

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

Happy New Year!

The new year has arrived and for many that means we are thinking about how we can change our lives for the better. Lose weight, change jobs, go back to school, reconnect with family... the list goes on and on. I wish you enough for the new year!

With all the crazy going on right now, many people are wanting to make lasting changes in their health, wellness and overall level of joy. Health coaching helps you maintain and achieve these goals. What do you want to improve? Initial consultation is FREE.

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Change

Where do we start when we want to make a change? This is a very personal story for me. Please click below to read the post.

[Read More](#)



Lumpia

I learned my Asian cooking from the lovely women of Asia and miss them all dearly.
Lumpia is an improvement on eggrolls... mmmm...

[Recipe Here](#)

**Start by doing 1 push up.
Start by drinking 1 cup of water.
Start by paying toward 1 debt. Start
by reading 1 page. Start by making
1 sale. Start by deleting 1 old
contact. Start by walking 1 lap. Start
by attending 1 event. Start by writing
1 paragraph. Start today.
Repeat tomorrow.**



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:

- Think before you eat. Why are you eating? Is it necessary? Are you hungry?
- Drink a glass of water before you eat and then not again until finished.
- Everyone is different. Listen to your body...
- Eat fatty fish regularly - salmon, tuna, mackerel, sardines.
- Rainbow of vegetables - all vegetables are beneficial. Ensure you are eating them at every meal.
- Crowd out the bad foods with good ones. Grab an apple or a piece of celery

rather than the fast food, snack food, or processed foods.

- Water - stay hydrated to minimize cravings for foods that are not good for you and to flush out toxins regularly.
- Foods to avoid include processed and prepackaged foods, GMO foods, sugar, alcohol, and caffeine.



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

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