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Mind and Body Health

Monthly Newsletter

June 2009

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Hello Everyone

I can't believe I'm going to be on Live TV! And doing what I love; cooking and talking about nutrition!

Also, my cookbook is now on Amazon.com. If you liked the book and you have a chance please give my book a rating (only if you liked it - haha).

Here is the link

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

Take Care,
Maria

Quick Links

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Maria on Twin

Cities Live!

Maria will be on Twin Cities Live Monday (June 1st)! She will be talking about her cookbook/nutritional guide, their adoption, and she will cook a recipe from her cookbook live! It is on Channel 5 (Minneapolis) at 3pm and Channel 45 at 8pm. It will also be available to view on the website.

[Click here to go to the Twin Cities Live Website!](#)

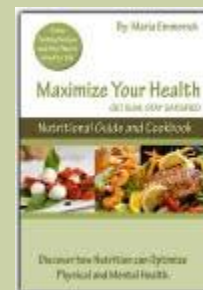
You can still pick up a copy of the Nutritional Guide and Cookbook if you haven't gotten yours yet. We have put a lot of work into this book to make sure that the more than 110 recipes are healthy and taste great. There are over 35 pages of nutritional information to help you understand the science behind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

\$15 each

\$2.50 to ship if we can't hand deliver. You can simply mail a check for \$17.50 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



Recipe of the Month!

Guacamole

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 tsp salt
- $\frac{1}{2}$ Cup diced onion
- 3 TBS chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 tsp minced garlic
- 1 pinch ground cayenne pepper (optional)



In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor. Serve with Trader Joe's Soy and Flaxseed Spicy Chips or fresh slices of brightly colored peppers.

Why it's Healthy

- B1, B3, B6, Folate, C, A, E
- Potassium, Magnesium, Iron, Zinc
- Garlic

NOW Nutrition Sale:

To see the new Pricebook with all the available supplements, sweeteners, baking supplies and much more, [Click Here](#).

Custom Dog Treats

Treats made by a nutrition expert!

3 Standard Flavors:

CHEESY BEEF BITES, PEANUT BUTTER HEAVEN,
TUNA TARTS

Boxes - \$5

Custom Flavors can be made to your Dogs Needs
(Minimum of 3 Pound per custom order)

\$8 per Pound

Health benefits of all Treats:

- Decrease Joint Inflammation
- Increase Energy
- Reduce Allergies
- No preservatives, colors or flavorings
- Includes healthy Omega-3's

Custom Order can be made for:

- No Wheat, Corn, Soy
- No Added Sugar, Salt
- No Wheat gluten or Rice Proteins
- Some Ideas: Sweet Potato, Carrot, Carob, Apple & Cinnamon, Kosher

All Organic ingredients. (Check the ingredients and preservatives in the store bought



treats!)

Upcoming Nutrition Classes

EARN YOUR EMPLOYEE WELLNESS POINTS!

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

Eat That, Not This

Wednesday June 10th 6:00-7:30PM 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.

Maximize Your Metabolism

Wednesday June 17th 6:00-8:00PM Cost \$25

Thursday July 23rd 10:00am-12:00noon

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.

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.

Contact Info

Maria Emmerich

(612) 802-3814

mariamindbodyhealth@gmail.com

[My Website](#)

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