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joyous news

NATURAL JOY HEALING NEWSLETTER

I've Moved!

Last month's newsletter was late as I was in the midst of moving my household from one side of the country to the other. Now that I am settled in East Texas, I will actively take in-person clients. If you or anyone you know is interested please send them my way!

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](#)



Get Outside!

Read how important it is to connect with nature for your overall health.

[Read More](#)



Thai Beef Salad

This is my all-time favorite Thai meal, and I am NOT a steak eater, so that says it all!

[Recipe Here](#)

BENEFITS OF A DAILY WALK

- STIMULATES DIGESTIVE SYSTEM
- IMPROVES COGNITIVE FUNCTION
- ESTABLISHES STEADY CIRCADIAN RHYTHM
- BOLSTERS CREATIVITY AND PROBLEM-SOLVING
- CONDITIONS FULL-BODY MUSCLES
- INCREASES RELEASE OF ENDORPHINS
- SIGNIFICANTLY BENEFITS DAILY MOOD
- LOWERS BLOOD PRESSURE
- DECREASES STRESS AND ANXIETY
- SUPPORTS HEALTHY METABOLISM

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Self-Care

It's spring. Time to Get OUTSIDE

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

- Visit Farmers' Markets
- Go berry picking

- Find a Zipline Course
 - Be more active
 - Walk outdoors for 30 minutes each day
 - Visit the Botanical Gardens or Zoo regularly
 - Walk more often. Park further away.
 - Find a volunteer activity to participate in.
 - Play more!
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Working with people across the US to spread health, joy and healing!

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