

***Love life, and life will
love you back-***

In this Issue

Feature Article
The story of stuff

Food Focus Lemons

Recipe of the Month
Lemonade

**My new website will be
launched in about 2
weeks! Visit me at**

www.jeaninefinelli.com

or

www.loveyourselftohealth.com

"Stuff-itis"

There's a new diagnosis out there! It's called Stuff-itis! It preys on those who fill their self worth up with the high they get from purchasing things. In other words, they feed their ego, not their souls. Having said that, we all like things...cars, nice hotels, a day at the spa, and a fine glass of wine. Maybe your "thing" is art, or maybe its jewelry. Maybe it is shoes, or collector's items for that matter. Whatever those things are that make you feel good, it's Okay. It seems to become an "itis" when you expect it to make you happy, and you are unhappy without it.

So, I invite you all to take 20 minutes out of your busy day, and view www.thestoryofstuff.com

This powerful video will most likely make you feel, and think more about the things we purchase everyday, and how they affect our health, our planet and our Mother Earth. Every day there are choices to make and hopefully this video will empower you to make the best choices you can, and to understand how those choices impact our small planet. Pick a time to *Love Yourself to Health*, and treat yourself to a great short movie clip of The Story of Stuff. Maybe even pour yourself a nice glass of wine, but be sure to put the bottle in the recycle bin! Then share it with your friends and act locally, think globally!

Food Focus - LEMONS

Lemons are a natural tonic for your liver, and they help to flush out toxins from your body. Who knew? They are actually great for heartburn and indigestion. They are acidic outside the body, and eaten raw, can strip away the enamel from your teeth. Once you eat them, they quickly neutralize your PH and have an alkalizing affect on your body, therefore they actually reduce acid. Lemons are a great way to get the antioxidant power of Vitamin C to keep your skin healthy and your immune system strong!



Call me to learn more about:

- Corporate workshop
- Private sessions
- Friends don't let friends eat junk!

Lemonade

A great refreshing summertime beverage, but forget those pre-made can mixes! There is no set recipe for tasty lemonade because everyone likes a different amount of tartness and sweetness. The trick is to use stevia instead of sugar, and fresh squeezed lemons. Add a few sprigs of mint, and you have a perfectly cool beverage.

Stevia takes longer to dissolve than sugar, so just slowly stir, or use the liquid stevia drops. One liquid teaspoon is about as sweet as a cup of sugar! Stevia is all natural, no calories, no chemicals (like splenda, NutraSweet, and aspartame) and it doesn't spike blood sugar. YAY! You're on your own for the Cabana Boy!

Love Yourself to Health
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visit www.greensfirst.com/5185 for all your green, red and protein drink needs