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Mind and Body Health

Monthly Newsletter

January 2010

In This Issue

- Food Budgets
- Recipe of the Month
- Bonus Recipe
- Why Whey Protein
- Upcomming Classes
- New Book!
- New NOW Products
- Zinc Deficiencies



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

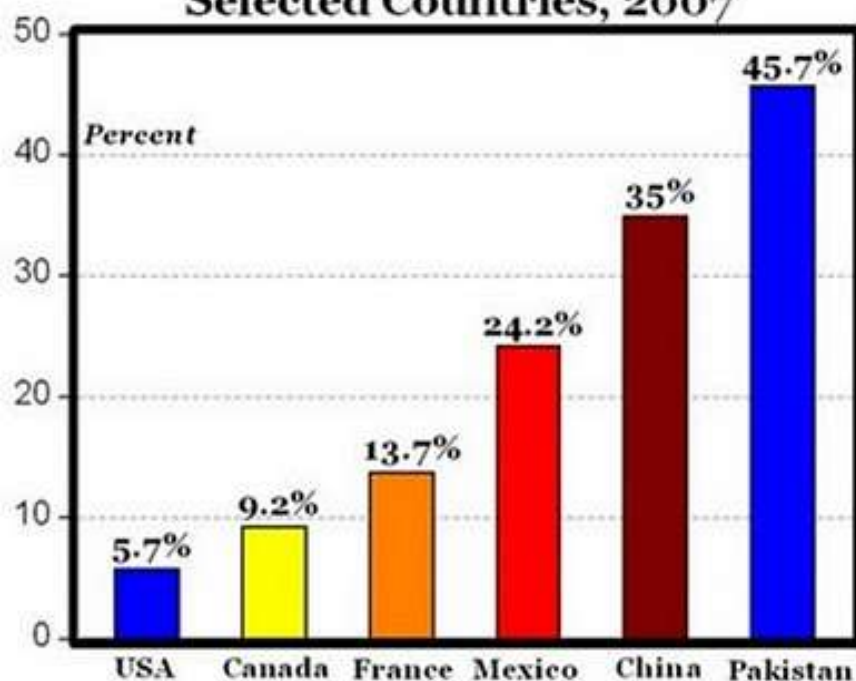
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Food Budgets:

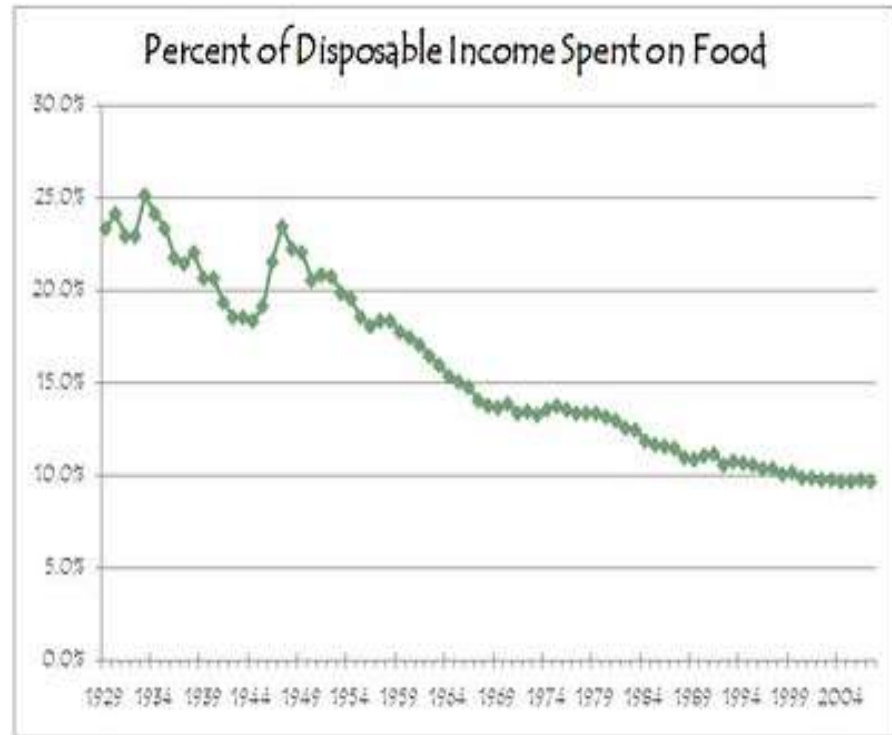
How much we spend on our food.

