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Mind and Body Health

Monthly Newsletter

November 2009

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ALL NEW WEBSITE:

I have an all new website that we just published. There is tons of great information and recipes. Take a Look.

marianutrition.com

Maria's Cookbook

Many more Recipes can be found in my cookbook: *Maximize Your Health*
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!



Hello Everyone

I am very excited about my new website marianutrition.com. My husband Craig put a lot of time into it and I think it looks great.

We plan on keeping all our latest information updated there including Recipes and more.
So go check it out!

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](#)

\$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

New Weight loss Wellness Assessment!

I just finished working with a doctor to create a very effective wellness assessment to diagnose one of six main weight gain issues.

1. Digestive imbalance
2. Toxic liver
3. Hormonal Imbalance
4. Adrenal overload
5. Inflammatory Issues

6. Neurotransmitter Imbalance

This is my first step with one-on-one clients. If we find an imbalance, specific tests are taken to pinpoint the direct problem. I create meal plans and determine the correct supplements to balance your body (probiotics, digestive enzymes, 5-HTP...). If you are stuck at a weight I encourage you to treat yourself to a lifetime of better health.

Thanksgiving Survival Guide: Serve non-starchy Veggies

Green Bean Bundles

- 1 pound fresh green beans, washed
- 1 pound nitrate-free bacon, cut in half
- $\frac{1}{2}$ Cup butter, melted
- 1 tsp fresh garlic
- $\frac{1}{2}$ Cup slivered almonds



Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish. Wrap 7 green beans with bacon and place in prepared dish. Repeat, using all the green beans and bacon. Mix butter with fresh crushed garlic and pour butter over green bean bundles. Cover with foil and bake for 45 minutes.

Praline Pumpkin Pie

Praline Crust:

- 2 tablespoons hot melted butter
- 1/2 cup finely chopped pecans
- 1/2 cup sugar substitute (Truvia or Agave)* Agave increases nutritional analysis
- 1/8 teaspoon salt
- 1/8 teaspoon ground cinnamon



Pie Filling:

- 1 (15-ounce) can no sugar added pumpkin filling
- 3/4 cup sugar substitute (Truvia or Agave) * Agave increases nutritional analysis
- 1 tablespoon plus a dash pumpkin pie spice
- 1 1/4 cups heavy cream
- 4 eggs
- Whipped Cream

Directions

Preheat oven to 350 degrees F.

Make the crust: Mix all crust ingredients together in a small bowl. While mixture is still warm from the butter, press it evenly into the bottom of a deep-dish pie pan. Bake for about 5 minutes, or until browned. Remove piecrust from oven. Preheat oven to 425 degrees F. **Make the filling:** Place all filling ingredients in a medium bowl and mix well with a wire whisk. Pour filling into prebaked piecrust. Bake for 15 minutes and then reduce the oven temperature to 350 degrees F. Continue to bake for an additional 50 to 55 minutes. To test for doneness, stick a toothpick in the center; if it comes out clean, the pie is done. Cool and then chill before serving. To serve, top each slice with a dollop of whipped cream.

Fresh Whipped Cream:

1 cup heavy cream

1/3 cup sugar substitute (Truvia or stevia glycerite)

1 teaspoon vanilla extract

With an electric mixer on high, whip the heavy cream just until frothy. Then add in the sugar substitute and vanilla extract and continue to whip on high until peaks form. Be careful not to over-whip, or cream will break. Transfer to a pastry bag or just spoon onto pie.

Nutritional Analysis Calories 241, Fat 24 grams, Carbohydrates 7 grams, Fiber 1 gram, Net Carbohydrates 6 grams

Eat your kids Halloween candy and maintain weight?!

Green tea: Don't go crazy with my suggestion, but supplementing with green tea can help burn at least 80 calories a day...so a baby Snicker's bar once in awhile won't attach to your hips.

