

The Beauty of Life is to Experience Yourself.

In this Issue

Feature Article
PMS

Food Focus
Calcium

Recipe of the Month
Basil Pesto

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PMS – STAY WITH ME, GUYS.....

Odds are, you get PMS, you live with someone who does, or you are married to, or date someone who does. For the extremely small percentage of you who never experience it, go away! Just kidding. Stay with me here, there's lots to learn.

Premenstrual Syndrome is real and NOT in your head. How you manage it, and yes it is manageable, is key to your health, happiness, mood, and sanity! Every month, estrogen and progesterone battle each other for control of a woman's body, and thus you get hormone fluctuation which can cause irritability, insomnia, sweats, skin breakouts, cravings, cramps, and the list goes on. For some women, symptoms are mild and for others, life as hey know it can stop! A diet rich in calcium from non dairy sources (studies link dairy to PMS) such as dark leafy greens, and a high quality calcium/magnesium/ Vitamin D supplement can help reduce those symptoms. Reducing sodium intake can help with bloating, and though it can be tough to exercise when you want to chill out with Ben and Jerry, push yourself to do so. The endorphins you release will make you soooo much happier, and the sweating will help with water retention and help detox impurities. One of the main 8 reasons we experience cravings is hormonal fluctuation, so remember that while your willpower may be strong, biology can be stronger! Love Yourself to Health by appreciating all your body does, and knowing it has a purpose. Know and understand your cycle each month, and how your body reacts. You will feel healthier and those positive feelings will trickle down into your family. Oh, and by the way, it seems that people who learn healthy communication styles during PMS can be less affected by the hormonal fluctuations of menopause because they learn positive communication techniques that can transcend their lifetime. Visit www.cancerproject.org for more information on dairy and illness.

Check out these wonderful resources and products for PMS. When mamma's happy, everyone's happy. :o)

www.unspokenwordsonline.com – "Say something" without having to say something! Unspoken Words is a fun and effective way to communicate with your loved one during those times of the month when you want to scream, cry or just be alone. Can't put a price tag on relationship bliss!

www.pmscramprelief.com – Pauline Houle is a PMS expert! She has a BA in Social Work, a Masters in Transpersonal Study, with a background in Transactional Analysis, Neurolinguistic programming, Emotional Freedom Technique, Hypnotherapy and Past Life Regressions. Her transpersonal approach is an asset that complements human beings in their wholeness. In other words, she is qualified, brilliant, and a wonderfully warm woman with a beautiful French accent. Ahhhh oui oui. I feel better already!



Calcium

Along with Vitamin D3 and Magnesium, Calcium is necessary for healthy bones. Did you know it also helps to regulate your heartbeat and it has many other functions? Here are some of the best sources of calcium: I will give dairy an honorable mention because of its high calcium content, but studies show that dairy can also be linked to allergies, mucous, intestinal problems, cancers, and a host of other illnesses.

Now, lets talk about what gets the elephants, giraffes and gorillas so strong.....**greens, greens, and more greens.** Collards and kale have as much calcium as cow's milk, and almonds are a runner up. Sesame seeds have 5 times the calcium of milk, and beans are a great source too. Sea vegetables are nutritional powerhouses packed with vitamins and minerals, so enjoy a vegetarian sushi roll and feel great about it! Think "outside the carton" for great calcium sources, and remember that your body will use more nutrients from good quality food sources than it will from a supplement. When choosing a supplement, always pick one that is minimally processed with nothing artificial, no soy, wheat, yeast, dairy or sugar. Many places will let you bring them back if you don't like them or they just don't work with your body. I like the Garden of Life Vitamin code. They are raw and organic, and I have zero side effects from them. Vitamins are a personal thing, so go ahead and experiment. Check for store return / exchange policies. I like Vitamin Shoppe for service and price.

**Recipe
of the
Month**



Presto.....Basil Pesto

Prep time: 15 minutes
Cooking time: no cooking required
Yield: 4-6 servings


Ingredients:*

1 C fresh basil washed and dried (Buy a plant – it provides throughout the summer and it is cheaper and so easy to plant in your garden!)
¼ C Olive oil – extra virgin cold pressed is best
1/8 - ¼ C pine nuts
salt and pepper to taste

Combine all ingredients in your food processor and blend. Add the oil in slowly a bit at a time. Combine it with your favorite pasta. I prefer quinoa pasta if I am going to indulge. Nothing says summer time like fresh basil. Presto....dinner is served!

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