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Mind and Body Health

Monthly Newsletter

May 2010

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My New Blog and Fan Page:

My new BLOG: Daily recipes and diet tips. You can get an email when a new post in listed if you enter your email address (look for a confirmation email from FeedBurner to confirm). [Click Here to Check it out.](#)

I also have a new Facebook Fan Page. You'll get to see photos of healthy restaurant options and weight loss tips. [Click here to check it out and become a fan.](#)



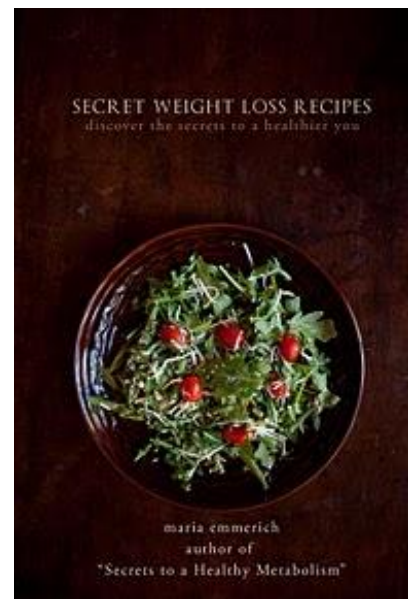
Hello Everyone

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

Mother Day Present:

Looking for a Mother's Day present? NEW COOKBOOKS are in!!! Secret Weight Loss Recipes. All Proceeds go towards our Adoption. We can mail the cookbooks to your mom for a small shipping fee.



Quick Links
[Mind and Body Health](#)

Flaxseeds and Nuts:

[Inspiring Actions](#)

Looking for a decent price on flaxseed and nuts? Check out my pricebook by [Clicking Here](#) and selecting the "Supplements and Baking Products" tab. 12 ounces of Organic Macadamia nuts for only \$6.49!

Recipe of the Month

Coconut Shrimp

Cooked frozen shrimp
Egg, slightly beaten
Coconut flour
Coconut oil for frying
Slivered Almonds (optional)

Thaw shrimp. Mix coconut flour and slivered almonds together. Dip shrimp in egg then in coconut flour. Fry in coconut oil until browned. Place on a broiler pan in a 350° oven while you make the dip.



[Coconut Red Pepper Dip](#)

1/8 red pepper, seeded
1 TBS chopped onion
1/4 can of coconut milk
a small amount of Truvia (to taste)

I added about 12 raw almonds for extra protein.
Place all in food processor and blend until smooth. Salt to taste. Add a salad and you've got a great meal without dairy or grains!

Beware: Marinara Sauce and Hidden Sugars!

Newman's Own Tomato & Basil Bombolina Marinara Sauce (1/2 cup)
90 calories
4.5 g fat (0.5 g saturated)
12 g sugars
620 mg sodium

All considered, this jar has 72 grams of sugar--42 of which don't belong. The culprit is the 10 added teaspoons of sugar, which hold down a spot on the ingredient list between soybean oil and salt. Look for a marinara sauce of 3 grams or less per serving. I like Trader

Egg Substitutes:

Hype: Thanks to their fat- and cholesterol-rich yolks, eggs have gotten a bad rap. For decades, we've been told to steer clear of cholesterol-containing foods because diets high in cholesterol increase our risk of heart disease. So it's no wonder that many health-minded people have turned to egg-replacement products as an easy substitution - especially since the tantalizing labels on these products promise "zero cholesterol."

Reality: Dietary cholesterol is not a major culprit in contributing to heart disease and other health woes. Foods that incite inflammation in the body - sugars, refined grains, trans fats and other processed foods - not egg yolks, are the real problem. Egg yolks actually contain a variety of healthy fats and proteins and are full of vitamins and minerals that actually help support your body's health.

Fake and yolk-free egg mixes, meanwhile, manage to reduce dietary cholesterol (and in some cases, calories) only by making some important nutritional compromises. To make up for removing the egg yolk, manufacturers often add polyunsaturated vegetable oil, a category of industrial fat known to stoke the fires of inflammation. "Heated polyunsaturated oils create free radicals that harm the arteries." Other additives required to reintroduce flavor and texture add little or nothing in the way of nutrition and increase the daily burden of chemical compounds your body must deal with.

That's why today's well-informed nutrition experts are recommending that if you like real, whole eggs, you should go ahead and enjoy them. For starters, eggs are a good source of protein (about 6 grams in a large egg), and about half the protein resides in the yolk. The yolk also contains most of an egg's minerals and vitamins, including vitamins A, D and E - not to mention micronutrients, such as lutein and zeaxanthin, that give the yolk its vibrant color. Free-range and flaxseed-fed chickens produce eggs especially high in omega-3 fats.

There may also be a variety of other nutritional cofactors built into whole eggs that science has yet to discover, but the upshot is that whole eggs taste great and satisfy well, and since they've now been exonerated as a cholesterol- and heart-disease-causing suspect, there's no reason not to enjoy them as nature made them.

Better choice: Enjoy whole eggs, choosing those from pastured chickens (meaning they roam freely outdoors) whenever possible.

Ward advises her clients who love eggs to enjoy them soft boiled or poached. "Scrambling exposes them to heat, oxygen and light, which can oxidize cholesterol and other fats," she says. "So protect the yolk as much as you can."

Looking for Additional Metabolic Support?

Look no further. The supplement L-Carnitine provides the following benefits:

- Increased energy levels
- Increased fat burning
- Lowered cholesterol and triglycerides
- Heart health
- Increased endurance and exercise performance
- Reduced food cravings

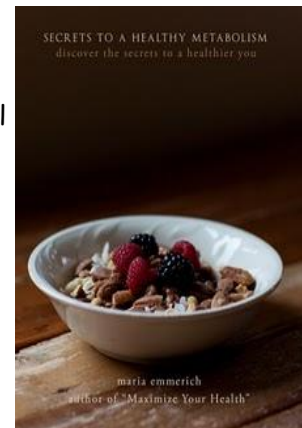
Robert Crayhon, M.S. the renowned nutritionist who wrote "The Carnitine Miracle", states that L-Carnitine should be taken as follows: 1000 mg two times per day, preferably before 4pm to avoid difficulty sleeping.

Interested in hearing more about L-Carnitine and other safe metabolism enhancers? [Click Here to Download or Listen](#) to the January 31st "Dishing Up Nutrition" show called "Metabolism Boosting Supplements" with Dar, Christina and Robert Crayhon.

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

Maria's First cookbook is also available on her website [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.

Maximize Your Metabolism

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

Healthy Fast Food Demo

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

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