

natural joy healing



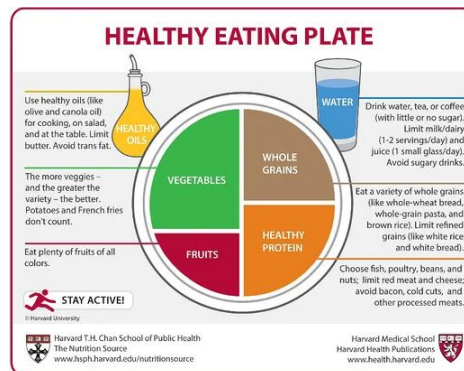
joyous news

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](#)



I LOVE food

I love making meals that make your mouth water. I love integrating all types of healthy foods and herbs without the people knowing they are eating healthy. I know I need boundaries. I know certain foods are not good for me. How do you feel about food and your "diet"?

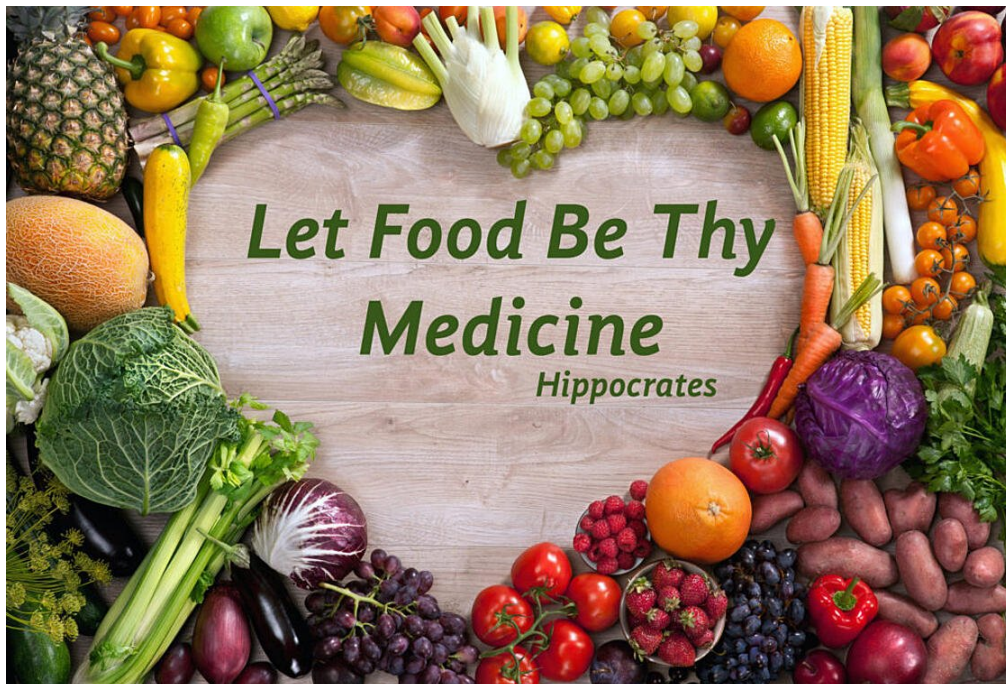
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Beef Stroganoff

Beef Stroganoff is one of those childhood memories for me. Since I am lactose / gluten intolerant, it is one meal I haven't been able to have for a long time. One day I decided I was going to fix that - this is my "translation." I hope you enjoy.

[Recipe Here](#)



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...
 - If you have challenges with food, keep a food journal for 30 days. Include when you eat, how much you eat, how you feel after and how you feel 1 - 2 - 3 hours later. This will help you determine what foods are good for you and which are not.
 - Your body needs all types of foods, some are better for you than others. Example - vegetables oils (corn, canola, safflower) are very bad for you. Look for cold pressed avocado or cold pressed extra virgin olive oil instead.
 - Experiment with herbs - figure out which compliment the foods you like and which don't. Example - oregano and basil compliment italian cooking, cilantro and basil compliment asian cooking.
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Working with people across the US to spread health, joy and healing!

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