

*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.

[Sign Up Now](#)

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## **Walk Daily**

Walking for 20 minutes daily helps you relieve stress, reduce cravings, meditate, reconnect to the earth, help you lose or maintain weight. Give it a try today!

[Read More](#)

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## Chicken Salad

A healthy way to get your protein for lunch. I like using a garlic roasted chicken, smoked turkey or tuna for mine. Explore the ways you can turn your favorite recipes more healthy. Replacing the mayo with greek yogurt gives the salad a nice tang.

[Recipe Here](#)

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**an early-morning  
walk is a blessing  
for the whole day.**

— Henry David Thoreau

SportsFeelGoodStories.com

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## 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...
  - Increase your weight loss by walking before you eat. You burn the fat that is stored rather than the food you consumed for breakfast.
  - Take water with you and ensure you stay hydrated.
  - On long hikes I take an apple, nuts, and a protein bar. Each one gives me a different type of boost..
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**Working with people across the US to spread health, joy and healing!**

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