



Mind and Body Health

Monthly Newsletter

February 2010

In This Issue

- Maria on TV
- Hidden Sugars
- Almond Flour
- Recipe of the Month
- Bonus Recipe
- Upcomming Classes
- New Book!



Hello Everyone

You can order my book from my website via [PayPal here](#). Otherwise just ask me when you run into me!

As always my website has tons of great information and recipes.

Take a Look.

marianutrition.com

There is a new Media MP3 about Truvia that is great.

Take Care,
Maria

Quick Links

[Mind and Body Health](#)

[Inspiring Actions](#)

Showcase Minnesota:

I was on Showcase Minnesota! It was a lot of fun and everyone there was really nice. [Click Here is take a look.](#)

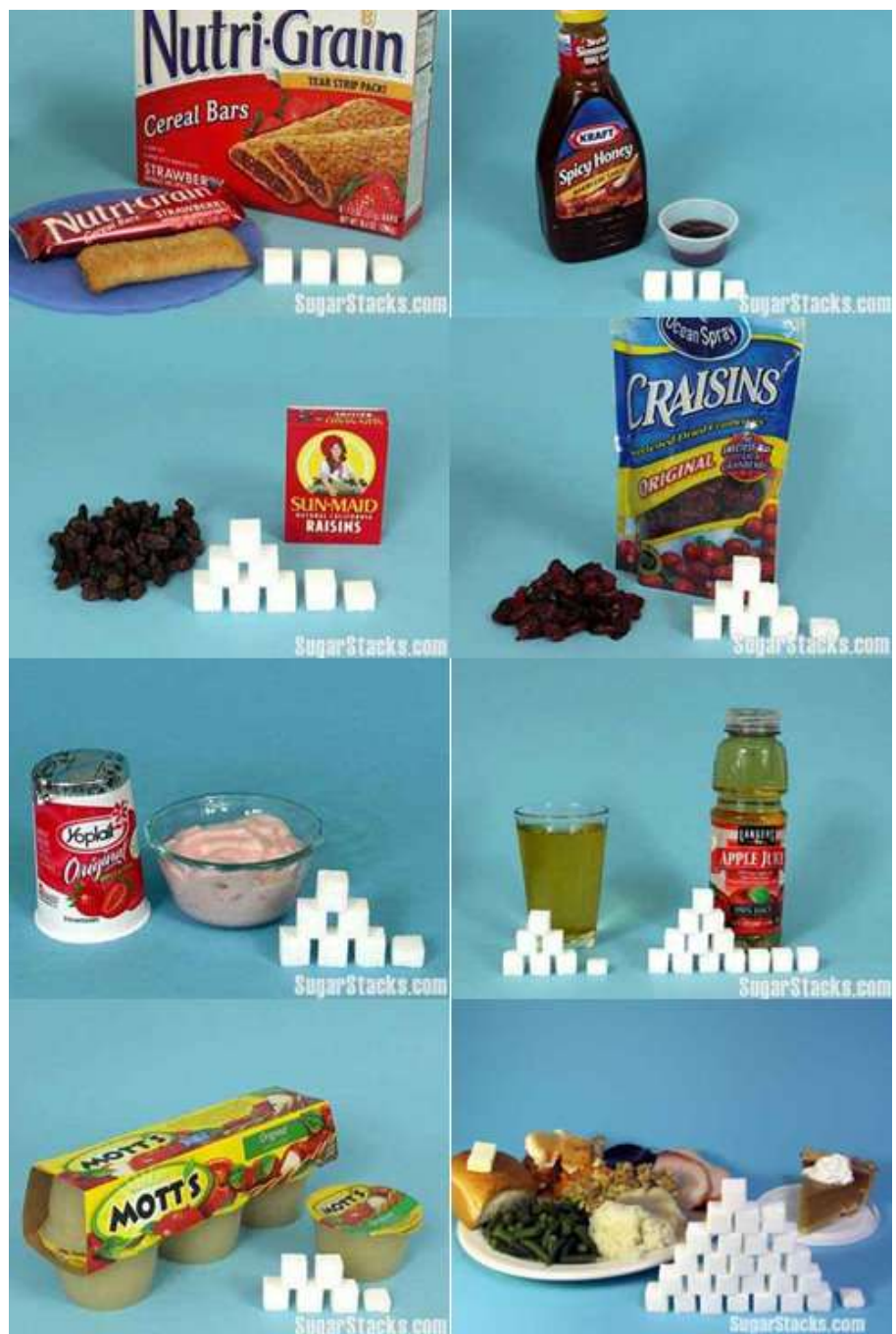
Hidden Sugar:

In the interest of Valentine's Day, let's look at how to keep our heart healthy. Please check out [This Site](#)

The first thing I discuss with my clients is how much sugar they are consuming...and most claim, "not that much." BUT, It is hidden in everything! It is like a dangerous ICEBURG, 80% of our sugar consumption is hidden in foods.

