

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



Mind and Body Health

Monthly Newsletter

December 2009

In This Issue

New Book!
Immune System
Recipe of the Month
Cooking Tip
Health Food Fraud
Upcomming Classes



Hello Everyone

After a year of writing and editing, my book is here! I am so excited and I am very happy with the results. You can order it from my website via [PayPal here](#). Otherwise just ask me when you run into me!

I am also very excited about my new website marianutrition.com. There is tons of great information and recipes.

Take a Look.
marianutrition.com

Take Care,
Maria

Quick Links

[Mind and Body Health](#)
[Inspiring Actions](#)

My Book Is Here!!

After almost a year of writing and editing, my book is here! 344 pages of the latest nutritional science. Some of the topics covered are:

- Nutrient Timing
- Typical Diet Downfalls
- Tired, Toxic Liver
- How to Optimize Your Hormones
- Menstrual Cycle Timing
- Supplements to enhance Weight Loss
- Putting it all together: Alternative Flours, Alternative Sweeteners, Pantry List and Recipes with Photos!



You can buy it by clicking on the BUY NOW button above through PayPal. Otherwise it's on [my website via PayPal HERE](#). The third options is to mail a check for \$25 plus \$3 shipping to our address below and we'll send one right out!

[CLICK HERE](#) for a preview of the book.

Maria's Cookbook

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. 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

Secrets to a Healthy Metabolism

Discover the Secrets:

- Diet
- Exercise
- Hormones
- Sleep
- Supplements



Maria Emmerich
Author of "Maximize Your Health"

copy out right away!

If you prefer, you can also order it from Amazon by [Clicking Here](#).
[Click here for a Preview of the Book](#).

Our Address:
W11945 757th AVE
River Falls, WI 54022

Building a Strong Immune System

Foods to Avoid

1. SUGAR:

Did you know that sugar paralyzes the immune system? A twelve-ounce can of soda kills the immune system for up to 5 hours! Cereal, fruit juice, candy, muffins, cereal, popcorn, bread and chips all contain a lot of sugar, or simply turn in to too much sugar in our bloodstream and have the same detrimental effect. Alcohol is a specific type of sugar that depresses our immune systems even more than table sugar.

2. TRANS-FAT:

An important "food" (if you can call it that) to avoid is the infamous trans-fat. This fat is one molecule away from being plastic. Trans-fats change the shape of our cell and our cells become partially hydrogenated; our metabolism is slowed and we can efficiently detoxify waste products. Over time, consumption of trans-fats can lead to inflammation and we become vulnerable to illness. Trans-fats block use of essential fatty acids, causing many harmful effects besides killing our immune system; such as cancer, atherosclerosis, diabetes, obesity, birth defects, decreased visual acuity, sterility, low-birth-weight babies, and hardships with lactation.

Foods to Consume

1. **Amino Acids:** Be sure to get consume adequate amounts of immune-boosting animal protein.
2. **Whey protein:** It is filled with antioxidants and it has antiviral, antibacterial properties. Kids love whey smoothies for a fast easy breakfast!
3. **Fruits and vegetables:** They are filled with antioxidants.
4. **Healthy fats** such as olive oil, butter, nuts, avocados, and coconut oil enhance immunity. Omega-3 fatty acids are anti-inflammatory and can be found in fatty fish or a supplement (take at least 1000 mg of combined EPA/DHA per day).

Supplements for Additional Help

1. 85% of Americans are deficient in **vitamin D** (95% of senior citizens and 70% of children are deficient). In the northern states, it is hard to get adequate amounts of vitamin D because of the lack of sun. Vitamin D deficiencies correlate to low immune function, increasing our risk for catching the flu, increasing risk of osteoporosis, cancer, autoimmune disease, heart disease, and even premature death. 2000 IU per day is recommended for adults and children.
2. **A probiotic** or "good bacteria supplement" is also to enhance our immune system. 60% of our immune system is located in your stomach! Good bacteria protects against viruses. A high quality probiotic 15 minutes

before meals decreases our vulnerability of illness. 3. If your immune system is already weak or you have already caught a virus, additional support can help.

- a. **Antioxidants:** Vitamins A, C, E, zinc, selenium.
- b. **L-Glutamine** is an amino acid given to bed-ridden hospital patients to keep their immune system strong and keep their muscles from wasting away.

