

*natural joy healing* 



*joyous news*

NATURAL JOY HEALING NEWSLETTER

## **It's Spring!**

Everything is greening up getting ready to bloom! It's also time for spring allergies, spring cleaning, the start of gardens, and thoughts of getting into that suit this summer. Lots of good stuff coming down the pipe here... stay tuned!

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](#)

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## **It's Spring!**

Seasonal allergies are in full bloom. Time to take a look at how to manage them.



## Tortellini Soup

This is one of my favorite 30 minute or less recipes. Bursting with flavor and so easy to make.

[Recipe Here](#)

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## Self-Care

**It's spring. Time for new beginnings.**

Begin a new self-care regimen this spring to ensure a good year ahead.

- 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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