Could our food supply be part of your problem?

In 1840, a typical person in the U.S. consumed **2 teaspoons** of sugar per day. As of 2001, that person consumes **53 teaspoons of sugar each and every day!**



So keep an eye on those hidden sugars!

Why Almond Flour:

Why do I use blanched almond flour? I started out using it because I wanted to eliminate all wheat and gluten for a while to see if it would help my family. It gave me a good boost of essential vitamins and minerals, including iron and calcium and vitamin E. It also has a higher protein content (and lower carbohydrate content) than other flours and baked goodies. So baking with almond flour is quite healthy - a nice bonus.

Some more good reasons to cook and bake with almond flour*:

It's good for your heart: Studies show that it has more good HDL (good cholesterol) than LDL (bad cholesterol).

Easy to digest: Studies show it is easier to tolerate nuts than glutinous grains. As long as you don't have a nut allergy or intolerance.

It's nutritious: Almond flour contains many vitamins and minerals for healthy bones, nerves, blood and muscles - more so than all-purpose wheat flour, and it provides natural calcium that is easier to digest than dairy products.

It has fiber: It's high in fiber while being gentle on the digestive system.

It is high in protein and mono-saturated fat: It leaves you satisfied longer, so you don't feel hungry soon after eating.

It tastes great: It works well in a number of recipes, from sweet treats to hearty meals, and it carries the flavor of ingredients well.

Below are a couple great almond Flour recipes.

Recipe of the Month

Savory Pecan Flat Bread Crackers

1 $\frac{1}{2}$ cups blanched almond flour
 $\frac{3}{4}$ tsp. iodized sea salt
 $\frac{1}{2}$ tsp. onion powder
 $\frac{1}{4}$ tsp. thyme or rosemary
 $\frac{1}{2}$ cup very finely chopped pecans
1 egg
1 TBS olive oil



Preheat oven to 350 degrees F. Stir together almond flour, sea salt, onion powder, thyme, and pecans. Whisk the egg in a smaller bowl until frothy. Add oil and whisk again. Pour egg mixture into dry mix and stir until well blended. Line 14-by 10-inch stainless steel baking sheet with parchment paper. Drop heaping tablespoons of dough on paper, allowing at least 1 $\frac{1}{2}$ inches between each mound. Place another piece of parchment paper over the dough. Roll over parchment paper-covered dough with rolling pin until each mound is about 1/8 inch thick. Remove top parchment paper. Smooth edges and bake for 10 minutes. Flip each flatbread over with spatula, allow to cool and enjoy with your favorite cheese.

Bonus Recipe of the Month!

Double Chocolate Mocha Cookies

2 $\frac{1}{4}$ cups blanched almond flour
 $\frac{1}{4}$ cup cocoa powder
2 tablespoons organic decaf coffee, espresso grind

$\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup Truvia
1 tablespoon vanilla extract
 $\frac{3}{4}$ cup dark chocolate 73%

1. In a large bowl, combine almond flour, cocoa powder, ground coffee, baking soda and salt
2. In a smaller bowl, stir together butter, Truvia and vanilla
3. Stir wet ingredients into dry and then mix in chocolate drops (or chunks)
4. Drop dough by heaping tablespoonfuls onto a parchment lined baking sheet
5. Bake at 350° for 7-8 minutes
6. Cool and serve



Makes 24 cookies

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](#).

February 3rd: Healthy Kids and Teens

Inspiring Actions in Hudson, WI

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.

Class Length: 2 hours

Cost: \$25

February 16th: Maximize Your Metabolism

Want to boost your metabolism, lose weight and feel better? In this two hour class you'll 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. Get inspired with Maria Emmerich, a wellness expert who holds a degree in Health and Human Performance and shares a passion for helping others reach their goals. 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.

Class Length: 2 hours

Cost: \$25

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.

Secrets to a Healthy Metabolism

Discover the Secrets:

- Diet
- Exercise
- Hormones
- Sleep
- Supplements



Maria Emmerich
Author of "Maximize Your Health"

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 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

Contact Info

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

[Forward email](#)



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

Email Marketi

