

In this Issue

Feature Article

Who's in your support network?

Low on time, energy and ideas? A Personal chef is within reach.

Food Focus

Tis the cold and flu season

Probiotics

Recipe of the Month

Immune Boosting Parfait

Upcoming Events

Local events to resume in February!

Come ready to learn, laugh, and reclaim your health

Call me at

(919) 656-2711
to learn more about how my programs will help you reach and maintain your wellness goals

How to Create Your Village.....

The pleasant memories of the holiday season of a year gone by still linger vividly in our thoughts. What is that memory for you? The magic of the season through the eyes of a child? A hug from someone you have missed, or maybe it was the smell of your freshly cut tree and Christmas cookies. Though we are full of hope, healthy desires, and prosperous intentions for a new year, many of us might have to draw upon the strength from those wonderful moments in order to face the challenges of what 2009 will bring. The economic downturn in our country as forced many people to endure somehow, someway – uncertain of how long they will have to do so.

What can we control in a time when so much is out of our hands? Nutrition and physical activity for sure, but have your thought about who is in *your* game of life? Take a moment to identify the following three groups of people in your life, and you will begin the new year on more solid ground, ready to become healthy inside and out.

Code Reds – these people will sabotage your health efforts because if they keep you unhealthy along with themselves, *they* won't feel compelled to better themselves, and that takes hard work, and dedication. They have negative, uninspiring comments about your commitment to health and feel threatened by your continued success. They might be family, "friends", or coworkers who just can't tolerate focusing on their own improvements, so they must critique yours. Take it with a grain of salt....Himalayan sea salt, of course!

Code Orange- folks mean well, but they don't quite understand what it takes to create new habits. You have a tendency to over indulge when you are around them, but they feed you with love, and don't intentionally derail you.

Biggest Fans cheer you on, and are not threatened by you 20 pounds lighter, and with lower cholesterol! Why would they be? They are pretty secure in how they see themselves. They are mentors, professionals, friends and family that give you a positive push in the right direction. **Don't hang with Code Reds, and be a Biggest Fan to someone you care about today! They say it takes a village to raise a child, but I say it takes a village to raise all of us. What better resolution than to find and create your village this year!**

If you would like to:

Spend less time at the grocery store
Eat meals that are healthy and meet any dietary restrictions you have
Learn different food preparation techniques
Come home and have dinner ready and the pantry full

Then don't wait another day to call **Laurie, Personal Chef...** She understands that every family's needs are different and wants to help make your home healthier and take the stress out of meal planning and grocery shopping. Visit her website at www.lauriesusan.com or call her at 239.849.2361 today for more information on how she can bring healthy

**Mission
Statement**

To educate and inspire
you to Create the Most
Vibrant Expression of
YOU!

convenience into your life!



Probiotics

We hear the word Probiotics a lot these days, but what does it mean, and why is it so important? Probiotics are the friendly bacteria that make up your immune system and 75 percent of your immune system resides in your gut or digestive system! Those friendly little bugs help to build your own personal army which is constantly fighting to keep you healthy and ward off viruses, bacteria, fungus, colds, flu and other illnesses. *Prebiotics* help to create an environment where Probiotics can grow and thrive. Ginger, garlic, cinnamon, berries (antioxidant power), laughter, water, and exercise are terrific immune boosters. For the best probiotics, choose a high quality supplement, and choose an organic, low fat yogurt (I like vanilla) that has a minimum of 4 active live cultures listed on the back of the container.



Immune Boosting Parfait

Prep time: 1 minute....really!

Cooking time: ZERO mins.

Yield: 1-2 servings

Ingredients:

- 1 Cup organic plain or vanilla yogurt (low sugar and no artificial sugar)
 - walnuts, almonds, flaxseed, honey or agave, blueberries, banana
- SKIP TIP-** skip the high calorie, high fat granola

Directions:

1. Combine ingredients of your choice, and savor every bite! Truly better than ice cream any day because it taste great, there is zero guilt, and is packed with nutrition!

Love Yourself to Health

www.jeaninefinelli.com

To learn more about private, group and corporate programs

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