

WHOLE HEALTH Newsletter

Whole Food • Fitness • Self-Care • Life Balance • Stress Mastery



A Holistic Approach To Making Healthy Lifestyle Changes & Creating Life Balance

APRIL 2007 ISSUE

TIP OF THE MONTH: Stop And Smell The Roses

FEATURE: Transition Your Body From Winter To Spring

IN THE NEWS: Exercise Boosts Brain Power

STRESS MASTERY: Visualize Calm

LIFE BALANCE: Your Finances - Identify Your Beliefs

FOOD: Bok Choy

UPCOMING EVENTS:

Sunday, 4/29/07 Hands-On Healthy Cooking Class - Spring Cleanse Menu

Sunday, 5/27/07 Hands-On Healthy Cooking Class - Sleep Promoting Menu

Welcome to the April 2007 WHOLE HEALTH Newsletter!

This Newsletter, brought to you by **WHOLE HEALTH**, is intended to inspire you to eat healthfully, lose weight, master stress and create life balance.

Tip Of The Month: SLOW DOWN AND SMELL THE ROSES

Perhaps not roses, as they don't bloom until July, but as of 3/20/07, Spring has sprung! Despite the slow start temperature-wise in the Northeast, flowers are blooming. Make sure to take the time to notice.

Feature: TRANSITION YOUR BODY FROM WINTER TO SPRING

Do you feel bloated, congested, have you gained unwanted winter pounds and/or have low energy? Imagine having restored vitality, more mental clarity, and looking and feeling healthier.

We often relate spring to cleaning – cleaning the closets, the garage and the house. Why not use that same approach to our bodies and our diet?

Practiced for centuries by many cultures around the world, including Ayurvedic and Chinese medicine systems, routine cleansings have long been recommended with each change in season. Spring is a great time for the detoxification of our systems.

A spring cleanse helps us make the transition from cold weather to warmer temperatures.

A mild spring cleanse is an important, annual vitality technique no matter how healthy you are. Most people feel at an energy low during the cold dark seasons. They may eat heavy foods and stored foods that have lost a lot of their vitality and nutrients. During winter we are also without sunshine, the natural source of vitamin D. In cold weather, our metabolism slows. Winter is a time when we are most unlikely to control our body weight. Cleansing with antioxidant-rich foods promote a feeling of new life and restored well-being.

In The News:

EXERCISE & BRAINPOWER

Exercise boosts brainpower by building new brain cells in a brain region linked with memory and memory loss, U.S. researchers reported. Read the 3/12/07 article on [CNN.com](http://www.cnn.com)

Food: BOK CHOY

Bok Choy, also known as Chinese Cabbage, is rich in vitamin A, C and fiber, the latter two appearing to lower the risk of various forms of cancer. Bok Choy is also a good source of folate, its deep green leaves have more beta-carotene than other cabbages, and it also supplies considerably more calcium. Bok choy is a spring vegetable.

Recipe

Stir Fried Bok Choy with Walnuts*

- 3 tbsp coarsely chopped walnuts
- 2 tsp peanut oil
- 1/4 tsp red pepper flakes
- salt
- 1.5 lbs bok choy
- 4 garlic cloves, minced

Spring is the perfect time of year to begin making healthier lifestyle changes. It is a time for rejuvenation, a time we feel more optimistic, for cleansing oneself and one's surroundings and for shedding all those "extras" we have been carrying all winter. Spring brings an amazing burst of energy and a positive shift in thinking! It is time to shed those extra winter pounds, get rid of those extra clothes and put away the shovel and bring out the bicycle! It is also a time for looking and feeling healthier. Doesn't it feel like a great time to adopt a new attitude towards health and well-being? The steps you take toward this transformation may seem small, but they add up in a huge way!

Individual cleansing programs vary, but their aims are the same and generally include a five to twenty one day regimen of avoiding or reducing sugar, salty foods and dairy, as well as high fat, chemicalized, processed and artificial foods and caffeine, nicotine, alcohol and drugs; and consuming fresh, whole organic foods and purified water; exercising; using stress management techniques; massage, bathing, steaming and all-over body exfoliation.

This month's fun, delicious and informative **cooking class** will feature a cleansing menu to help support your body's transition from winter into warmer weather. Why don't you join us?

Stress Mastery: VISUALIZE CALM

Visualizing calm, especially during times of stress or intense emotions, combined with deep breathing, can help produce a state of calmness emotionally and psychologically.

With your eyes closed, take long slow breaths. Imagine you are in a hot shower with a wave of relaxation washing your stress down the drain.* Don't you feel calmer now? * **Robert Cooper, Ph.D, author of The Power of Five**

Life Balance: YOUR FINANCES - IDENTIFY YOUR BELIEFS

This is the first in a series on creating balance in your life around your finances.

It is important for one's health that a person feel financially secure and that they have the means to live the lifestyle they desire. The right knowledge and skills, creative ways of accessing resources, planning and taking action are required, but if one doesn't have positive beliefs around money, they may find themselves stuck surviving rather than thriving.

