

If you cannot afford prevention, how will you afford disease? - unknown

Vitamin L Deficiency

“For those of you traveling with small children, put your mask on first, and then assist small children.” Those of you who travel by airplane have heard this before. Why is it that we are never told that while on the ground? It would sound something like, “Take a warm bubble bath first, and then proceed with math homework assistance, and soccer carpool run.” Or, “Alert, Alert!!! Read a chapter in that book you have been trying to finish prior to starting another load of laundry!” The point is, when you take care of YOU, you are better equipped to meet the needs of others.

Someone very well respected in the natural and holistic community once referred to Vitamin L, as in Vitamin **Love**. What is Vitamin L? It is a vital nutrient that you must have every day to thrive, and it comes in different forms all easily digestible, and with no negative side effects:

- The extra 10 minutes you take at the store to read ingredients
- The 5 minutes you give yourself after a shower to apply your favorite body lotion head to toe
- Driving a few miles out of the way to go to Whole Foods or a Farmers market
- Making homemade cookies instead of buying them
- Reading a great book, that makes you think, laugh or cry
- Closing your office door during lunch to eat slowly and breathe
- Or better, yet, getting outside during lunch to get Vitamin D from the sun, and catch a quick stroll

The list goes on and on, but you get the idea. What are you going to do today to give yourself some Vitamin L.? After all it is **Valentine's Day** month, you deserve it, and so does your family!



Fiber

We all hear about fiber, and to a degree, know it is important. Why is it important and where does it come from? There are 2 types of fiber – soluble and insoluble. The best example of soluble is oatmeal. When combined with liquid, it becomes thick and mushy. This type of fiber is designed to slow down digestion so that your body has a chance to get all of the nutrients out of your food. Insoluble fiber, like that in vegetables, fruits, and wild rice is not digested and doesn't turn to mush. It is designed to cleanse your system of toxins as it moves through your digestive system. Both types of fiber are essential for optimal health. The recommended amount is about 25-40 grams per day, and a small apple with the skin on has about 4-5 grams, so eat your fruit, veggies, beans, and grains! Meat, dairy, and white refined breads have zero fiber, so rethink that bagel and cream cheese for breakfast, that pizza for lunch (unless it has lots of veggies), and that cheeseburger for dinner!



Three Bean Salad

Ingredients:*

1C cooked kidney beans
1C cooked garbanzo beans
1C cooked lima beans
1C chopped onion
½ C chopped green pepper
2-4 tsp olive oil
pinch of salt and pepper optional

Directions:

1. Toss all ingredients together
2. Serve hot or cold with whole grain bread if you like
3. To serve cold, add fresh lemon juice

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