

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

Program Sessions are Open!

With all the crazy going on right now, many people are wanting to make lasting changes in their health, wellness and overall level of joy. Health coaching helps you maintain and achieve these goals. What do you want to improve? Initial consultation is FREE.

If you know of someone struggling, please share my newsletter.
Blessings, my friends! E

[Sign Up Now](#)



Daily Affirmations

USE your social media to help you with daily affirmations. What you think you become.

[Natural Joy Healing Facebook Page](#)



Bulgokee

When I travel and visit family this is the FIRST thing I am asked to make. It is a family favorite and so quick and easy to make.

[Recipe Here](#)

Stressed Out!

Anxious... Jittery... Can't Focus... HELP!

We live in a fast paced - demanding - always on / always go world. So, it isn't a surprise that many people are having issues with stress, anxiety and depression. When things get bad, your body rebels. How do I fix this? What causes it?

[Continue Reading](#)

Food as Healing

Food not only feeds your body but your mind...

When you eat, how often you eat and how much you eat plays a big part in your daily health.

Remember:

- Everyone is different. Listen to your body...
 - Certain types of foods are complex carbohydrates which increase serotonin levels in the brain include pumpkin seeds.
 - Protein for breakfast helps balance out your sugar levels.
 - DARK or BITTER chocolate is a great mood stimuator.
 - Foods to say NO! to include caffeine (1 cup of strong coffee will increase your cortisol - stress hormone - by 1/3 which increases your waistline), sugar, artificial colors and sweeteners and alcohol.
 - Try swapping out coffee, soda or black tea for some Yerba Maté. This South American tea has the same positive effects without the negative ones.
-



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

natural joy healing, 1 A, Kansas City, MO, USA, 360.241.9071

[Unsubscribe](#) [Manage preferences](#)

Send free email today

HubSpot