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Mind and Body Health

Monthly Newsletter

September 2009

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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

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L-Carnitine:

**New Size - 750mg of liquid soft-gel (more absorbable)
SAVE \$2.00/bottle this month:**

Discovered in 1905, it is a water-soluble, vitamin-like compound that is readily used in the body. Dietary carnitine can be found in a number of foods. The best source is meat, particularly beef, sheep, and lamb. Other animal foods such as milk, cheese, and poultry contain somewhat less carnitine. The function of L-Carnitine is a bit complex. It is an amino acid which aids the breakdown of calories by mobilizes the fat and making it disappear more rapidly when you include it with you exercise program. Basically L-Carnitine helps shuttle our extra fat to our fat-burning powerhouse in our cells called the mitochondria; energy is produced so as to burn fat easier and go longer during your workout. There is also another significant reason which makes L-Carnitine stand out among the various other weight loss supplements. L-Carnitine has the unique distinction of keeping watch and restricting the accumulation of fat around the liver and heart. (American Chronical.com)

Carnitine is produced naturally by the human body in small quantities. In the past it was thought to be involved only in the conversion of fat into energy, but scientists have since discovered that it has many far-reaching actions critically related to your appearance, performance and overall health and longevity.

NOW order going out Monday morning. [Pricesheet](#)

State Fair Survival Guide!

Can you believe today is the first day of the State Fair? Where does the time go? If you are attending the 2009 MN State Fair or the Renaissance Festival this September, here are some healthy survival tips:

1. Go to the MN State Fair website and scroll through all the food items. Choose one that you can't do without and look forward to that treat before you go. Once you order your treat, find a spot to sit, maybe send your kids off to a ride with your spouse and enjoy every single bite!
2. Best food options:
 1. Turkey Leg
 2. Jerky (pheasant, turkey, beef, venison) found by MN Bound booths
 3. Brat without the bun, served on top of a bed of sauerkraut and

- mustard
- Like gyros, get is served on a bed of lettuce with lots of tomatoes and peppers (skip the pita bread) and enjoy the cucumber sauce!
 - Pork-chop on a stick
 - DO NOT EAT COTTON CANDY!** What is that stuff anyway? High Fructose Corn Syrup and chemicals!!! No nutrients in sight!

Interesting Fact: A study that took two groups are fed them the same calories but gave one group trans fats while the other was given saturated fats, the trans fat group gained twice as much weight. So be careful at the fair where a majority of the cooking oils have trans fats.

Recipe of the Month!

Tomato Gorgonzola Bisque

I make this Sunday night...it takes only 10 minutes and most of the ingredients came from my organic garden!

1 TBS olive oil

$\frac{1}{4}$ large red onion, diced

$\frac{1}{2}$ Cup red bell pepper, diced

2 cloves garlic, minced

$\frac{1}{4}$ Cup Gorgonzola cheese, crumbled

4 oz. cream cheese, softened

$\frac{1}{2}$ Cup unflavored almond milk

1 (14.5 oz.) can diced tomatoes

1 $\frac{1}{2}$ Cups tomato sauce (Contadina Thick and Zesty)

2 tsp dried basil

1 tsp stevia glycerite

$\frac{1}{4}$ tsp pepper

Heat butter in a medium saucepan over medium heat. Add the onion, pepper, and garlic; cook and stir 4 to 5 minutes or until vegetables are soft. Add the cheeses and milk; heat mixture until cheeses melt and the mixture is simmering.

Stir in the tomatoes (including their liquid), tomato sauce, basil, stevia, and pepper. Continue to simmer mixture for 15 to 20 minutes while stirring constantly. Do not boil.

One-On-One Nutritional Support!

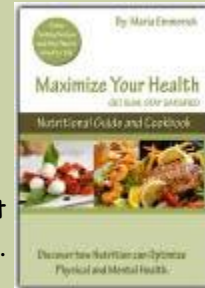
Do you know anyone who has a nutritionist that provides so much individual attention clients that she makes baked goods for them? I love to bake so much that during our meetings expect to try new quiches and special desserts.

- 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!

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!

[Click here to preregister.](#) Classes fill fast!

Eat That, Not This

Wednesday Sept 9th 6:00-8:00PM 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.

Healthy Kids

Wednesday Sept 23rd 6-8pm 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

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

Wednesday November 11th 6-8pm

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.

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