

November Newsletter Love Yourself to Health

www.jeaninefinelli.com

No matter what is going on in your life, there are plenty of reasons to have a thankful heart.

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Contact me today to begin feeling and looking better tomorrow!

- Corporate Workshop
- Privates Sessions
- Friends Don't Let Friends Eat Junk!

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A Thankful Heart...For All

Wow! It seems like just yesterday I was just picking tomatoes from my garden. Now, my yard is covered with bright and beautiful leaves that have fallen to the ground in order to cultivate new earth for the Spring. I so enjoy the thankfulness the Autumn brings to mind, and the way it quietly encourages me to "cozy up" my life and all of the moving parts in it. It is also that time of year when we think about purchasing gifts for those we care about. With all that has gone on with our economy this year, many of us are being mindful and smart about how we spend money. I encourage you to think outside of the "mall gift box" for some of your loved ones, and visit a few of the sites listed below. By giving one of these gifts, you can send books to children who have none, or pet food to an animal shelter for a month. You can also help a community have clean drinking water, save an acre of rainforest, or save your relationship! There are gifts to help adults, children, charities, animals of all kinds; all in addition to giving something special to someone you care about. Last year my kids gave these gifts to their cousins, aunts, and uncles. My son wrote a poem and my daughter drew a beautiful picture to accompany the gift. You will be surprised at how as little as \$5 can make a heart happy and healthy! I have also listed various other sites that give the gifts of health. **Love Yourself...and them...to Health!**

www.greatergood.org

www.therainforestsitesite.org

www.unspokenwordsonline.com

www.cafepress.com

www.joycehelpsstephens.com – local gift certificates available

www.healthgifts.com

www.youngliving.com

(ask me about the healing power of plants, and how to get discounts on 100% pure oils)

www.greensfirst.com/5185

There are so many wonderful organizations out there, so search around on the internet to see what pops up, and be creative! Prevention costs far less than disease.

Healthy, immune boosting reminders:

Wash your hands frequently with warm water and soap

Get plenty of rest

Reduce sugar – it weakens your immune system immensely

Eat fruits and veggies that are local and in season

Take a quality probiotic and multi vitamin

Manage stress in healthy ways (Refer to previous newsletter)

Keep up your exercise routine even though it's colder out!

Limit processed foods/alcohol / tobacco

Get plenty of fresh air
Remember that health is about progress, not perfection!

**Recipe
of the
Month**



Pumpkin Bread

Very few foods say Thanksgiving like pumpkin...except for turkey, of course! Below is a pumpkin bread recipe that I really enjoy, and you probably will too. It is healthier than many others out there, and smells up your home like no candle ever could. Enjoy!

Ingredients:

- 1 .5 Cups spelt flour
- ½ tsp salt
- ¼ C water
- ¾ C sugar
- 1tsp baking soda
- 1C pumpkin puree
- 2 eggs beaten
- ½ C apple sauce
- 1 Tbs canola oil
- ½ tsp nutmeg
- ½ tsp cinnamon
- ½ tsp pumpkin pie spice or allspice
- ½ C walnuts – optional
- 2tbs ground flax seed (flax must always be ground)-optional

Directions:

1. Preheat the oven to 350
2. Sift flour, salt, sugar, and baking soda together
3. Mix oil, applesauce, pumpkin, water, eggs, and spices
4. Combine with flour mixture but do not mix too thoroughly
5. Stir in nuts
6. Pour into a 9x5x3 loaf pan (lightly sprayed with oil) and bake 40-55 mins until knife comes out clean. Let cool on rack.

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