

# January 2023

Passionately Living for Health

## Goals & Reasons



Most Americans continue to focus on their health for new year resolutions. And rightly so, because having good health gets us to where we want to go. Our bodies provide the vehicle to get all the other goals in life we want to accomplish. A recent survey shows the top three goals were vowing to exercise more, eat healthier, and to lose weight, which illustrates the importance people are placing on health.<sup>1</sup> On average, only 9% - 12% of people keep their new year's resolutions.<sup>2</sup> Why the low numbers? 35% of participants who failed their New Year's resolutions said they had unrealistic goals; 33% didn't track progress; and 23% forgot about their resolutions.<sup>2</sup>

Why do so many struggle in reaching their goals for the new year? First, let's define what a goal is. According to Merriam-Webster, a goal is defined as the "end toward which effort is directed".<sup>3</sup> I had a goal of writing this article for the January newsletter. This was my aim, but not my reason. My reason is "to improve the health of the world one person at a time", which is Major Wellness' Vision and my most important reason for being a health coach. You see, it's our reasons or the why we take any action toward a goal. Do you see the difference? Merriam-Webster states a reason is a "statement offered in explanation or justification".<sup>4</sup> It's imperative to know why we are taking action in any direction. Another way of looking at it is developing a philosophy around your goals to pull you forward when you don't feel like taking action.

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*The heart of man(kind) plans his way, but the LORD establishes his steps.*

~ Proverbs 16:9

*To become healthy, disease-resistant, and permanently thin, you can't escape the necessity of eating large amounts of nutrient-rich, healthy food.*

~ Dr. Joel Fuhrman, MD



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Tony Robbins says reasons are the difference between being interested versus being committed to accomplish something.<sup>5</sup> It's here where we must answer the "why". I had a goal of getting my pacemaker removed to which had been implanted for five years. After some time, I quickly realized it was not pacing through my annual check-ups as I did not desire anything foreign in my body except for those things God put there. It took a few years to convince the medical community the pacemaker needed to come out, and they finally agreed. The goal was to get the pacemaker out of my body. My reasoning was to minimize risk to my health, stop pacemaker appointments, remove anything foreign that may induce infection, and primarily be at peace in knowing my body is back to "normal".

Can you list your top three health goals for 2023? Please take out a sheet of paper and list those now. What about your reasons? You may list those under each goal or make out a separate list. This is your list and only for you unless you feel sharing it with someone will bring more accountability. The following reasons may resonate with why you would desire to establish new year health goals:<sup>6,7</sup>

- Serve ministry
- Live longer
- Spend more time with family
- Improved personal relationships
- Improved control for your health
- Better sleep
- Less health issues
- Improve mental health
- Have vitality
- Improve confidence
- Reduce pain
- Never get sick

These are a few examples you may reference. However, make your reasons personal so that "when the going gets tough, the tough get going". If you're reading this far, you are serious about your health and I commend and thank you for it. Before I go, I want to leave you with one last message. John Maxwell states, "if there is Hope in the future, there is Power in the present". Please drop me a note on the Major Wellness page within Facebook and let me know when you've created both your goals and your reasons. I pray you have a Blessed New Year.

To Your Good Health,  
~Larry

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

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## **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**.

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*Offer ends January 15th*

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## Food Focus: Sea Vegetables

In traditional Chinese healing, sea vegetables correspond to the winter season and to the kidneys, adrenal glands, bladder and reproductive organs. The strengthening, balancing and cleansing properties of sea vegetables are known to help these organs as well as the hair, skin and nails. Sea vegetables (or seaweeds) provide a variety of minerals and vitamins, including calcium, iron and iodine, and can help balance hormone and thyroid levels in the body. Eating too many processed foods or foods grown in mineral-depleted soil can result in a lack of minerals in the body, leading to cravings for salty or sugary foods. Adding sea vegetables to your diet can help balance your energy levels and alleviate cravings.



### Recipe of the Month: Mighty Miso Soup

Prep Time: 5-10 minutes

Cooking Time: 10-15 minutes

Yield: 4-5 servings

#### Ingredients:

4-5 cups spring water

1–2 inch strip of wakame, rinsed and soaked 5 minutes in 1 cup of water until softened

1-2 cups thinly sliced vegetables of your choice (see notes)

2-3 teaspoons barley miso

2 scallions, finely chopped

#### Directions:

1. Chop soaked wakame.

2. Discard soaking water or use on houseplants for a boost of minerals.

3. Place water and wakame in a soup pot and bring to a boil.

4. Add root vegetables first and simmer gently for 5 minutes or until tender.

5. Add leafy vegetables and simmer for 2-3 minutes.

6. Remove about 1/2 cup of liquid from pot and dissolve miso into it. Return it to the pot.

7. Reduce heat to very low; do not boil or simmer miso broth.

8. Allow soup to cook 2-3 minutes.

9. Garnish with scallions and serve.

#### Note:

Any combination of vegetables can be used in miso soup. Here are some classic combinations:

- onion-daikon: cleansing
- onion-carrot-shiitake
- mushroom-kale: mildly sweet

#### References

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#### 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](#).

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## 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.

[www.MajorWellness.com](http://www.MajorWellness.com)

- onion-winter squash-cabbage: great in wintertime
- leek-corn-broccoli: great in summertime

### Variations:

- Add cooked grains at the start of making the soup. They will become nice and soft.
- Add a tablespoon of uncooked quinoa or millet at the beginning and let it cook with vegetables for 20 minutes.
- Add cubed tofu toward the end.
- Add bean sprouts toward the end.
- Season with 1/2 teaspoon ginger juice for an interesting twist.
- If using dry shiitake mushrooms, let them soak for 20 minutes, slice and add at the beginning.



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