In the past, feeding our families took a much bigger bite out of American budgets --and it hardly ever included dining out. In 1901, according to a 1997 Bureau of Labor Statistics study, the average family spent almost half of their budget on food. Just 3% of that went to meals away from home. Today, we only spend an average 13.3% of our budgets on food--but 42% of that money is spent in restaurants. According to statistics from the United Nations, even people in high income nations like Australia, Great Britain and Japan spend about 20 % of their disposable income on food. In India, the average is 50%.

Percent of Household Spending: Food Consumed at Home Selected Countries, 2007



Inspiring Actions



So next time you are fretting about spending a little more on healthy food options, remember how much you and your families health is worth! :)

Recipe of the Month

Zucchini Fries

- 1 medium Zucchini
- 1 egg white
- $\frac{1}{4}$ cup unflavored almond milk (unsweetened)
- $\frac{1}{2}$ cup Parmesan
- $\frac{1}{2}$ cup ground Flaxseeds (seasoned if desired)

Preheat oven to 425°. Cut 2 zucchini into 3-inch sticks. Whisk an egg white in a small bowl, and add $\frac{1}{4}$ cup milk. Combine $\frac{1}{2}$ cup shredded Parmesan and $\frac{1}{2}$ cup seasoned flaxseeds in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake for 25-30 minutes or until golden brown. Makes about 32 fries.

Nutrition TOTAL:

Calories 62; Fat 2g; Protein 4g; Carbohydrate 5g; Sugars 1g; Fiber 1g; Sodium 232mg; Calcium 93mg



Bonus Recipe of the Month!

Fish Sticks

Fish of choice, sliced into rectangular strips
1/2 cup or so of almond flour
1/4 to 1/2 teaspoon of dried or fresh dill
1/4 teaspoon of sea salt (you don't need much here)
olive oil



Preparation

In a plate, blend the almond flour, salt and dill with a fork. Add enough olive oil to a frying pan or skillet (on medium heat) to cover the entire bottom with oil, and then add extra oil that will be absorbed by the fish sticks. Dip each fish slice in the almond flour batter and then place it in the heated pan. Turn the fish sticks every few minutes until all four sides are browned. Serve with lemon slices, and homemade tartar sauce.

Why Whey Protein?

[Click here for more info on Jay Robb](#)

Having a hard time getting your kids to eat some protein for breakfast? Try adding a scoop of Jay Robb Whey Protein to your kid's oatmeal. Or make a small smoothie for them to enjoy on their way to school. Click here for my deals on WHEY and "NO JUNK" snack bars...they sweeten their bars with Agave

Top 10 reasons to consume WHEY:

1. Boost Immune System- Whey protein includes high levels of the amino acid cysteine, which produces glutathione, a potent antioxidant that maintains immune health. One of the first indications in patients with autoimmune diseases is a decrease in glutathione levels. Many studies have proven adding whey protein to patients with chronic fatigue syndrome, cancer, and HIV can greatly enhance their immune system. Scientists discovered that whey proteins stopped the growth of breast cancer cells in test tubes. It was also proven that when patients ingest at least 24 grams of whey a day they had a noteworthy reduction in the size of cancer tumors.

2. Enhance Infant Formula- Whey protein contains alpha-lactalbumin and is the main nutrient in human breast milk. This makes whey protein a very important nutrient to include in infant formulas and should be the first protein consumed by babies. Good news to mothers, the Journal of Pediatrics, found that formulas with whey protein have been shown to help reduce the length of crying spells in babies with colic. Always check the ingredients list on your infant formula, not all contain whey because it costs more.