On a green tea weight loss diet study, sixty obese middle-aged women were placed on a diet of 1,800 calories per day. One group took a green tea supplement with breakfast, lunch, and dinner; the others took placebo pills. After two weeks on the green tea weight loss study, the women taking the diet pill had lost twice as much weight as the placebo group. After one month, the green tea group had three times the weight loss of the women who were only dieting.

Green tea increases the body's basal metabolic rate. This increase is referred to as a thermogenic effect; it assists with a weight loss program by helping the body burn more calories during day-to-day life.

Ancient China has used green tea for a variety of uses; it was used mainly against headaches and depression. Green tea has been shown in medical studies to fight against a wide array of health issues.

1. Increase fat oxidation and metabolism.
2. Reduces the level of cholesterol in blood, improves the ratio of good cholesterol to bad cholesterol.
3. Treat multiple sclerosis
4. Treatment and prevention of cancer
5. Reduce risk of Alzheimer's and Parkinson's diseases
6. Reduces the risk of heart diseases and heart attacks by reducing the risk of thrombosis
7. Reduces the risk of esophageal cancer
8. Inhibits the growth of certain cancer cells
9. Treat rheumatoid arthritis and cardiovascular diseases
10. Increases impaired immune function
11. Prevents tooth decay by killing the bacteria which causes the dental plaque

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. However, green tea contains less caffeine than coffee; it has about 30 milligrams of caffeine in eight ounces, compared to over one-hundred milligrams in eight ounces of coffee. If you have caffeine sensitivity please consult with your physician before embarking on the green tea journey.

Can't find these "quality product" prices in stores!

Green Tea 100 caps \$8.79

Green Tea 250 caps \$17.59

[CLICK HERE for the NOW PRICEBOOK](#)

The "Health" Food That Isn't!

Healthy Choice Sweet & Sour Chicken

The Claim: ""Healthy Choice""

The Truth: A company can call itself whatever it wants, but that doesn't give credence to the name. Healthy Choice even provides a handful of nutritional stats-430 calories, 9 grams fat, 600 milligrams sodium-to back up the name, but they neglect to mention the 29 grams of added sugars used in this dish. The six different forms of sweeteners in the ingredient list combine to give this less-than-healthy choice almost the same amount of sugar as LARGE SKICKER's bar.

What You Really Want: Dinner that doesn't taste like a bowl of ice cream. Companies with healthy label claims often pull the bait and switch, going low in fat but then elevating the sugar or sodium to up the flavor quotient. Stay away from frozen dinners!

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](#). Classes fill fast!

Maximize Your Metabolism

Wednesday Nov. 11th 6:00-8:00PM Cost \$25

Tuesday Dec. 8th 6:00-8:00PM Cost \$25

Tuesday Jan. 5th 6:00-8:00PM 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.

FOOD MOOD ENERGY CONNECTION

Good nutrition is the connection between our moods, depression, anxiety, PMS, energy, and memory. This informative class explains the connection between our food choices and mood. Participants will feel empowered to make permanent lifestyle changes. Find out which foods optimize our production of neurotransmitters such as serotonin and dopamine. You will also discover the biochemical connection to cravings and how poor intestinal health can lower your mood. One of the most interesting connections is between ALCOHOLISM and our biochemical response!

Healthy Kids

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.

Eat That, Not This

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.

Nutrition 4 Runners

This class is for a variety of runner's. Are you a beginner aiming to run a 5K this summer or a veteran aiming to get a personal record on the Twin Cities Marathon? This class will help you better

understand the differences our bodies need depending on how and when we train. Find out when to carbo-load and when to focus on proteins and fats.

Healthy Pregnancy and Fertility

Are you pregnant or trying to conceive? This class will teach you just how important your nutrition is for your body and your baby. Find out the link between our blood sugar levels and what that does to our babies. We will also discuss which vitamins are essential at this stage in your life. Discover the link between your nutrition and maximizing your fertility. Come to this class to find natural, holistic help for common problems during pregnancy such as heart burn and sleepless nights. A favorite part of this class is discovering the first foods to feed your baby...it's not rice cereal!

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