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Mind and Body Health

Monthly Newsletter

April 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](#)

Showcase Minnesota:

I will be on Showcase Minnesota on Tuesday March 30th. I'll be talking about how to stock your pantry with typical, better and best options.

Also check out [Flacker Crackers!](#) Made with flaxseed which contains healthy Omega-3's.

Health and Weight Loss Workshop:

Want to boost your metabolism, lose weight and feel better? In this one month program you'll 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. Starts with a specific diet plan to get you started on your month of weight loss, grocery store visit, and so much more! Four 1 to 1 ½ hour sessions! [CLICK HERE](#) for more details.

Starts Monday May 3rd and runs every Monday night until May 24th. 6:45-8pm at Inspiring Actions in Hudson, WI.

Call 612-802-3814 or [email by clicking here](#) to reserve your spot. Space is limited.

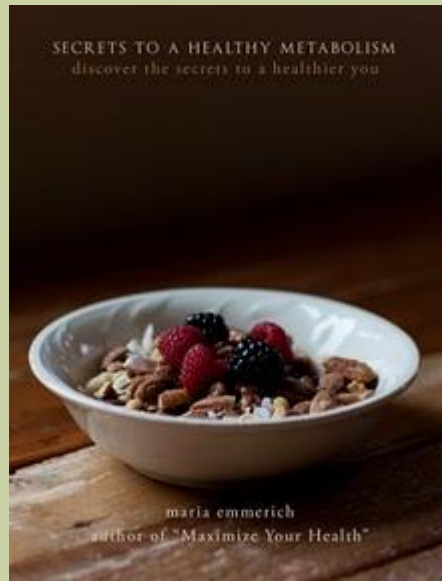
My New Blog:

I've started a new Daily blog with recipes and diet tip. I plan to post every day. Check it out and click on the Follow button to get notifications of new entries!

[CLICK HERE to check it out.](#)

[Inspiring Actions](#)

Also, check out my new Book Cover! [Thanks Jamie!](#)



Recipe of the Month

Asparagus and Ham Casserole

3 tablespoons butter
1 tsp guar gum/Xanthan Gum
1/2 teaspoon onion salt
1/2 teaspoon nutmeg
1 cup unflavored almond milk
1 cup heavy cream
1 cup Swiss cheese, grated
1-1/2 cup Cauliflower Rice
8 slices good cooked ham,
sliced thick enough to hold together when rolled
24-32 fresh asparagus spears, roasted and cooled
1 cup swiss cheese to spread
on top of sauce

In a saucepan over medium heat, melt butter. Whisk in guar gum, nutmeg and salt. Cook for 2 - 3 minutes. Stir in almond milk, cream and cook, stirring until thickened. Add 1 cup swiss cheese and stir until cheese is melted. Blend 3/4 cup sauce into the cooked Cauliflower rice. Season with salt and pepper.



Spread equal amounts of Cauliflower rice mixture on ham slices. Top with 3 or 4 asparagus spears, roll ham around the filling and secure with toothpicks if necessary.

Arrange rolls in shallow baking dish. Pour remaining sauce over rolls and top with 1 cup grated swiss cheese. Cover dish with foil for the first 15 minutes of baking. Bake at 350 degrees until bubbly and heated through, about 25-30 minutes.

Enzyme Deficiency?

Now you can take an easy test online to find out. Enzymes are made by our bodies and can be found in fresh and wholesome foods and supplements. Enzymes play a vital role in digestion, our immune system, energy levels, and the aging process. Unfortunately, poor diet and lifestyle choices can lead to a deficiency...even in children. To take the test [Click Here](#).

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.

March 31st: Maximize Your Metabolism

Inspiring Actions in Hudson, WI from 6-8PM

Want to boost your metabolism, lose weight and feel better? In this two hour class you'll 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. Get inspired with Maria Emmerich, a wellness expert who holds a degree in Health and Human Performance and shares a passion for helping others reach their goals. 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.

Class Length: 2 hours

Cost: \$25

April 14th: Healthy Fast Food Demo

Inspiring Actions in Hudson, WI 6-8PM

We all live busy lives. When we get home from a long day, who

wants to cook?! Come to this class to discover fast and easy ways to put healthy (and tasty) food on the table without the stress of thinking about what to make! Many recipes have been featured on Twin Cities Live and Cities 97.

Class Length: 2 hours
Cost: \$25

My Book Is Here (now with a new cover)!!

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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