

Having trouble viewing this email? [Click here](#)



Mind and Body Health

Monthly Newsletter

August 2009

In This Issue

TCL and Cookbook
Omega 3 Fish Oil
Recipe of the Month
Upcoming Classes
Book of the Month



Maria on Twin Cities Live!

Maria will be on TCL again talking about "Better Breakfast Options!" on Aug. 5th on channel 5 at 3pm or channel 45 at 8pm. [Click Here to view it online](#). It is available on the web the same day.

Hello Everyone

Just wanted to remind everyone that I have lots of great classes coming up at Inspiring Actions.

Look at the "Upcoming Classes" section for details.

I also added a new section on "Book of the Month". I know it can be hard finding good books on nutritional health with so many varying views. I will suggest books that meet my standard for accuracy based on the latest science.

A reminder to please give my book a rating on Amazon.

Here is the link

[Click here to write a review!](#)

Take Care,
Maria

Quick Links

[Mind and Body Health](#)

She will be talking about healthy alternatives to our everyday food choices. She also teaches a 2 hour class on the topic at Inspiring Actions. The next one is on September 9th at 6-8PM. See upcoming classes below for details.

You can still pick up a copy of the Nutritional Guide and Cookbook if you haven't gotten yours yet. We have put a lot of work into this book to make sure that the more than 110 recipes are healthy and taste great. There are over 35 pages of nutritional information to help you understand the science behind healthy living. So contact us today to get your copy.

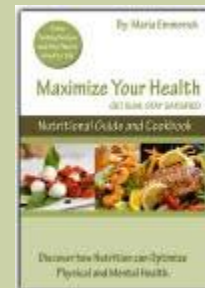
All proceeds go toward our Ethiopian Adoption!

\$15 each

\$3.00 to ship if we can't hand deliver. You can simply mail a check for \$18.00 to our home address and make sure you include your return address. We will ship your copy out right away!

[Click here for a Preview of the Book.](#)

Our Address:
W11945 757th AVE



Omega 3 fish oil supplements:

Don't just take my word for it; thousands of scientific studies prove that an omega 3 fish oil supplement is the closest thing to a real life miracle pill. Here are just a few benefits:

- lowers blood triglyceride levels
- reduces the risk of heart attack
- reduces the risk of dangerous abnormal heart rhythms
- reduces the risk of strokes
- slows the buildup of atherosclerotic plaques
- lowers blood pressure
- reduces stiffness and joint tenderness associated with Rheumatoid arthritis
- increases fetus' IQ when pregnant women take adequate amounts

An omega 3 fish oil supplement may also help improve or prevent the following:

- Alzheimer's disease and dementia
- depression
- heart disease
- cancer
- arthritis
- diabetes
- hyperactivity
- ADHD

It has also been shown to improve a person's ability to concentrate and think clearer. Fish oil is also highly recommended by nearly every well respected strength and conditioning coach, trainer, and diet/fitness/nutrition expert of any kind as one of the few supplements that should be taken by anyone with the goal of building muscle, losing fat, or improving their fitness level or athletic ability in any capacity. People also claim to have improved vision, memory, mood, and less back pain.

Personally, I feel definitely notice the mental and physical benefits. One website described taking fish oil as "an enhanced well being." That's a perfect way of describing it. Physically, I noticed an improved calorie partitioning effect, meaning when consuming an excess of calories, more calories went towards the building of new muscle rather than the storing of new fat; which helps burn extra calories...even at rest. I also noticed a healthier look to my hair, nails and skin.

[Check out Dr. Oz's opinion.](#)

[Click here for NOW Pricelist.](#) Order going out Monday August 3rd.

Recipe of the Month!

Gluten Free Blueberry Muffins

$\frac{1}{2}$ cup coconut flour, sifted

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{2}$ teaspoon baking soda

6 eggs

$\frac{1}{3}$ cup agave nectar

$\frac{1}{3}$ cup oil (canola or grapeseed)

1 tablespoon vanilla extract

1 cup blueberries, fresh or frozen



In a small bowl, combine coconut flour, salt and baking soda

In a large bowl, combine eggs, agave, oil and vanilla and blend well with a hand mixer

Mix dry ingredients into wet, blending with a hand mixer

Gently fold in blueberries

Place batter in paper lined muffin tins

Bake at 350° for 20-25 minutes

Cool and serve

Coconut flour is a bit lighter than almond flour, which makes it perfect for cakes, muffins and breads. Further, it is gluten free, high in fiber and low in carbohydrates, making it an ideal ingredient for celiacs, diabetics and those concerned with the glycemic index.

Upcoming Nutrition Classes

EARN YOUR EMPLOYEE WELLNESS POINTS!

All classes provide you with many handouts to help you understand the secrets to health!

[Click here to preregister.](#) Classes fill fast!

Maximize Your Metabolism

Wednesday Aug. 19th 6:00-8:00PM Cost \$25

Wednesday November 11th 6-8pm

Want to boost your metabolism, lose weight and feel better? Get a better understanding of what your metabolism is, how you can accelerate it and just what foods will rev it up or put the brakes on it. You will leave class armed with new information and a wealth of secrets that will shift your weight loss out of idle and into high gear. Some topics covered: Diet, exercise, hormones, sleep, supplements

and hidden metabolism slashers.

Eat That, Not This

Wednesday Sept 9th 6:00-8:00PM Cost \$25

Do you wonder if there is a way to enjoy your pasta and not feel guilty? Come to "Eat That, Not This" and discover secret food-finds to help keep your insulin level in check while enjoying your favorite foods. Some topics discussed will be the best granola bar, salad dressing, bread, condiments, pizzas... the list is huge. Also find out why these choices are better for your diet, heart, and overall health.

Healthy Kids

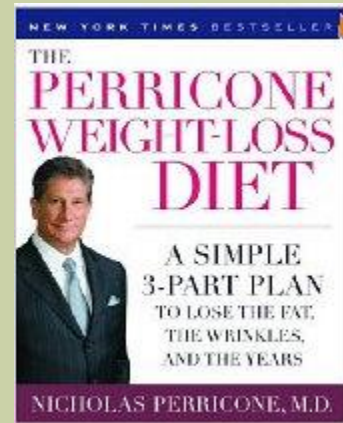
Wednesday Sept 23rd 6-8pm Cost \$25 for parents, \$10 for Teens
Are your kids struggling with ADHD, acne, depression? Kids are experiencing higher rates of obesity, diabetes, asthma and other health conditions than ever before. Fast-paced lifestyles lead to fast food diets that result in increased health problems. This class will discuss how to help our children with; improving memory and focus for better grades, balancing moods, reducing cravings, increasing energy, maintaining a healthy weight, treating and preventing acne, and improving stamina for sports.

Book of the Month

Here is a great book about nutrition. Each month I will recommend a book that can help you lead a healthier life.

This Month:

"The Perricone Weight-loss Diet: A Simple 3-part Program To Lose The Fat, The Wrinkles, And The Years"



Contact Info

Maria Emmerich
(612) 802-3814
mariamindbodyhealth@gmail.com
[My Website](#)

[Forward email](#)

SafeUnsubscribe®

This email was sent to info@inspiringactions.com by mariamindbodyhealth@gmail.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Inspiring Actions LLC | 1810 Webster Street | Suite 5 | Hudson | WI | 54016

Email Marketing by

