

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

I'm So Excited

Welcome! So much is happening right now that I am excited about! I have graduated from IIN and am now a Certified Holistic Health Coach. I am now accepting new clients for a 6-month coaching program. And I will be moving soon back to the midwest. New adventures await!



Spread the word

Please share this newsletter with those that might be interested in either the blog or the program for wellness.

[natural joy healing website](#)



Healthy Nut Bars

These gluten free / dairy free nut bars are filled with nuts, seeds, and fruit. Lots of protein, minerals and vitamins you can't go wrong for them as a snack or meal. You can easily swap out ingredients based on your preferences.

[Recipe Here](#)

Chronic Fatigue

Can't sleep? So many things contribute...

Many people have issues with RESTFUL sleep. We get snatches of it here and there but nothing that helps replenish our stores. What causes it? How do I get more? Is my diet a factor? How about my environment?

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Food as Healing

Food not only feeds your body but your mind...

When you eat, how often you eat and how much you eat plays a big part in your daily health.

Remember:

- EVERYONE is different. Listen to your body...
- Certain foods contain melatonin which help you sleep include cherries and pistachios.
- The Mediterranean diet is known to have beneficial results for Chronic Fatigue Syndrome and insomnia. Reduce your process foods. Increase your fruits and vegetables.
- What NOT to eat / drink. Caffeine, sugar, process foods (out of a box or prepackaged), artificial colors and sweeteners, and alcohol.



Working with people across the US to spread health, joy and healing!

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