

*natural joy healing* 



*joyous news*

NATURAL JOY HEALING NEWSLETTER

## Sessions

Spring is on its way and many people are wanting to make lasting changes in their health, wellness, and overall level of joy before summer arrives. Health coaching helps you maintain and achieve these goals. What do you want to improve? Do you have weight loss / gain goals? Do you have health challenges? Do you want to resolve past trauma? Reach out, I'd love to chat. Initial consultation is FREE.

[Sign Up Now](#)

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## Take a Stand

Who is in charge of your healthcare? What rights do you have? When do you make a change? It's time to take a stand and make healthier choices.

[Read More](#)

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## Lasagne

I have a few "family goes crazy for" meals. Lasagne is one of them. While I don't follow recipes - but season by scent - it is hard to do it justice!

[Recipe Here](#)

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**“Believe nothing, O monks, just because you have been told it, or it is commonly believed, or because it is traditional or because you yourselves have imagined it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be conducive to the good, the benefit, the welfare of all beings - that doctrine believe and cling to and take as your guide.”**

~ GAUTAMA BUDDHA

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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:

- 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.
  - What are you feeding your mind? Positive self-talk is important to your overall health and wellbeing.
  - Foods to avoid include fast food, processed and prepackaged foods, GMO foods, sugar, alcohol, and caffeine.
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**Working with people across the US to spread health, joy and healing!**

natural joy healing, 1 A, Hendersonville, NC, USA, 360.241.9071

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