

Creativity is maximized when you are living in the moment-

In this Issue

Feature Article
Beat the Stress
Mess

Food Focus
Seasonal changes

Recipe of the Month
Healthy Hearty
Oatmeal

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919 656 2711
www.jeaninefinelli.com

The Stress Mess

I was inspired to write about stress this month because it seems September is a busy time for many of us. Whether it is your last trip to the beach with a tropical storm brewing off the coast, juggling work hours with school hours, or dealing with zero “you” time, you are not alone. I recently was asked to speak at an association meeting about this very topic, and so I chose to share a few stress management techniques with my readers because stress is related to over 80 percent of all illnesses. When we are in a state of constant stress, our bodies crave artificial sources of energy such as caffeine and sugar. This daily cycle disrupts our normal hormone production, and can lead to cravings, depression, and illness.

Everyday we find ourselves in situations that make our hearts beat faster, our blood pressure rise, our palms sweat, and other reactions to the stress hormones, adrenaline and cortisol. The next time you find your body reacting to a stressful situation, or the anxiety you may feel just thinking of something that is coming up in your life, here are 3 tools to pull out of your anti stress tool box, A.K.A the part of your brain that is still sane!

Can you AVOID this thing that is causing you stress? Maybe you can just say no (politely of course) instead of yes, and avoid it all together? Can you travel a less congested route? Extra sleep and skill building tools are great ways to avoid feeling pressure too!

Can you ALTER the situation? Can you speak your mind and come to an agreement? Can you put off talking about it until after your workout or a relaxing bath? Can you talk with someone you trust? Sometimes, letting an idea or feeling “marinate” until we are in a healthier frame of mind works wonders for all involved.

Can you ACCEPT the situation? Can you realize that maybe your own expectations are too high? Can you focus on the positives instead of the negatives of that person, or situation? Sometimes, saying the Serenity Prayer can help bring you into the moment to do what you can, accept what is real, and have the courage to move forward.

Love Yourself to Health!



Seasonal Eating

As the summer draws to a close, and the last blast of warm air washes over you like it has for months now, something will be different. The leaves on the trees are louder when the wind blows them. The smell of the air is different as flora changes and cooler air comes in. Can you guess what else happens? We are mammals, and our appetites will change. Embrace it, and know that it is the work of Mother Nature and your Creator. As human beings, when the temperature goes down, our bodies naturally crave more warming foods, and less cooling foods. Have you ever thought about why foods are seasonal and not available

year round? (They are in stores but at twice or three times the cost!) That is Mother Nature's way of providing the nourishment our bodies need when we need it. So, going into the fall, don't be surprised if you start wanting oatmeal instead of a smoothie for breakfast. Just go with it...the healthiest version of course! Health is not just about the choices you make, but also understanding that biology is sometimes stronger than your own willpower! Go with it, and allow yourself to be seasonal.

Foods that are coming into season now are figs, pumpkin, apples, beets, cranberries, Swiss chard, pears, parsnips, mushrooms, grapes, and sweet potatoes- just to name a few!



Healthy hearty Oatmeal

Ditch the pre packaged boxed oatmeal, and do your waistline and your wallet a favor! Buy the organic oats in bulk from Whole Foods at about \$1.25 a pound. If you like it for a snack at work you can put ½ cup in a container and bring it w you. Just add 1C boiling water, and simmer for 5 mins, or until its just the way you like it. Oatmeal has soluble fiber which helps you body get all the great nutrients out of your food. Add a little soy, almond or rice milk if you like, along with some seasonal fruit, and ground hemp or flax seeds. A drizzle of honey or Agave nectar adds a nice flavor if you need some sweet. That, my friends, will do a body good!

You can also add a dash of nutmeg or cinnamon. Store unused oatmeal in a cool, dry, dark place.

Enjoy!

Love Yourself to Health
www.jeaninefinelli.com

Jeanine Finelli
Certified Health Counselor
(919) 656-2711
www.jeaninefinelli.com