

natural joy healing 



joyous news

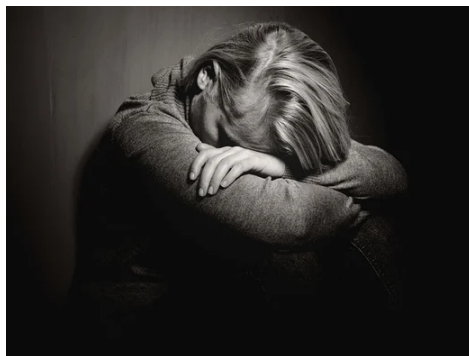
NATURAL JOY HEALING NEWSLETTER

Warmest Greetings of the Season!

The holidays can be a very stressful time of the year for many. Being single, having lost a loved one, living far from family... it doesn't matter why life is challenging this time of year, just remember that you are not alone and there are those out there that need you and your smile / hug in their life! Share today!!

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](#)



Depression

My roots in natural medicine begin with depression. The pillars of Naturopathy help but are only a start. You need a safe space and someone to trust. Learn my story below.

[Read More](#)



Buckeyes

Another adjusted recipe. I love these. You will find they are gluten free and much lower in sugar than the traditional ones. 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...
 - Eat fatty fish regularly - salmon, tuna, mackerel, sardines.
 - Rainbow of vegetables - all vegetables are beneficial. Ensure you are eating them at every meal.
 - Certain herbs may or may not be helpful and all should be reviewed with your health practitioner.
 - Water - stay hydrated to minimize cravings for foods that are not good for you and to flush out toxins regularly.
 - Foods to avoid include processed and prepackaged foods, GMO foods, sugar, alcohol, and caffeine.
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Working with people across the US to spread health, joy and healing!

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