

Spring is Here!

Monthly Newsletter

April 2010

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*"You can clutch the
past so tightly to your
chest that it leaves
your arms too full to
embrace the present."*

-Jan Glidewell

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Dear Family and Friends

I hope all is well with each of you! Are you able to get outside and into the springtime? My wish is for each of you to accept and enjoy all that nature has to offer. The time is right for eating some of the most nutritious foods available, getting outside, moving more, and shedding those winter pounds. If you would like to learn more about great nutritious foods and ways to eliminate those extra pounds then consider visiting my website to complete a health history and learn more about my 6 month program. May we all be grateful for this spring season and relish in the vibrant colors currently available for our pleasure. Until next month....stay healthy, wealthy, and wise!

Lori

Did You Know?

Did you know there are many benefits to shopping and purchasing local foods?

- The fresher the food the more nutrients and vitamins are available
- You are helping the environment since the food does not have to travel too far to get to your plate
- You get a chance to meet and create relationships with the local farmers
- You can build a sense of community with the other local shoppers
- Buy purchasing local foods you are supporting the community
- You get more for your money because you are not having to pay for all of the traveling and stocking expenses associated with supermarket foods
- Your body will benefit from the freshness as well as the vital energy of the food

Spring Cleaning

People like "stuff". We tend to hold onto it year after year. We save and stock up on things that we don't know what to do with anymore. Maybe we keep things because they hold precious memories of days gone by, or they remind us of our parents, grandparents, past loves or childhood. To part with these precious possessions seems out of the question. There is a saying that goes, "You have to get rid of the old to make way for the new." If you are feeling stuck or stagnant in your life, try spring-cleaning. Throw out some of that stuff, say goodbye to your past and welcome the new energy of your happy, healthy future.

For good mental and physical health, we actually have two "houses" that need to be spring-cleaned: our physical homes and our physical bodies. Just as we accumulate "stuff" in the form of outgrown clothes, magazines, rusty bicycles, tools and random keepsakes, so do our bodies accumulate old food residues and toxins that need to be cleaned out.

To spring clean your body, give it a break from rich and complicated foods by either cleansing or fasting for a short period of time. Cleansing means paring down your food to just simple fruits and vegetables, lots of water and perhaps whole grains. Fasting means limiting most foods and drinking lots of water, fresh vegetable and fruit juices, teas and soups. Without much energy going toward digestion, more energy is available to the rest of your body and mind. Cleansing and fasting can sharpen your concentration, help you gain insight and promote spiritual awareness. It can also bring improved immune function and better digestion.

While you're cleaning out your body and home, don't forget to spring-clean your heart. Throw away negative thoughts and habits you've been harboring that no longer serve you. A clean, open heart will allow you to receive all the good that awaits you each and every day. If your heart and mind are cluttered, there is no room for life's gifts and surprises to enter.

Food Focus

Leafy greens are some of the easiest and most beneficial vegetables to incorporate into your daily routine. Densely packed with energy and nutrients, they grow upward to the sky, absorbing the sun's light while producing oxygen. Members of this royal green family include kale, collard greens, Swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, napa cabbage, green cabbage, spinach and broccoli.

How do greens benefit our bodies? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folic acid, chlorophyll and many other micronutrients and phytochemicals. Their color is associated with spring, which is a time to renew and refresh vital energy. In traditional Asian medicine, the color green is related to the liver, emotional stability and creativity. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

Leafy greens are the vegetables most missing from the American diet, and many of us never learned how to prepare them. Start with the very simple recipe below. Then each time you go to the market, pick up a new green to try. Soon you'll find your favorite greens and wonder how you ever lived without them.

Recipe of the Month

Shiitake and Kale

Prep Time: 2 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

1/2 pound shiitake mushrooms

1 tablespoon olive oil

1-2 cloves crushed garlic

1 bunch kale, chopped

pinch of salt

Directions:

1. Warm oil in pan on medium heat with minced garlic until aromas of garlic are released, about 2-3 minutes.
2. Add chopped shiitake mushrooms, stir-fry for 5 minutes.
3. Add chopped kale, stir-fry for a couple of minutes.
4. Add a splash of water and pinch of salt to pan, cover and let steam for 4 minutes.
5. Enjoy!

Movement Tidbit

Have you ever used an exertube? They are resistance tubes with handles that can be used for many different exercises. You can purchase them most anywhere, from Target to Dick's Sporting Goods, in many different shapes, colors & sizes. The exercises performed with these tubes will tone your muscles quickly. Developing a regular routine using the resistance tubes provides an excellent and inexpensive way to achieve more muscle tone and overall fitness.

Upcoming Event**Eating for Energy**

Tele class: Wednesday April 28th @ 7pm
Call in # (712) 451-6000 access code 220225

Thank You!

I thank you once again for your time and attention. I hope you enjoyed the material and I look forward to serving you in the future.

Sincerely,
Lori

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