

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

Sessions are Open!

Working with clients to improve their overall health, wellness, and happiness is the core of what I do. Are you struggling with weight? Depression? Stress? Digestive issues? Sessions are customized to your unique needs. Please reach out for a free consultation - no strings. Health Coaches help you focus on YOUR goals. Let's talk!

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](#)



Metabolic Crisis

At age 35 your body's hormone levels begin to change and fall out of balance. It is harder to lose weight, you need more sleep, and stress affects you more profoundly... how do you fix this?

[Read More](#)



Fruit Salad

A family favorite on hot summer evenings. A touch of honey and a splash of lime gives this a wonderful flavor.

[Recipe Here](#)

METABOLIC CRISIS SYMPTOMS

FATIGUE
WEIGHT GAIN
DIFFICULTY IN LOSING WEIGHT
INSOMNIA
DIABETES
PRE-DIABETES
FOGGY BRAIN
DEPRESSION
OSTEOPOROSIS
MUSCLE TWITCHING, SPASMS, OR SEIZURES
MUSCLE WEARINESS
LOSS OR CHANGES IN VISION
ENLARGED LIVER, HEART, KIDNEY, OR SPLEEN

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Self-Care

It's summer. Don't forget the water!

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

- Drink plenty of water.
- Eat lighter meals in the evening.
- Volunteer - there are plenty of people in need.
- Join a community event.
- Learn something new.
- Go back to school.
- 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!



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

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