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## Upcoming Events

### Kerr Drug Health series- free to public

1050 South Horner Blvd, Sanford, NC

### Celebrate Heart Healthy Month

Tues, March 10  
6-7 pm

### Health Fair Kerr Drug-Sanford

Wed March 18<sup>th</sup>.  
Visit Jeanine and other healthy professionals for free info, and inspiration!  
10-1pm

### Vitamin Shoppe Cary

Saturday April 4<sup>th</sup>  
noon-4pm  
Walnut Street in front of Home Depot

**Come visit Jeanine and other local professionals who want you to be the healthiest you can be!**

## The A B C's of Detox

Are you confused about what detoxing means, and what it supposedly does for your health? Do you walk into a store to find an endless parade of pills, drinks, and foods claiming to detoxify your body? Who wouldn't be confused? After all, the detox industry is big business, and many companies know it is a HOT health button right now. Here are just a few simple things for you to keep in mind while figuring out what path is best for you, your body, and your lifestyle. This is nature's ideal time for Spring cleaning!

The best place to always begin is with your food. Are you eating artificial, processed, nutrient deficient, unhealthy foods, and drinking excessive alcohol, caffeine, and smoking? If so, look for ways to reduce those items in your diet. Bring in more fruits, vegetables, and whole grains. The reason this is so important is because when you detox, the toxins that are stored up in your liver and other organs are flushed out into your blood stream. Those toxins then need an exit strategy and quick...usually via sweat, using the bathroom, and breathing. Without an exit strategy, they will build up in your blood stream, and can cause flu like symptoms, headache, fatigue, digestion problems etc.

After you are "eating cleaner", then you can add in things like a high quality detox capsule, infra red sauna treatments, colonics therapy, and juicing! Other components of detox are exercise, clearing your mind of stress, and getting plenty of rest. You guessed it!! There is NO magic pill!



## Spring Nutrition

With drier air outside, and heat on inside, we tend to get dried out in the winter. Springs is a time to re hydrate and replenish our bodies with the foods that Mother Nature intended for us. Here are some specific Spring recommendations to think about:

Increase foods such as peas, collards, spinach, hot peppers, green beans, watercress, radishes. They help to cleanse and detox.

Reduce your dairy intake as it can set up prime conditions for colds, mucous and other health issues. Also decrease nuts and oils. While having some in the diet is okay, our bodies work better with more oils in the winter than in the spring and summer. For more information on how to eat with the seasons, Check out *The 3 Season Diet* – by John Douillard.



## A healthy spring breakfast

Hot barley or grits with sliced raw apples or pears with a dash of cinnamon, and a "smidge" of raw honey if you like.

Eat Right For  
Life with Jeanine  
Finelli

919 656 2711

*The cost of  
prevention is  
nominal compared  
to the cost of  
disease.*

Enjoy a cup of herbal tea, or fresh juice such as carrot. Need something crunchy? Have a slice of toasted rye, or Ezekial bread! **Get your GREENS FIRST products here. Spring is the time to get Green!**

**[www.greensfirst.com/5185](http://www.greensfirst.com/5185)**

The above are just suggestions, and I feel food is to be enjoyed! If you don't like the taste of something, try a different food, and keep going until you find what tastes good and makes you feel good. YOU have the final say. :o)

**Want more productivity and smiles in the workplace?** Visit [www.jeaninefinelli.com](http://www.jeaninefinelli.com) to learn more about how to bring a corporate workshop to your organization. Health is Wealth! Also, private sessions available as well as doing it with your friends because *Friends Don't Let Friends Eat junk!*

Have you scheduled your colonic yet? If not visit [www.intestinalfitnessllc.com](http://www.intestinalfitnessllc.com) for more information, and make that a priority. Also, if you are looking for a chiropractor who actually wants to help you become healthy and turn you loose to live a great life at the lowest possible cost to you, visit [www.integrativechiro.com](http://www.integrativechiro.com) and make an appt. to see Dr. Palazzo. My January newsletter was about creating your "village". These two professionals are a must for your healthy alliance!

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Health Counselor