

# August Issue



*Your Greatest Wealth is Your Health*



***Always bear in mind that your own resolution to succeed is more important than any one thing.***

~ Abraham Lincoln

***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

## **Free Health History Consultation**

Sign-up [here](#) for a **Free Health Consultation** to understand your major health issues and how Major Wellness can support you in **removing stress, increase energy, and losing weight**. My practice supports medical professionals and all those in between who struggle with these issues.

## **Relaxation and Exercise**



Summer is often a time for serious play, time off and deep relaxation. Many of us use the summertime to rebuild our reserves for the rest of the busy year. In our work-crazed society we can lose sight of the benefits of slowing down and taking time to rest. Now that summer is in full swing, it's time to enjoy the restorative powers of reconnecting to your body through movement and relaxation.

The body loves to move. Even though our body is healthiest when it is getting appropriate physical activity, we often feel dread and boredom when we hear the word "exercise". Think for a moment of what type of movement you would consider fun as opposed to torturous. Perhaps you loathe the idea of a gym, but miss taking dance classes. Maybe you secretly want to try yoga or rollerblading. You could play touch football with your kids, walk with a neighbor in the mornings or go for a swim. The summer offers so many choices – it's simply up to you to choose which style of movement excites you. Your heart will thank you, your soul will be gratified, your limbs will be more fluid and you'll sleep better at night.

Summer is a unique time of year when

What are you waiting for?

Why haven't you reached your goals up until now?

Make the appointment [here](#) so you can have peace in the future of your health.

we can do both our relaxation and our movement out in nature. Take a nap in a hammock and enjoy the smell of freshly cut grass. Go to the park and meditate or read under a favorite tree. One of the greatest places to rest in the summertime is by the water. There is something magical and restorative in water, and we naturally crave to be near it, by it or in it. Heading to the water, whether it is the beach, a lake or a kiddie pool, can be relaxing and rejuvenating.

## Food Focus: Water



Most of us are aware of the importance of drinking enough water. Getting our daily dose of water helps our organs perform their functions, keeps our skin clear and hydrated, and allows physical action in our bodies to flow smoothly. Even with this knowledge, it can still be challenging to drink all the water our bodies deserve daily. In the summer, when we tend to play hard, sweat and spend prolonged time in the sun, drinking plenty of water is critical. Those who are not drinking enough may experience poor digestion, sluggish thinking, skin breakouts, headaches, bad breath and general fatigue.

To start your day right, set a large glass of water by your bed each night and drink it when you wake up. Drinking water first thing in the morning pulls out toxins from the previous day and freshens your system for the day ahead. Keep a bottle of water accessible throughout the day, whether you are on the go or at a desk.

### Recipes of the Month:

#### Sun Tea

Prep time: 2 minutes

Cook time: 24 hours

Yield: 2 liters

#### Ingredients:

3-4 tea bags of your choice  
water

#### Directions:

1. Fill an extra-large mason jar with water, add 3 or 4 of your favorite tea bags and cover with lid.
2. Place in sun for one full day and let the shining rays pour in heat and energy, bringing out the wonderful tea flavors.
3. Sweeten if so desired with natural sweetener and serve at room temperature or cold over ice.

*Note: Garnish with mint leaves or lemon wedge.*

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#### Ginger Drink

Prep Time: 7 minutes

Cook Time: 24 hours

Yield: 6-8 servings

#### Ingredients:

1 pound fresh ginger root  
2 quarts water  
juice of 2 limes  
maple syrup or agave nectar to taste

#### Directions:

1. Thinly peel the fresh ginger, grate and mix with water in a large saucepan.
2. Bring to a boil and simmer for 4 minutes. Cover the pan and turn off the heat; leave for 24 hours.
3. Strain the liquid through a fine mesh sieve.
4. Add the lime juice and maple syrup or agave. Stir until dissolved. Serve chilled.

Having a bottle of water close by will remind you to take a sip when thirsty. The first sip will usually let you know how much more water you need. A sip or two may be enough, or you may need a big glass. If you drink most of your daily water before early evening, you most likely will not be thirsty before bed. This is good, because drinking before bed and then waking to use the bathroom disturbs your peaceful night's sleep.

What about quality? Some people like bottled water, while others prefer filtered water. The key is to like the taste of the water you are drinking, and the water should agree with your body. If the taste of plain water is unappealing, experiment to see how you can make it tasty and drinkable. Try adding a few mint leaves, a wedge of lemon, a sprig of parsley, slices of cucumber, a twist of lime or a squeeze of orange to make water more tempting, or to jazz up your routine. Also, drinking tea or juice and eating raw fruits and vegetables contribute to the hydration process. So, splash in the waves, swim in the sun, drink plenty of water and enjoy the summer fun!

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## Upcoming Events

Please check out events [here](#) for the up and coming workshops in your area as Major Wellness is **now serving** both the **Terre Haute, Indiana** and **Marshall, Illinois** areas with the following **in-person workshops** in **August** and **September**.

Can't wait to see you there! Please stay tuned for future webinars as constituents who live out of the areas have requested more virtual events.

- Eating for Energy
- Beat the Sugar Blues
- 10 Keys to Healthy Eating
- Get the Stress Out

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## \*Referral Contest\*

You can **win** a **month** of **health coaching** by **referring ten (10) people** to this newsletter by providing a **name**, **email address**, and **phone number**. A month of health coaching consists of a **Health History consultation** targeting your **goals** and what's **getting in the way** as well as a **great start** to a new lifestyle.



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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.

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## Newsletter Sponsor Section

### 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](#)

### Cloud None Salon

- Hair salon for all ages offering cuts, color, perms, waxing, and hair treatments.
- Location | 418 Archer Ave  
Marshall, IL 62441
- Ph | (217) 826-5491
- FB Page [here](#)

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<https://majorwellness.com/>

