

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](#)



Stomach Woes

Your digestive tract is the most important indicator to your health. Think about it - food comes into your mouth to feed the body - if your body isn't able to digest it properly, you are losing vital nutrients. What are your challenges? Bloating? Food allergies? IBS? Leaky Gut? Acid Reflux?

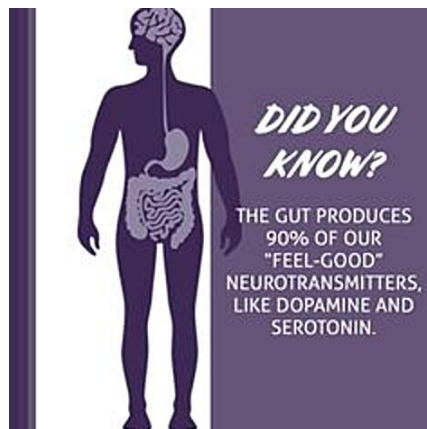
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Kale Salad

This salad ROCKS! It has so many great nutrients - vitamins and minerals - to help you stay healthy. Easy to make and easy to adjust based on your needs. I love this after a long hike!

[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...
- Beans - hummus - Legumes ALL are vital to rebooting your gut flora.
- Dark Green leafy / cruciferous vegetables are also quite beneficial to clear out your colon and restart all your gut bacteria.
- It takes 3 - 6 months to see a big change in your gut once you start eating the foods needed.
- Stay away from foods you are allergic or sensitive to (i.e. dairy, gluten, nuts).
- Stay away from GMO, processed and prepackaged foods. These have high

amounts of artificial coloring, artificial sweeteners, fillers, antibiotics, herbicides, pesticides and more.



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

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