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Mind and Body Health

Monthly Newsletter

March 2010

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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 again this week. We talked about the hidden sugars in "Healthy" foods. [Click Here is take a look.](#)

Cranberry Extract:

Do you suffer from yeast or bladder infections? Candida? While it is true that cranberry can help eliminate bladder infections...sugar can help them to grow! So, steer clear of cranberry juice. Even 100% juice still has natural sugars that can aggravate yeast. Try a pure cranberry extract. I like NOW Brand's Cranberry Concentrate. [Click here](#) and scroll down to Women's Specialty Items.

All Natural Sweetener:

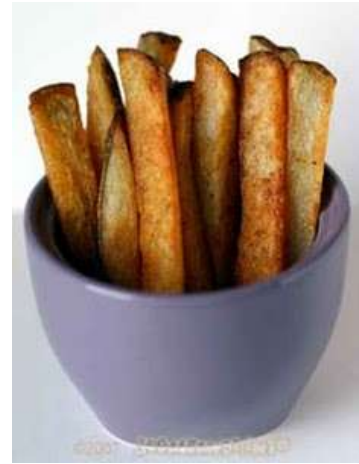
Are you tired of opening little packets of Truvia to bake? Try JayRobb's stevia and erythritol baking sweetener! Same ingredients, but in an easy to measure 10 ounce tub. No more ripping open tons of packets for baking. One Packet of Truvia equals 1 scoop of JayRobb Stevia. Each 10 ounce tub of JayRobb Stevia contains 113 scoops. [Click here](#) to see JayRobb Pricebook. Save 15% as compared to JayRobb online prices.

Recipe of the Month

Crispy Turnip 'Fries'

3 pounds turnips OR Jicama
1 tablespoon oil
1/3 cup grated Parmesan cheese
1 teaspoon garlic salt
1 teaspoon paprika
1 teaspoon onion powder

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil and lightly grease.



Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the oil to coat. Place the Parmesan cheese, garlic salt, paprika, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.

Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

Jicama is a Mexican potato, low in starch and high in fiber.

Healthy Swaps

Swap Out: Peanut butter

Swap In: Almond or macadamia butter

Why? Almonds and macadamia nuts are nutrient superstars brimming with calcium and selenium. Peanuts, on the other hand, are less nutrient-packed and house more omega-6 fatty acids, which can aggravate inflammation.

Swap Out: Orange juice

Swap In: Low-sodium tomato juice

Why? One cup of orange juice from concentrate packs 21 grams of sugar - almost equivalent to a cup of soda. The same amount of low-sodium tomato juice delivers 7 grams of sugar plus lycopene, a plant pigment credited for reducing the risk of cancer, heart disease and macular degeneration.

Swap Out: Nondairy creamer

Swap In: Whole milk or unsweetened almond milk

Why? Even sugar-free "trans-fat free" Half-n-Half has hydrogenated trans-fats! The law states they can claim, "trans-fat free" if under 1 gram. But Harvard studies show that trans-fat increases weight gain 3 times faster than consuming saturated fats. Full-fat, organic dairy, with its built-in nutrients (calcium and vitamin D), beats the chemical sludge in nondairy creamers hands down. Plus, a little fat satisfies and helps you feel full longer.

Swap Out: A low-fat muffin

Swap In: Eggs or a Whey Protein Shake

Why? Eating a high-protein, substantial breakfast trumps a high-carb "lite" breakfast because a plate packed with protein will both fill you up more effectively and keep your engine running longer, which means less midmorning snacking. The refined carbs and absence of fat in the muffin is a blood-sugar spike-and-crash just waiting to happen. A high carb meal also stimulates estrogen, which can increase unwanted belly fat.

Swap Out: Frappuccino

Swap In: Almond Milk Latte

Why? Frozen coffee concoctions are often high in sugar, and the mixes they're made from may also contain unwanted hydrogenated trans-fats. A latte made with unsweetened almond milk packs nutrients (protein, calcium, vitamin D), minus the questionable ingredients, and will also blunt hunger longer.

Swap Out: Instant oatmeal

Swap In: Steel-cut oats

Why? Pulverized instant oatmeal is mostly starch, which zooms through the GI tract and sends blood sugar soaring. Steel-cut oats, on the other hand, are chock-full of nutrients, including selenium, vitamin B1 and fiber, which prolongs digestion. Say you can't swing the 20-minute time commitment? Now some stores sell frozen, precooked steel-cut oats. Better yet, make a big batch on the weekend, refrigerate, and reheat individual servings throughout the week.

Swap Out: Fat-free pretzels

Swap In: Homemade Damascus crackers with hummus

Why? When it comes to satiety and nutrient absorption, fat-free just doesn't cut it. Instead of snacking on a bag of pretzels, pair crunchy, nutrient-packed whole-grain seeded crackers with creamy hummus made with heart-healthy extra-

virgin olive oil.

Swap Out: Fast-food salads

Swap In: Grocery-store buffet salads

Why? You're bound to be confronted by a range of bad salad choices, including deep-fried chicken strips and unhealthy salad dressings, at the fast-food dive. Even the "grilled chicken breast" at McDonald has over 15 ingredients...yikes! So... why not go to a just-as-convenient grocery store, where you can craft your own salad from a buffet filled with many more options, including access to more veggies and organic fare?

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 (612) 802-3814 or reply to this email for more information.

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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