

June Issue



Let Your Health be Your Wealth

Upcoming Events

1) Presenting "**Get the Stress Out!**" on **June 24th at 6:00 PM EST** at the **Terre Haute YMCA** to learn about how to manage stress and how the food we eat has impact on our mood. What are **causes** and **effects**? What **actions** are available to **negotiate** stress? Please see the link [here](#) for details and send an RSVP **no later than Tuesday, June 22nd**.

2) Presenting "**Get the Stress Out**" webinar on July 1st. **Why** are we so **stressed** out today? What are the reasons and how can I have some peace? Please send an email for your log in information **no later than Tuesday, June 29th**.

3) Presenting the "**Sugar Blues**" on July 22nd at **6:00 PM CST** at the Marshall, Illinois library to understand how **sugar cravings** impact our overall **health** and what **steps** you can take to make positive differences in your life. RSVP **no later than Tuesday, July 20th**.

Please RSVP by email at Larry.Wetnight@MajorWellness.net.

There are people who are wise enough and motivated enough to change their lives and live their dreams, and then there are those who need a kick in the pants to change their ways.

Snack Attack



There's no denying that everyone, at one time or another, has had a snack attack. Views on snacking differ. Some feel that snacking is bad and that eating between meals leads to weight gain. Others believe that eating many small meals and snacks throughout the day is healthy for maintaining energy levels and optimal weight. If there were one way of snacking that was right for everyone, we would all be doing it!

To alleviate snack attack guilt, try to understand why you are snacking and what snacks work best for your body. Perhaps you snack because your daily diet is missing nutrition, or because you are eating too little at meals. You might be snacking to soothe jangled nerves when you are emotional, or to entertain yourself when you are bored. Whatever your reason, acknowledge it and start thinking about how to create a life that is nourishing and truly satisfying.

Although snacks are no substitute for loving your life, they can be great energy boosters. Many convenient snack foods are highly processed and full of chemicals, additives, damaging fats and refined sugars. When a snack attack hits you, try foods that are filling and

~ Les Brown (1)

Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

~ 1 Peter 3: 3-4



Vibrant Health

Take time today to laugh and smile
And get the sunshine on your skin
Go out in nature for a while
And let the beauty soak within

To prosper is much more than wealth
Enjoy the pleasures of each day
Do what you can for vibrant health
Balance your life with rest and play

Give your body the best of foods
And move your body - walk and run
Train your mind in positive moods
After your work - allow some fun

Take care to get plenty of sleep
Early to bed and early to rise
These simple habits you can keep
And lift your wealth to greater highs

~ Christopher Westra (5)

satisfying, but also nutritious. Here are some tips:

- Snack on things that don't come in a plastic wrapper or a box, like fresh fruit, leftover vegetables or rice cakes with almond butter and fruit spread.
- Make your own signature trail mix, organic hot chocolate made with almond milk sweetened with agave nectar, or blue corn chips with hummus.

You can also try "upgrading":

- If you are craving something crunchy, upgrade from potato chips to raw carrots, apples or whole grain crackers.
- If you are craving a candy bar, upgrade to a handful of nuts and dried fruit.
- Instead of a cup of coffee, upgrade to green tea.

Instead of ice cream, upgrade to applesauce with cinnamon.

Upgraded snacks are high in nutrition and give you a greater sense of satiety and satisfaction; you won't feel physically or psychologically deprived, and you'll have plenty of energy to sustain your activities for hours. (3)

Food Focus: Fruit

Recipe of the Month: Fruit Nut Smoothie

Prep time: 5 minutes

Yield: 2 servings

Ingredients:

1 banana

1 cup soy or rice milk



1 cup berries
1 cup diced melon
1/2 cup almonds
2-4 ice cubes

Directions:

1. Mix in blender for 1-2 minutes and serve.

Note: You can add other ingredients for added nutrition such as a spoonful of bee pollen, coconut oil, flax seed oil, spirulina powder or a scoop of protein powder.

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.

A healthy lifestyle is the key to longevity, optimum weight, abundant energy and balance. By using fruit to satisfy our taste for sweetness, we can leave behind the use of chemical, processed and refined sweeteners. Fruits are easy to digest, are cleansing and cooling and are great for those who are overstressed and overheated from excessive mental strain or hot climates. Fruits are filled with fiber and liver stimulants, which act as natural, gentle laxatives. Whenever possible, buy fresh, locally grown fruit as opposed to imported fruits shipped from far-off places. This keeps you eating in season, and more in harmony with your environment and climate.

Eating raw fruit in summer months is highly cooling, while baking it in the winter months neutralizes the cooling effect. Fruit in the form of juice is a great choice for cleansing the body, but be aware that juice rapidly raises blood sugar levels, leading to an energy crash soon after. Frozen, whole, puréed or juiced fruit can make great summertime cool-down treats. Try frozen grapes, banana-coconut smoothie popsicles or lime juice ice-cubes in iced tea!

Whether you are having fresh fruit for a light early morning breakfast, a midday snack or evening treat, enjoy nature's sweetness and whenever possible buy organic. Here are a few summer fruits and their health benefits:

Apricots: Great for lung conditions and

References

1. <https://www.wow4u.com/lbrown/>
2. https://www.azquotes.com/author/12558-Jim_Rohn/tag/health
3. This material is used with the permission of Integrative Nutrition Inc., (c) Integrative Nutrition Inc
4. This material is used with the permission of Integrative Nutrition Inc., (c) Integrative Nutrition Inc
5. <https://www.patreon.com/popsts/vibrant-health-25477029>

Free Consultation

Sign-up for a Free Health Consultation to understand your health goals and how Major Wellness can help you **reduce stress**, **increase energy**, and **lose weight**.

What are you waiting for?



asthma; used to help treat anemia due to their high copper and cobalt content.

Bananas: Help to lubricate the intestines, treat ulcers, detoxify the body and manage sugar cravings; are rich in potassium (which helps hypertension).

Cherries: Slightly warming in nature; increase overall body energy, remedy arthritis and rheumatism and are rich in iron, which improves the blood.

Grapefruits: Treat poor digestion, increase appetite during pregnancy, alleviate intestinal gas and reduce mucus conditions of the lungs.

Papayas: Tone the stomach, act as digestive aid, moisten the lungs and alleviate coughing; contain carpaine, an anti-tumor compound.

Raspberries: Benefit the liver and kidneys, cleanse blood of toxins, regulate menstrual cycles, treat anemia and can promote labor at childbirth. (4)



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