

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



# Mind and Body Health

Monthly Newsletter

June 2009

## In This Issue

Resveratrol  
Recipe of the Month  
TCL and Cookbook  
Upcomming Classes



## Hello Everyone

I was on Twin cities live again this month. They want me to be on periodically. What a fun show and everyone is really great.

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](#)  
[Inspiring Actions](#)

## Resveratrol and Weight Loss

Resveratrol is an antioxidant that comes from the skin of grapes and is found in red wine. It has tremendous health benefits, but unless you drink gallons of red wine a night, you can't obtain enough resveratrol to receive any benefits. It is now in concentrated amounts in a supplement form. Resveratrol is an appetite suppresser due to its high antioxidant content, and it helps to speed up your metabolism, burning off more calories. Dr. Oz (from Oprah) claims to have tested a lot of resveratrol supplements.

[Click here to see Dr. Oz talking about the benefits](#)

The results from this product exceeded Dr. Oz's expectations 100% which is probably the reason why Nicole Kidman and Jennifer Aniston have reported using this great product. Where can you find this product? I sell it at 25% cheaper than internet and retail prices (with shipping and tax included).

[Click here to email me your order.](#)

Are you in need of an affordable, high-quality multivitamin? How about one that includes omega 3's? Or are you looking for some WHEY Protein for your smoothie? The Vanilla tastes great! NOW ORDER is being place Thursday Morning:

[Click here for NOW Pricebook](#)

## Recipe of the Month!

### Protein Pancakes

1 cup cottage cheese  
 $\frac{1}{2}$  cup steel cut oatmeal  
3 eggs  
2 TBS Butter  
2 tsp Pure Vanilla  
2 TBS Vanilla Almond Milk (if you want thinner pancakes)



Place the steel cut oatmeal in food processor and blend until a powder. Add cottage cheese, eggs, melted butter and vanilla. Blend until smooth. Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry. Flip and cook until browned on the other side. Serve with fresh strawberries and a small amount of maple syrup. I like mine with berries and butter only!

Why it's Healthy:

- Cottage cheese is a good source of calcium, with Vitamin D
- Cottage cheese can prevent stomach disorders.
- Cottage cheese decreases occurrence of osteoporosis.
- Cottage cheese is low in fat and carbs and very high in protein.
- \*A high-protein meal in the morning can help your ADHD child learn through the rest of the day.
- \*Eating more protein in the morning helps create the feeling of being full throughout the day and helps dieters lose weight.

If you do choose a pancake mix, here is an interesting tidbit...

**Worst Pancake Mix:**

Aunt Jemima Original

250 calories

9 g fat (2.5 g saturated)

10 g added sugars

Avoid pancakes that can't boast more than a single gram of fiber. If you're making a carb-heavy breakfast, buttermilk trumps Belgian. But please, use the syrup in moderation. Most people use around 500 CALORIES IN SYRUP!!!

**Eat This Instead!**

Hungry Jack Complete Buttermilk pancake and Waffle Mix

150 calories

1.5 g fat (0 g saturated)

7 g added sugars



Maria on Twin

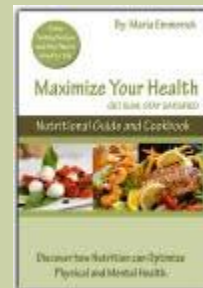
**Cities Live!**

Maria has now done 2 episodes.

[Click here to view the Latest one on condiments.](#)

[Click here to see the story about our adoption and a great pizza recipe.](#)

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  
River Falls, WI 54022

### **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!

### **Healthy Kids**

Thursday July 9th 10:00am-12noon

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.

### **Maximize Your Metabolism**

Thursday July 23rd 10am-12noon Cost \$25

Wednesday August 19th 6pm-8pm Cost \$25

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.

### **Contact Info**

Maria Emmerich

(612) 802-3814

[mariamindbodyhealth@gmail.com](mailto:mariamindbodyhealth@gmail.com)

[My Website](#)

### **[Forward email](#)**

 **SafeUnsubscribe®**

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

Email Marketing by



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