but according to the Arthritis Foundation, certain diets can improve symptoms.

The correct diet can reduce pain and stiffness in the following ways:

- Reduce inflammation | some foods are known to reduce inflammation and damage to the joints.
- Reduce cholesterol | people with osteoarthritis are more likely to have high blood cholesterol, and reducing cholesterol may improve symptoms of the disease.
- Maintain a healthy weight | being overweight can put extra pressure on joints making it even more challenging to be active.

Certain foods may have a positive effect by reducing

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Testimonies

I had not realized stress or my mood has a big part in the foods I eat.
~ Peggy E.

Enjoyed everything in general - very good program and presentation. Bags of sugar made "paint".
~ Jean D.

Larry was great in his communication and the materials that he provided. Very knowledgeable and did the research on items that came up and got back to us on several different topics.
~ Ron S.

A good coach wins games; a great one changes lives. Thanks for investing in my life-changing wellness journey.
~ Amy K.

inflammation. Barrell also states people with osteoarthritis may incorporate the following foods to ease their symptoms:¹

1. Oily Fish | contains healthy omega-3 fatty acids that have anti-inflammatory properties. Oily fish include sardines, mackerel, salmon, and fresh tuna.
2. Oils | other oils such as extra virgin olive oil, avocado, and safflower may help lower cholesterol.
3. Dairy | milk, yogurt, and cheese are rich in calcium and vitamin D, which can increase bone strength and improve symptoms.
4. Dark Leafy Greens | rich in vitamin D can increase bone strength, which may improve symptoms.
5. Broccoli | rich in vitamins K and C as well as calcium.
6. Green Tea | contains high levels of polyphenols, which may reduce the rate of cartilage damage.
7. Garlic | experts believe garlic may prevent cartilage decay.

Supplements could be a complementary option to making changes to your diet states Dr. Jason Theodosakis, medical doctor, who wrote the book, "the Arthritis Cure".² He recommends people who suffer with osteoarthritis take Glucosamine, Chondroitin, and ASU (avocado soybean unsaponifiables) to assist in the reduction of pain. Please check with your doctor prior to making any diet or supplement change.

** Please consult your family care physician prior to embarking on any diet change.

Free Breakthrough Session



I want you to experience the transformation I did and that is why I'm offering a **Free Breakthrough** session to understand your health concerns and how Major Wellness can support you in **removing stress**, **increase energy**, and **managing weight**.

Call, email, or text if you're **committed** to improving your **health** and let's make a plan together.

Larry is approachable which is as important as being knowledgeable and professional. He does not push his own agenda. He made suggestions, pointed me toward resources, and then went on a stand-by assist. He did not take a cookie-cutter approach to my wellness. He gave me a solid strategy that gave me just enough structure to keep focused on my goals. I would recommend Larry and this program to those who are serious with regard to improving their personal wellness and are willing to make a consistent commitment.
~ Amy K.

I am writing to tell you how much you inspired me to change my habits for the better. Before your workshop, I use to drink coffee and an energy drink every single day. I was sure the advice you gave was not going to work for me. But I am proud to say in the last two weeks since the workshop, I have not touched a drop of caffeine except for a cup of green tea in the morning sometimes. Since I have done this, it feels like the overall health balance of my body has improved. I am so thankful to you for opening my eyes to the dangers of caffeine and the importance of getting more oxygen.

~ Jennifer W.

Can learn something every time - too much sugar!
~ Nancy S.

Friendliness of presenter - simple presentation on layman's language.
~ Terre H.

Schedule your **FREE** breakthrough session [here](#) as the first step on your journey to Health and Wellness.

Free **health food store tour** at Fresh Thyme in Terre Haute, Indiana, September 28th, 6:00 PM Indiana (5:00 PM Illinois). Please RSVP by **September 23rd** as the number on the tours are limited. The store manager is making preparations to provide free food testing as well as other surprises.

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted".

~ Unknown

Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.

~ Jeremiah 33:6

Food Focus: Natural Sweeteners

Food Focus: Natural Sweeteners

Who among us doesn't love sweets? The sweet flavor releases serotonin in our brains, the chemical responsible for our sense of well-being and contentment. But when it comes to sweeteners, not all are created equal. There are side effects and health risks from refined sweeteners like white table sugar and high-fructose corn syrup, and from artificial sweeteners like NutraSweet, saccharin, and Splenda. Since refined sweeteners have been stripped of vitamins, minerals, and fiber, they can spike blood sugar, which can often lead to cravings and mood and energy fluctuations. Instead, using naturally and minimally processed sweeteners can reduce cravings for sugary things.

Here are a few natural sweeteners to substitute in drinks, food, and baking. Since they are all approximately 1.5 times sweeter than refined sugar, you can use less. You can find them in most supermarkets or natural food stores. When replacing sugar with liquid sweeteners in a recipe, reduce the amounts of other liquids.

Raw Honey

Everyone seems to love honey, one of the oldest natural sweeteners on the market. Honey will have a different flavor depending on the plant source. Some are very dark and intensely flavored. Wherever possible, choose raw honey, as it is unrefined and contains small amounts of enzymes, minerals and vitamins.

Agave Nectar

Agave is made through the extraction and purification of the juice of the agave cactus. It does not stimulate insulin secretion as other sugars do, so it does not create a "sugar rush." It has a delightfully light and mild flavor.

Maple Syrup

Maple syrup is the concentrated extract of the sap of maple trees. It adds a rich, deep flavor to foods and drinks. Make sure to look for 100% pure maple syrup,



Maple Fruit Compote with Honey-Ginger Toasted Nuts

Prep time: 10 minutes

Cooking time: 20 minutes

Serves: 4

Ingredients:

2-3 apples
2-3 peaches or pears
2 tablespoons maple syrup
1/2 cup raisins
juice of 1 lemon
1 teaspoon cinnamon
1 cup walnuts or nuts of your choice
1/2 teaspoon fresh ginger, minced
2 tablespoons honey

Directions:

1. Wash, core and chop fruit into slices or chunks.
2. Place in a large saucepan with 1/3 cup of water. Add the maple syrup and raisins.
3. Cook over medium heat, stirring occasionally, for 10 minutes.
4. Add lemon juice and cinnamon. Cook for another 10 minutes, until soft.
5. While fruit is cooking, place chopped nuts in a skillet over medium heat and toast, stirring often, for 5 minutes.

not maple-flavored corn syrup. As with all sweeteners, organic varieties are best.

6. Drizzle honey over the nuts and add ginger, but keep stirring since the honey can easily burn.
7. Top warm fruit with toasted nuts and enjoy!

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Family Fitness Zone

- Family friendly exercise facility
- Location | 1308 N. Michigan Ave
Marshall, IL 62441
- Ph | (217) 826-3508
- FB page [here](#) | Web-Site [here](#)

Marshall Library

- Robust library offering books, CDs, DVDs, internet PCs, meeting rooms, and various office services.
- Location | 612 Archer Ave
Marshall, IL 62441
- Ph | (217) 826-2535
- FB Page [here](#) | Web-Site [here](#)

References

- 1) medicalnewstoday.com/articles/322603
- 2) Theodosakis, J. & Buff, S. (2004). *The Arthritis Cure*. St. Martin's Press.

ABOUT ME

I received my training from the Institute for Integrative Nutrition, where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.
Learn more about [my training](#) and my unique approach to [health coaching](#).

Forward to a Friend

It's such a pleasure to help those closest to us become **happier** and **healthier**.

Please forward this newsletter to **friends, family members** or **colleagues** who might be interested and **inspired** by it.

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