



# September Issue



*Your Greatest Wealth is Your Health*



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*If my mind can **conceive it** and my heart can **believe it** - then I can **achieve it**.*

~ Muhammad Ali

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*Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.*

~ 1 Corinthians 10: 31

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## **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.

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.

## **Deconstruct Cravings**



The body is an amazing source of intelligence. It is always there for you, pumping blood, never skipping a heartbeat, digesting whatever food you put in it and maintaining homeostasis. Is this reliable, intelligent bio-computer making a mistake by craving ice cream or a hamburger or chocolate? Are cravings due to lack of will-power or discipline? I'd like to suggest that cravings are not a problem. They are critical pieces of information that tell you what your body needs.

The important thing is to understand why you crave what you crave. Perhaps your diet is too restrictive or devoid of essential nutrients. Perhaps you are living a lifestyle that is too boring or stressful. Your body tries to correct the imbalance by sending you a message: a craving. A craving for something sweet could mean you need more protein, more exercise, more water or more love in your life. The key to stopping the sugar craving is to understand and deliver what your body really needs.

No book or theory can tell you what to eat. Only awareness of your body and its needs can tell you. Of all the relationships in our lives, the one with our body is the most essential. It takes communication, love and

## Workshop next week

### Mind Over Matter: Disrupting Your Stress Cycle

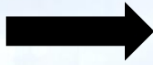


Are You Stressed Out? @#5  
Too much stress in your work, family, health, finances, relationships?  
Join me as we discover how to manage stress and learn how food and mood are connected in the "Mind over Matter" workshop



Learn to manage stress in healthy and natural ways to improve your lifestyle

- Cause and Effect | Breaking down the causes of stress and their outcomes
- Modes of Management | How to manage the different stressors
- Mindfulness | Stress reduction techniques to anchor in the present
- Food and Mood | How foods have an impact on our overall well-being
- Stress Buster Review



Thursday | September 2<sup>nd</sup> | 6:00 PM EDT | Terre Haute YMCA

RSVP to [Larry.Wetnight@MajorWellness.com](mailto:Larry.Wetnight@MajorWellness.com) or call (812) 208-8433

"Your Greatest Wealth is Your Health"

Larry Wetnight is a Holistic Health Coach with a certification by the American Association of Drugless Practitioners (AADP). Passionate about exercise since high school, Larry never made the connection that what we eat plays a large role in our health until recent years when he realized the great importance food has in our living a quality life. He is driven to search for optimal wellness plans that positively impact one's overall health. It's Larry's belief that eating healthful food, exercise, and a stress-less life will improve one's overall health.



time to cultivate a relationship with your body. As you learn to decipher and respond to your body's cravings, you will create a deep and lasting level of health and balance.

The next time you have a craving, treat it as a loving message from your body instead of a weakness. Try these tips to respond to your body:

- Have a glass of water and wait 10 minutes.
- Eat a healthier version of what you crave. For example, if you crave sweets, try eating more fruit and sweet or root vegetables.
- What is out of balance in your life? Is there something you need to express, or is something being repressed? What happened in your life just before you had this craving?
- When you eat the food you are craving, enjoy it, taste it, savor it; notice its effect. Then you will become more aware and free to decide if you really want it next time.

## 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

### Recipes of the Month:

#### Maple Fruit Compote with Honey-Ginger Toasted Nuts

Prep time: 10 minutes

Cooking time: 20 minutes

Serves: 4

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

*Adapted from "The Cane Mutiny," New Age Magazine, March/April 1999.*



### **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.
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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## **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** and **webinars** in **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.

- Mind over Matter - Disrupting the Stress Cycle
- Eating for Energy
- Weigh Less - Live More
- Eating for Energy ~ Webinar

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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

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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.

**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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## 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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