KID SUPPLEMENTS:

1607	Kid's Chewable OMEGA 3 DHA 100mg	60	SGELS	\$ 12.79
1608	Kid's Chewable OMEGA 3 DHA 100mg	120	SGELS	\$ 23.99
0365	Vitamin D3 1000iu - 180 SGELS	180	SGELS	\$ 7.19
0367	Vitamin D3 2000iu 120 SGELS	120	SGELS	\$ 7.19
3882	KID Vitamins - BERRY BLAST 120TABS	120	TABS	\$ 10.39
3883	KID Vitamins - ORANGE SPLASH 120 TABS	120	TABS	\$ 10.39
1811	ALLIBIOTIC 60 SGELS	60	SGELS	\$ 17.99
3219	IMMUNE ADVANTAGE 90 CAPS	90	CAPS	\$ 14.39
3282	RESPIR-ALL ALLERGY 60 TABS	60	TABS	\$ 14.39
0630	Vitamin C-500 CHEW ORANGE 100 TABS	100	TABS	\$ 9.89
0640	Vitamin C-500 CHEW CHERRY 100 TABS	100	TABS	\$ 9.89
2936	Kid's Chewable PROBIOTICS BerryDophilus 2.5 Billion	60	LOZ	\$ 9.59

ADULT SUPPLEMENTS:

2930	PROBIOTIC ACIDOPH/BIFIDUS 8 BILLION 60 CAPS	60	CAPS	\$ 10.39
2932	PROBIOTIC ACIDOPH/BIFIDUS 8 BILLION 120 CAPS	120	CAPS	\$ 19.19
1811	ALLIBIOTIC 60 SGELS	60	SGELS	\$ 17.99
3219	IMMUNE ADVANTAGE 90 CAPS	90	CAPS	\$ 14.39
3282	RESPIR-ALL ALLERGY 60 TABS	60	TABS	\$ 14.39
3816	LIQUID MULTI-Vitamins with Omega-	60	SGELS	\$ 12.79

	3 60 SGELS			
3817	LIQUID MULTI-Vitamins with Omega-3 180 SGELS	180	SGELS	\$ 29.59
1650	OMEGA-3 1000mg 100 SGELS	100	SGELS	\$ 7.19
1652	Omega-3 1000mg 200 SGELS	200	SGELS	\$ 13.99
0367	Vitamin D3 2000iu 120 SGELS	120	SGELS	\$ 7.19
0372	Vitamin D3 5000 IU 120 sgels	120	SGELS	\$ 12.59
3320	SUPER ANTIOXIDANTS 60 VCAPS	60	VCAPS	\$ 15.29
0093	GLUTAMINE 1500mg 90 TABS	90	TABS	\$ 15.29
0095	GLUTAMINE 1500mg 180 TABS	180	TABS	\$ 27.19

Recipe of the Month

Chicken "Noodle" Soup

1 quart chicken stock
 4 large chicken breasts (I slow cook it and shred)
 $\frac{1}{4}$ cup onion, diced
 1 rib celery, diced
 1 small carrot, diced
 1 small zucchini, made into noodles with julienne slicer
 $\frac{1}{2}$ tsp dried Basil
 $\frac{1}{2}$ tsp dried Oregano



Bring chicken stock to a boil in a medium pot, then reduce to a simmer

Add celery and carrots to pot and simmer until tender, about 10-20 minutes.

Add zucchini noodles and cook a few more minutes. Add the cooked chicken. Serve with homemade Damascus Roll-Up Crackers!

Healthy Cooking Tip

Instead of using cornstarch or flour to thicken your gravy and stir-fry, use GUAR GUM or Xanthan Gum. These products are fibers rather than a starch, which will keep your blood sugar levels under control.

-Find these at your local health-food store or click here for my

NOW pricebook and search under BAKING products.

Health Food Fraud:

Welch's 100% Grape Juice

Claim:

- "No Sugar Added"
- "Helps Promote Heart Health"

What you should know:

While 8oz serving of this beverage is loaded in helpful antioxidants, it also contains as much sugar as a 12oz soda.

Upcoming Nutrition Classes

EARN YOUR EMPLOYEE WELLNESS POINTS!

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

Pre-registration is required Call Inspiring Actions at 715-381-3148
[or Click here to preregister.](#)

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

