



Hands of Health Newsletter

December 2013

Hello, again:

I stand corrected; THIS is the last newsletter of the year. Hope everybody had a great Thanksgiving and didn't suffer through "Black Friday" but if you did how about scheduling a therapeutic bodywork session so you can recuperate? So now we're officially into the holiday season. As I noted in the prior newsletter you can have festive holiday celebrations and still eat healthy. I have a potpourri of articles and links for this last newsletter for your edification/education. Hope you learn something you find beneficial and useful; that's my intention always. And I'm always here for your questions or if you want to discuss and even debate the information I provide you. I also encourage you to do further research on the information and check it out for yourself. Don't automatically believe everything/anything I share in these newsletters just because you like me! Here you go!!!

There is evidence that flaxseed is a heart disease reversing food

<http://www.greenmedinfo.com/blog/evidence-flaxseed-heart-disease-reversing-food>

How about a great recipe: - Quick and Easy Curried Sweet Potatoes

Serves 2

Ingredients:

2 sweet potatoes, diced
2 large onions, chopped
5 cloves of garlic, minced

2 tablespoons curry powder
1 tablespoon olive oil
½ cup of water
salt and pepper to taste

Lemony Green Salad

Ingredients:

cups of torn lettuce of your choice
½ bunch chopped parsley (about 1 cup chopped)
Juice from half a lemon

2 tablespoons olive oil
1 tablespoon soy sauce or tamari
salt and pepper to taste

Directions:

Start by chopping your garlic and setting it aside to rest for 10 minutes in order to intensify its healthy phytonutrients (remember to do this is all of your cooking!).

Add the chopped onions, sweet potatoes, and olive oil to a large frying pan on medium heat. Toss together and mix in curry powder. Stir the mixture every few minutes while sautéing for 30 minutes. Add ¼ cup of water twice during the sauté to deglaze the pan and lightly steam the potatoes (the water should evaporate pretty quickly). Begin taste-testing the potatoes after 30 minutes to test for doneness — soft, but not mushy consistency.

Pull them off the heat when they are cooked through and no longer crunchy. Add salt and pepper to taste.

Make your green salad while the potatoes are cooking. Dress, and toss the lettuce and parsley in a large bowl. When the potatoes are nearly finished, arrange the salad on each plate so the potatoes can be spooned on top.

Add the finished potatoes and voilà — totally tasty, healthy, and easy dinner!

Sweet potatoes are a great superfood. They're rich in phytonutrients, antioxidants, and vitamins. One interesting fact about them is that their high level of beta-carotene is most bioavailable when eaten with small quantities of healthy fats. Adding fat to the dish, like the olive oil in this recipe, helps the body fully absorb all the beta-carotene. This is also true for the lycopene in tomatoes and the beta-carotene in carrots, squash and red peppers. - ENJOY!

Study finds Spirulina to boost Academic Performance, Brain Power

<http://naturalsociety.com/spirulina-boosts-academic-performance-brain/>

Did you know a Grande #Pumpkin Spice Latte at #Starbucks contains 49 grams of sugar? That's the equivalent of more than 12 sugar cubes! And it sends you straight into the fat STORING zone instead of the fat burning zone.

Garlic Soup made with 52 Cloves of Garlic Can Defeat Colds, Flu and even Norovirus

<http://worldtruth.tv/garlic-soup-made-with-52-cloves-of-garlic-can-defeat-colds-flu-and-even-norovirus/>

Here's a Awesome Thanksgiving recipe developed for the Dr. Oz show pitch last year...Enjoy!

<https://www.facebook.com/photo.php?fbid=10202562418209539&set=a.1534214283156.2069962.1468782813&type=1&theater>

AND ONE MORE RECIPE

Chai-Spiked-Pumpkin-Pie Green Smoothie™

7 oz. Frozen Organic Pumpkin (Freeze fresh or freeze in can)
1/2 cup Organic Soy or Almond Milk (vanilla flavored)
1/2 cup French-Vanilla Coconut Milk Creamer (organic if possible)
1/2 cup Organic Chai Tea Latte Mix in box (Oregon Chai or Tazo)
1 cup Organic Baby Kale (loosely packed)

1/2 teaspoon Organic Cinnamon (Vietnamese if possible)
1/4 teaspoon Organic Nutmeg
1/4 teaspoon Organic Ground Clove
1/2 teaspoon Organic Vanilla Extract
1 Full Tablespoon Green Vibrance (from Vibrant Health)

Makes 1-2 Servings

Lots of information to think about. With the holiday season in full swing sometimes you just don't know what to get those special people in your life. I have the solution: Gift certificates for therapeutic bodywork sessions. Here's what's on the menu: Full Sessions (60-65 minutes) in my office; Extended Sessions (90 minutes) in my office; Full Sessions in the home; Corporate Chair Massage in my office; Apricot Body Scrub, a Full Session Swedish Massage followed by an exfoliation treatment in the home because a shower is necessary after the session. You can save money, 10%, by purchasing a series of 4 or more. For example if you purchase 4 Full Sessions in my office the total would be \$234, a savings of \$26! Also keep in mind that as noted in my last newsletter rates for most sessions except for Seniors, Students, Corporate Chair Massage, and Insurance will be increasing January 1, 2014. So buy in bulk now and stay ahead of the game. Have lots of fun and oh, have a safe and Happy New Year's celebration and remember; NO DRINKIN' AND DRIVIN'! See you next year!

Until next time,

Stay healthy, stay well,



"If women ruled the world and we all got massages, there would be no wars." -Carrie Snow. comedian

I Love Referrals!!!

Ask me about earning FREE GIFTS for referrals.