

*natural joy healing* 



*joyous news*

NATURAL JOY HEALING NEWSLETTER

## Summer's Here!

What are your plans for the summer? Vacations? Exploration? Adventures? How are you feeling? Are you ready to enjoy the great outdoors? Make plans! Get outside! Begin your process for getting healthy with a dose of the sun!

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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## Natural Gardening

Pesticides and Herbicides not only kill the things you want, but they poison your water and food sources! Read how to garden naturally in this blog post.

[Read More](#)



## Summer Rolls

I can't get enough of these! Whether made with shrimp or tofu they are amazing!

[Recipe Here](#)



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## Self-Care

**It's summer. Time to Get OUTSIDE**

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

- Dance more.

- Visit Farmers' Markets.
  - Get 8 hours of sleep.
  - 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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