Take a moment to write down the beliefs you hold around money. Do you feel you never have enough, that you are not good at making money, that the only way you have your needs met is through struggle or that opportunities don't ever happen for you? Your beliefs affect your ability to see possibility, problem solve, take action and recognize opportunities. Negative, disempowering beliefs cause a downward spiral, while positive beliefs create an upward circle. Is there a belief you hold around money that would better serve you if it was changed?

Upcoming Events: HANDS-ON HEALTHY COOKING CLASSES

Weehawken Location

Organic Food, Organic FUN!

Celebrate your health and indulge your taste buds with a simple, yet delicious, meal made from fresh, seasonal organic and/or local farmers market foods made by YOU!

Sunday, April 29, 2007 5:00 PM - 7:30 PM

- 4 tsp minced ginger
- 2 tbsp soy sauce
- water
- 2 tbsp peanut oil

Place walnuts in a shallow baking pan and put them in an oven set for 350°F. Cook until they are golden, from 7 to 10 minutes, stirring them occasionally.

Slice off bok choy stems and cut into 1- in pieces. Leave the leaves whole. Set wok (or pan) on high heat. Add 2 tbsp peanut oil and roll it around the sides of pan. When hot, add garlic and ginger and stir-fry for 1 min. Add the bok choy, a few pinches salt and red pepper flakes, and stir-fry until wilted and glossy. Add soy, water and cover until bok choy is shiny and glazed. Add the walnuts, toss and serve. Enjoy!

*This recipe includes walnuts which contain healthy omega-3 fatty acids.

About Anne

Anne Trauben, RN, RYT, is a Lifestyle Wellness Educator & Personal Coach.



Her mission is to inspire, educate & empower busy professionals and fitness enthusiasts to put themselves first and fall in love with the art of self care by eating healthfully, losing weight, mastering stress and creating life balance through a process she calls "feel-good self-care". It is through this process that clients learn to set their intention, develop mindfulness, establish calming simplicity in their lives and engage in healthful "nourishment".

Anne offers individual lifestyle wellness education & personal coaching programs, locally and nationwide, in-person and via phone, and group corporate wellness education & coaching programs, mind-body stress mgt training programs and healthy nutrition/weight mgt programs. She also offers a variety of workshops, **Kitchen Quick Start program, Hands-on Healthy Cooking classes, health food store tours, a variety of workshops, yoga instruction** and she writes this informative email newsletter.

Visit **WHOLE HEALTH** and learn more

TRANSITION YOUR BODY FROM WINTER TO SPRING CLEANSE

COOKING CLASS

- Purifying Clear Broth
- Brown Rice, Dulse and Greens Classic
- Pineapple/Papaya Enzyme Salad w Enzyme Dressing
- Detox Tea

Sunday, May 27, 2007 5:00 PM - 7:30 PM

SLEEP PROMOTING COOKING CLASS

- Mixed Green Salad With Whole Citrus Vinaigrette
- Herbed Whole-Oat Salad With Almonds
- Roasted Red Potatoes With Rosemary
- Lullaby Muffins
- No-Bake Flax Snacks
- Chamomile Tea

All Cooking Classes Feature:

- Hands-on cooking instruction of new simple cooking techniques
- Experimentation with new whole grains, vegetables and protein sources
- Fun and camaraderie with new people
- Enjoy a healthful and delicious meal at the end of class made by YOU!
- A copy of the recipes to take home

More like a cooking party! All levels attend, especially beginners!

Pre-register Today - \$55/class. Register With A Friend - 10% Discount.
Call 917-523-5168 or send an Email to Anne

Wanted to thank you again and let you know how much I enjoyed your cooking class. I feel motivated to learn more about how to utilize healthier, organic food options. I will be speaking to a few friends who I believe will be interested in joining us in another class. --D.G.

about **Anne**.

To schedule an initial lifestyle wellness coaching consultation or to discuss bringing one of WHOLE HEALTH'S group programs to your organization, call 917-523-5168 or **click here**.

I lost 20 pounds and developed a much healthier perspective about eating, exercising, and cooking. I used to worry about staying motivated. I no longer worry, because I learned to take care of myself. My mood is happier, my energy level higher, and I've taken up yoga for relaxation. Anne is extremely supportive, motivating, and positive. I felt as if I could do nothing wrong in her eyes, even when I didn't feel that way about myself. That is a rare gift-- Thank you! --D.G.

Anne is patient and well-informed; she can help you deal with your issues, without ever being judgmental. --M.M.

THANK YOU For Reading WHOLE HEALTH Newsletter!

If you have any questions or comments, please **write to me!** I am interested in knowing what you'd like to learn more about, so if you let me know, I'll include it in an upcoming issue.

Please **forward** this newsletter to anyone and everyone, family, friends, coworkers, colleagues and neighbors, interested in living a healthy and balanced life.

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