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Mind and Body Health

Monthly Newsletter

October 2009

In This Issue

Vitamin D
One-On-One Consulting
Recipe of the Month
Cookbook
Upcomming Classes



Hello Everyone

Just wanted to remind everyone that I have lots of great classes coming up at Inspiring Actions.

Look at the "Upcoming Classes" section for details.

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](#)

Vitamin D:

Hey all-

Now that the days are getting shorter and we aren't getting the sun exposure we have been getting over the summer, we should all now be considering adding vitamin D3 to our regime. Modern diets usually do not provide adequate amounts of vitamin D; partly because of the trend to low fat foods and partly because we no longer eat vitamin-D-rich foods like naturally reared poultry and fatty fish such as kippers, and herring. Often we are advised to consume the egg white while the D is in the yolk or we eat the flesh of the fish avoiding the D containing skin, organs and fat. Vegetarian and vegan diets are exceptionally poor or completely lacking in vitamin D predisposing to an absolute need for UV-B sunlight. Using food as one's primary source of D is difficult to impossible.

Vitamin D deficiency may be characterized by muscle pain, weak bones/fractures, low energy and fatigue, lowered immunity, symptoms of depression and mood swings, and sleep irregularities. In women vitamin D can help control some symptoms of PMS, such as tearfulness, anxiety, and irritability. It also is now found to help reduce hot flashes. People who have a reduced capacity to mobilize vitamin D often weigh more and have more body fat than those with full capacity. In the past 20 years multiple studies have shown a correlation between higher blood levels of vitamin D and leaner body mass.

Vitamin D3 has also been found to help decrease cancer risk, heart disease and autoimmune diseases. With all the amazing findings of this little miracle vitamin, I suggest we all give ourselves the gift of health with an additional Vitamin D3 supplement this fall.

NOW Order going out this week:

Vitamin D3 Sale:

1,000 iu 180 softgels \$7.19

5,000iu 120 softgels \$12.59

Calcium and Magnesium with Vit D and Zinc also available

NOW order going out this week. [Pricesheet](#)

One-On-One Nutritional Support!

Do you know anyone who has a nutritionist that provides so much individual attention clients that she makes baked goods for them? I love to bake so much that

during our meetings expect to try new quiches and special desserts.

- The individualized meals plans I create are a no-fail way to real weight loss! Plans include nutrient timing and hormone enhancements.
- One-on-one clients also enjoy the benefits of free samples of 'top-of-the-line' protein shakes and bars!

Recipe of the Month!

Pumpkin Muffins

2 eggs
1/2 cup pumpkin puree
1/3 cup agave or Truvia
4 Tbsp melted butter
1 tsp vanilla
3/4 tsp baking soda
1/2 tsp salt
1 1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp ground cloves
1/4 tsp ground ginger
2 1/2 cups almond flour
1/2 cup chopped walnuts



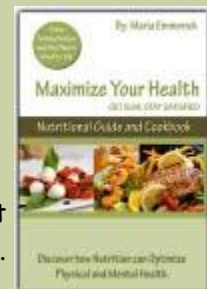
Preheat oven to 325. Line a muffin pan with paper liners (12 muffins). In a large mixing bowl, use an electric beater to thoroughly combine all ingredients EXCEPT almond flour, and walnuts. Stir in almond flour until well combined. Stir in walnuts. Spoon batter into muffin cups, using wet fingers to press down any bumps on the tops before baking. Bake for 25-30 minutes, until golden brown and a toothpick comes out clean. I like to add a smear of cream cheese or butter to mine.

NEW PRODUCT: HUNT'S: No-Sugar added Canned Marinara Sauce!
-Hudson County Market carries this. If your grocery store doesn't, just ask the manager. They are usually happy to help.

Maria's Cookbook

The above Recipe is found in my cookbook: **Maximize Your Health** (all proceeds go towards our adoption). 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!

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

Wednesday October 7th 6-8pm 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.

FOOD MOOD ENERGY CONNECTION

Wednesday October 21 6-8pm Cost \$25

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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