

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

Thank you!

I want to spend a moment to thank each and every one of you. [Natural Joy Healing](#) has been live for a year and what a year it has been! Thank you for all the support! Thank you for all the guidance! Thank you for all the questions!

Please share this newsletter and the blog with those you think it may serve. Health coaching helps people maintain and achieve their health / life 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. The initial consultation is FREE.

[Sign Up Now](#)



It's Spring!

Time to make clear out the debris - physically, mentally, and externally. Make new healthier choices. Change the way you keep house. Come read the blog for ideas.

[Read More](#)



Pancit

This is one of my favorite noodle dishes. It has so much flavor and is amazing cold or hot.

[Recipe Here](#)

Your home is an extension of your energy field. This is why practices like cleaning your home, rearranging furniture, organizing your closet, and getting rid of objects that are cluttering your space can have a profound impact on your mind, body, and spirit.

-Maryam Hasnaa



Clearing Out Your Spaces

Spring Cleaning is not just for your home...

When performing spring cleaning on your home, take time to consider these...

- Clear out old relationships that no longer serve you.
- Crowd out unhealthy foods from your diet.
- Replace activities / routines that don't strengthen you to those that make you a better person.
- Be more active.
- Change your self-talk from negative to positive.
- Try one new recipe each week.
- Walk more often. Park further away.
- Find a volunteer activity to participate in.
- Play more!



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

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