

I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love
-Mother Teresa

In this Issue

Feature Article
Nurture the love you treasure

Recipe of the Month
Tarragon Mustard Dressing
(Vegetarian)

Upcoming Events

Health Choices
Marketplace Expo

Feb 20-21
Fairgrounds
www.healthchoicesmarketplace.com

Visit Arlene at SNAP Fitness in Cary.
Get in, get fit, get on with your day!
919.924.3122

State of the art brand new facility, in an intimate, judgment free zone!

Nurture what matters

Smack in the middle of winter is where we find St. Valentine's Day, which hopefully will be a day to celebrate love. Or maybe, like my father taught me as a little girl, you feel that there are plenty of reasons to show love everyday, and not just because Hallmark tells us to do so. My dad taught me that love doesn't have to come with a price tag because it comes from a place deep inside your soul. This came from a man who was eighteen and would hitchhike or ride with other New Yorkers every single weekend from Camp Lejeune, NC to the Bronx, NY to see my mother when they were dating. It was a very long drive without I40, and he would arrive on a Friday just long enough to visit family and my mother, and then leave on Sunday to head back. The love that you give will bless you back in return. In other words, you reap what you sow, and my parents are living proof of that.

It seems that the ability to love and be loved may be one of the most difficult things for the human heart to experience because of the great risk of having your heart broken. For this, it is understandable why love is so difficult to find, and *even harder to keep*.

So, if there were no flowers to buy, no cards to send, or no romantic dinners for two, how would you let those you love know that you treasure them? What would you say, or maybe not say? What if you had one chance to pull out all stops, and went out on that thin, long limb to prove your love? Suppose you applied that same resilience and dedication to loving yourself, and how might you feel if you gave yourself a chance to heal and become healthier? I believe that when you truly love yourself, you stand for what's right and real, and not just for what's easy and "mainstream". **Your heart is the last thing to ever quit on you, so don't quit on it!**

HAPPY VALENTINE'S DAY!



Tarragon Mustard Dressing

Ranch dressing, move over! This vegan, creamy dressing will make you a believer in the union between healthy and yummy.

Ingredients:

4oz soft tofu drained
1Tbs Dijon mustard
½ tsp fresh lemon juice
2-3 cloves garlic, chopped (I use roasted garlic cloves)
1tbs fresh tarragon, chopped or ½ tsp dried tarragon
sea salt and fresh ground pepper to taste

Place tofu in blender and process with Dijon, lemon juice, and garlic until smooth, scraping down sides as needed.

**Contact me today
to make the
changes now that
will last throughout
your lifetime.**

**Private Sessions
Corp Workshops
Do it with friends**

Transfer to a bowl and stir in tarragon, salt and pepper. Serve immediately or refrigerate in sealed container for up to 3 days.

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

**Jeanine Finelli
(919) 656-2711**