

December Newsletter Love Yourself to Health

www.jeaninefinelli.com

*Our health
always seems
much more
valuable after we
lose it - unknown*

In this Issue

Sleep

Try these tips, they work!

Recipe of the Month

Lemony garbanzo beans
with spinach

Upcoming Events

OPEN HOUSE

See newsletter below
For details

Visit me at the Health
Choices Marketplace
Expo. See newsletter
below for more details!

Sleep in Heavenly Peace.....

When we think of ways to become healthier, we tend to think of quitting smoking, reducing the foods we know (or think) are bad for us, and hitting the gym more. While these all play a vital role in how healthy we are, we tend to forget the basic necessity of sleep. Because we live in a country where the average American consumes 175 pounds of sugar a year, and coffee is a billion dollar habit, no wonder prescription sleep medications are among the most medicines prescribed. That number is growing every year, and it is routine for millions to pop a sleep aid on the quest for a restful night.

Sure, you can knock yourself out with meds, and forget the day, frustration, sadness, and stress, or you can teach your body how to fall asleep on its own. For many people it can be as simple as eliminating caffeine after 2pm. For others, it is learning to de stress in other ways so that their mind is at peace when their head hits the pillow. Easier said than done, I understand.

So, why do we typically need 7-8 hours sleep? That is because the sleep cycle involves various stages of “detox”, if you will. Between the REM (dreaming state) sleep, and deep sleep patterns, our brain is processing information, emotions, memories, and stress. Our liver also works very hard between 1 and 3 am to rid the body of toxins we have taken in during the day. All of those wonderful nutrients that you eat during the day go to work at night when your body can rest, and repair itself. When you are lacking in sleep, it will ultimately show up in other ways like cravings, mood disorders, irritability, and your immune system is then compromised.

Remember, you may be able to trick your body for a short time into thinking it doesn't need much sleep, but it will compensate somehow, someday, for the energy and restorative sleep it is not getting. Again, there is NO shortcut to leading a healthy life, and sleep should be a priority, especially during this busy time of year. Below are just a few tips to help you begin to Love Yourself to Health – as you sleep!

- Try cutting out caffeine after 2pm
- Cut out sugary snacks after dinner
- Alcohol will help you fall asleep, but will wake you during the night...that's a bummer! What's the right amount for you?
- Keep the room dark. Your body makes more melatonin which helps you sleep – use a sleep mask and close the curtains.
- Magnesium supplements in the form of tea or pills are wonderful and help relax you immensely, and most people are deficient in the mineral that plays a vital role in calcium absorption – I like a product called “Calm” by Peter Gillham
- Don't watch upsetting or depressing shows before bed
- Keep electronics *at least* 3 feet away from your bed – ie: clocks, cell phone, outlets, computers etc.

- Recognize the healing power of prayer
- Take a warm bath with Epsom salts
- Take deep breaths –belly out on inhale, belly in on exhale – yes that’s right...the opposite of what we normally do!
- For some people, exercise in the evening can help them sleep or keep them awake. What works for you? Should you change around your routine?

Corporate Workshops

Private Counseling Sessions

Friends Don't Let Friends Eat Junk!

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Lemony Spiced Chickpeas with Spinach

Food is just one of the many spices of life, and those spices can be therapeutic and healing in so many ways. I love great Indian food, and below is a fantastic vegetarian dish that is sure to keep you warm, your senses alive, and your immune system happy!
Serves 4

Ingredients:*

- 1-2 TBS extra virgin olive oil (EVOO)
- 2 C Thinly sliced onions (about 2 med onions)
- 2 Cloves Garlic minced
- 1 15 oz can garbanzo (chickpeas) beans drained and rinsed
- 1 Tsp ground cumin
- 1 Tsp paprika
- 1/8 tsp cayenne
- 3 TBS Fresh squeezed lemon juice
- 1Tsp Salt
- 3/4 pound baby spinach
- Fresh ground pepper

Directions:

1. Warm EVOO over low in large skillet
2. Add onions and garlic and cook for 15 mins. – stir occasionally
3. Add beans, spices, lemon and salt
4. Cook 5 minutes uncovered stirring occasionally
5. Stir in spinach, cover and cook until wilted about 5 minutes
6. Uncover and sprinkle w pepper and pinch more salt if you like

NEWS

OPEN HOUSE

Join us on **Thursday, December 10th**
to meet our practitioners.

Noon – 2pm and 5-630 pm

Nancie Benson, Theta Healing, Reiki
Master, Bestselling Author

Jeanine Finelli, of "Love Yourself to
Health", Nutritional Counseling

Joyce Phelps Stephens, Lymphatic
Massage, Kinesiology, & Aromatherapy

Veronica Vela, of "HealthEcology",
Traditional Naturopathy & Hypnotherapy

Door Prizes & Light, Healthy Snacks

We hope to see you there!

110 Iowa Lane, Suite 201
Kilmayne Office Center
Cary, NC 27511

**Visit me on January 30, 31- Sat
and Sun at the Fairground's Kerr
Scott Bldg. for the Health Choices
Marketplace Expo.**

Drawings, and all things Health!

www.healthchoicesmarketplace.com

Always let your doctor know any supplements you are taking!

**Love Yourself to Health
www.jeaninefinelli.com**

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