

*It's not what happens to you –
It's what you do before it,
during it, and after it.*
-Alan Weiss

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Upcoming Events

Jan 30-31
Kerr Scott Bldg
Fairgrounds
Visit the Triangle's leading
practitioners in educating people
about natural health options.

www.healthchoicesmarketplace.com
for more info on the Expo

Hope to see you there!

Happy YOU Year

What an extraordinary “space” to be in! I’m talking about all of the hopes, dreams, and goals that the new year brings with it. Ok, maybe the new year brings a few bubbly induced headaches and extra pounds, but maybe without those celebration side effects, we wouldn’t be so compelled to make changes. What if those challenges and slight setbacks are meant to somehow inspire us to become healthier in our bodies and in our minds?

While sharing some awesome wine with cherished friends, my friend’s husband engaged me in an enlightening conversation about [Eaters Remorse](#). He “confessed” that he had gone to play golf with his young son a few days back, but the day took a twist we he decided not to even play. Instead, he went to the club house, and treated himself to “something bad”. I chuckled and asked what was so bad? (You see, “bad”, I have learned, is a relative term. Everyone has their unique taboo and trigger foods.) He went on to tell me that he had a few hotdogs with chili on top, and oh my! The joy on his face while remembering how great it tasted brightened up the room more than the tree at Rockefeller Center in NYC! He was that lit up! He shared this with me for two reasons – he felt emotionally guilty, and he physically felt heavy, and not well after eating it. I assured him that guilt rarely guides any one to a healthier path, and that in fact, it can lead to other self sabotaging feelings or behaviors. I encouraged him to turn the guilt he was feeling into knowledge that could help him – Every choice has a price tag, and I don’t mean one we open our wallets to pay. The very recognition of *how* he felt guilty after indulging was price tag #1 to pay. Price tag # 2 was the heartburn, and full feeling afterwards. I told him I was proud of him, and he didn’t understand why. I explained that the very key to making changes is a true knowing and understanding of *how different foods make us feel*.

When you can recognize that particular food choices are causing you insomnia, weight gain, irritability, and ultimately illness, you can *choose* other foods that work for your body. I have a feeling that my friend has begun to realize that health feels better than chilidogs taste!

www.jeaninefinelli.com

- Corporate Wellness
- Lunch and Learns
- Friends Don't let Friends Eat Junk
- Private Programs

Are you tired of feeling “sick and tired” at work? **Bring a Lunch and Learn to your company**, and stop the madness!

Why punish your body when you can nourish it?

Bigger isn't always better! There are many big chain massage places out there, and I bet some of them do a wonderful job, but treat your self to one of the best by Joyce Phelps Stephens in Cary.

www.joycephelpstephens.com

She is offering 50% off to new clients and her massages are more than pampering and “feel good”. She is passionate about cleansing, aromatherapy and holistic health!

True healing demands that we look at ourselves, and take full responsibility for our lives. We also must let go of negative patterns in order to embrace positive ones. Once you believe that anything is possible, you can begin to tune out the “noise” in your head, and from other negative people in your life. Be strong, stay focused and love your soul, and the body that nourishes it.

By the way, to my Chilidog friend, and his beautiful wife – your laughter is infectious, and thanks for the inspiration for my newsletter!



Cauliflower

Though this vegetable is more in season in the Spring and Summertime, it is a wonderful vegetable to use in stews and yummy warm dishes that can feed the soul during this cold time of year. It is a cruciferous vegetable and like its cousins, Brussels sprouts, kale and broccoli, it contains anti cancer properties. Need another reason to eat it? The recipe below will give you great guilt free soul food when you replace your *blood sugar spiking* mashed potatoes with cauliflower mashies! Guilt is a bummer, so free yourself from guilty eating in 2010.



Cauliflower Mashies

There are so many recipes for this dish out there. I am shocked at how many include the very things we are trying to reduce from our diets – saturated fats, excessive dairy, calories! Most of the recipes call for ingredients like butter, heavy cream, ranch dressing. Yikes! Here is one that is easier, and so much better for the old arteries and blood. I bet you will be surprised at just how yummy they are. Here's a tip: If your kids are expecting something creamier, then add in small amounts of butter or a dash of milk. It's all good!

Ingredients:

- 1 large head of cauliflower
- ½ C vegetable broth or chicken if you prefer
- Salt and pepper
- Optional- sprinkle with shredded cheese for little taste buds or a pat of butter

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Contact me today to look, feel and become healthier.

Directions:

1. Cut cauliflower into small pieces (without using the very core)
2. Boil for about 10-15 minutes or until soft
3. Strain and put back in pot with pinch of sea salt, broth, and mash using a potato masher, or you can puree in a blender – how ever YOU like it.
4. Add more salt / pepper to taste – you can also add more of less broth depending on how you like the texture. Experiment and enjoy!

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