3. Benefit Cardiovascular Health- Adding whey along with your doctor's prescription can be a great balance to help your heart. Clinical research discovered that whey protein reduces blood pressure in individuals who are borderline hypertensive.

4. Increase Lean Body Mass- Our muscles need branched chain amino acids (BCAAs) during long periods of exercise and added stress; which can also have a negative effect on the immune system. Whey proteins are naturally high in BCAAs that are easy to digest. It immediately supplies the muscles with high quality protein it is screaming for; which directly correlates to an increase in physical performance and enhanced body composition.

5. Contribute to a Positive Mood- Stress is a well-known cause of a decrease in serotonin levels in the brain; which can cause depression. Clinical studies found that including whey protein is helpful in enhancing moods and in boosting serotonin levels because it is high in tryptophan, a natural relaxant. Whey is great for people with high stress lifestyles and elevated cortisol hormones.

6. Superior Protein Source for Lactose, Casein or Gluten Free Diets- Whey protein isolate is the purest form and is over 90% protein. Whey protein isolate contains only trace amounts of lactose, therefore people with lactose allergies can safely enjoy whey. It is also a great protein source for people with Celiac disease who are on gluten or wheat protein-restricted diets.

7. An Appetite Suppressor- One of the nutrients in whey protein, glycomacropeptide, stimulates the release of cholecystokinin, which is an appetite suppressing hormone.

8. Stave off Osteoporosis- Osteoporosis affects over 25 million Americans. We have the highest rate of hip fractures, yet we have the highest intake of calcium in the world, next to Sweden. Studies show that low protein intake, including low levels of animal protein consumption, was directly related to increased levels of bone loss. Impact exercise, such as walking, and sufficient amounts of protein in the diet can enhance bone health and may help to reduce the frequency of osteoporosis.

9. Help Protect against Ulcers and Acid Reflux- Lactoferrin, a nutrient in whey protein, is a known inhibitor of many forms of bacteria that is responsible for digestive problems; such as gastritis and ulcers. In addition, recent animal studies show promising results that it also kills the bacteria responsible for acid reflux.

10. Aid Wound Healing- People who have burns or are recovering from surgery require additional protein in their diet. Exciting new studies indicate whey protein nutrients promote the growth of new body tissue.

[Click Here for my Jay Robb price list.](#)

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.](#)

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 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.](#)

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River Falls, WI 54022

NEW NOW Products:

Suffering from High Cholesterol? Try Omega 3 Fish Oil combined with CoQ10 and Red Yeast Rice. No need to take 3 separate pills, it comes packed all in one. Research has proven that Red Yeast Rice (1,800mg twice a day for 6 months) lowers LDL by 21%...nearly the same reduction as statin drugs without the muscle wasting and soreness.

Zinc Deficiencies:

NEW Helpful test! Could you have a Zinc deficiency? I have a new product to help test if there is a problem.

If you answer yes to any of these questions, you may have some degree of zinc deficiency:

- Have you lost much of your sense of taste and smell?
- Do you have adult acne, even if you didn't have it as a teenager?
- Do you get frequent colds and flu, usually with an ear infection?
- Is your hair going prematurely gray? Does it grow slowly? Is your hair texture dry with brittle ends?
- Do your nails have white flecks? Do they peel and fray easily? Do they grow abnormally slowly?
- Do you have an enlarged prostate or prostatitis?
- Is your skin dry and cracked? Do you get fungal skin infections? Do cuts or rashes heal slowly?
- Have you been diagnosed with macular degeneration?
- Are your eyes overly sensitive to sunlight? Do you sunburn easily?
- Does your body have trouble with sugar balance? Do you have diabetes or hypoglycemia?
- Do you have a history of low sperm counts? Have you ever suffered from impotence or erection problems?
- Do you get often get herpes-type mouth sores?
- Are your lips regularly dry, cracked or chapped?

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