



# Hands of Health Newsletter

January/February 2013

Hello, again:

Of course, Happy New Year. Hope the holidays met your heart's desires. And now with the new year we can make some fresh starts. Personally, I never make resolutions, I set goals. I feel there is a difference. My #1 priority is ALWAYS my health as it would be best if all of us followed suit. Our health sets the foundation of what goes on in our lives. Poor health affects us on all levels: physically, emotionally, mentally, and spiritually whatever spirituality is for you. You can be THE best at what you do but if you're interrupted by some kind of illness or disease and need to take time to recuperate and restore your health and wellness it won't do you any good. By practicing preventive maintenance, exercising 5-6 times per week including cardio AND strength training and eating a healthier selection of foods that aren't processed, manufactured or refined, instead that according to Michael Pollan are mostly plants you'll be on the road to a healthier, happier, more productive life! It's about QUALITY of life, NOT quantity. In this issue of my newsletter the food focus is about sea vegetables, some of THE healthiest foods you can eat. Sea veggies are chock full of important nutrients and minerals essential to our health and wellness. So with the new year what goals do you have for your health that you may not have achieved last year? Are you unsure of what direction to take to achieve those goals? Have you tried something that didn't work or you had minimal results? When was the last time you sat down with someone in a relaxed environment to talk about your health and what you'd like to do to be healthier? Most doctors usually don't have the training to help you with your dietary choices and won't get to the cause of your health concerns. Nutritionists are pretty much just going to give you a list of what to and not to eat and therapists don't have a goal in mind for your health; there's no end in sight. As a Holistic Health and Nutrition Coach I provide you that opportunity to really sit down and talk extensively about what you'd like to do for your better health and wellness and how to go about getting it. Why not call me and set up an appointment for a FREE health history consultation so you can have that opportunity. Call (480)423-0578 and let's get you on the road for a great year and a new life. Enjoy the article and try the recipe.

## New Year, New You

A lot of people begin the New Year by making resolutions. We've all been there. We take a vow to lose weight, exercise more or spend more time with our family. We start the year with great intentions, but then we quickly relapse into old habits. Why is it so hard to stick to those New Year's resolutions? Here are some ways you can make your intentions a reality this year:

1. Write down your intentions and keep them in a visible place, like taped to your bedroom mirror or the dashboard of your car.
  2. Get to the source of whatever is keeping you in a rut. Are you in a stressful relationship that causes you to eat a pint of Ben & Jerry's every night? Are you stressed at your job and feel too tired to exercise after work? If you don't tackle the root of the behavior, it will be much harder to accomplish your goal.
  3. Be clear about what your life would look like once you achieve your goal. If you resolve to go to the gym more, how will this benefit you? Get connected to the result of your action, and you will be more likely to stick with your plan.
  4. Share your resolutions with friends and family. Hold each other accountable for achieving your goals. If you want to go to the gym more, have a friend call you two or three times a week to check on you or invite them to join you.
  5. Reward yourself with every little accomplishment. If your intention is to lose weight and you lose 1 pound a week, pamper yourself with a massage.
- Big changes do not require big leaps. Permanent change is more likely to happen gradually than through one big restrictive plan. Allow yourself to climb the ladder one rung at a time.

*Happy New Year!*

## Food Focus: Sea Vegetables

In traditional Chinese healing, sea vegetables correspond to the winter season and to the kidneys, adrenal glands, bladder and reproductive organs. The strengthening, balancing and cleansing properties of sea vegetables are known to help these organs as well as the hair, skin and nails. Sea vegetables (or seaweeds) provide a variety of minerals and vitamins, including calcium, iron and iodine, and can help balance hormone and thyroid levels in the body. Eating too many processed foods or foods grown in mineral-depleted soil can result in a lack of minerals in the body, leading to cravings for salty or sugary foods. Adding sea vegetables to your diet can help balance your energy levels and alleviate cravings.

### Recipes of the Month:

#### Mighty Miso Soup

Prep Time: 5-10 minutes

Cooking Time: 10-15 minutes

Yield: 4-5 servings

#### Ingredients:

4-5 cups spring water

1-2 inch strip of wakame, rinsed and soaked 5 minutes  
in 1 cup of water until softened

1-2 cups thinly sliced vegetables of your choice (see notes)

2-3 teaspoons barley miso

2 scallions, finely chopped

#### Directions:

1. Chop soaked wakame.
2. Discard soaking water or use on houseplants for a boost of minerals.
3. Place water and wakame in a soup pot and bring to a boil.
4. Add root vegetables first and simmer gently for 5 minutes or until tender.
5. Add leafy vegetables and simmer for 2-3 minutes.
6. Remove about 1/2 cup of liquid from pot and dissolve miso into it. Return it to the pot.
7. Reduce heat to very low; do not boil or simmer miso broth.
8. Allow soup to cook 2-3 minutes.
9. Garnish with scallions and serve.

#### Note:

Any combination of vegetables can be used in miso soup. Here are some classic combinations:

- onion-daikon: cleansing
- onion-carrot-shiitake mushroom-kale: mildly sweet
- onion-winter squash-cabbage: great in wintertime
- leek-corn-broccoli: great in summertime

**Variations:**

- Add cooked grains at the start of making the soup. They will become nice and soft.
- Add a tablespoon of uncooked quinoa or millet at the beginning and let it cook with vegetables for 20 minutes.
- Add cubed tofu toward the end.
- Add bean sprouts toward the end.
- Season with 1/2 teaspoon ginger juice for an interesting twist.
- If using dry shiitake mushrooms, let them soak for 20 minutes, slice and add at the beginning.

**Forward to a Friend**

*It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.*

Hope that sparked some ideas for you. I love miso soup and I love the fact that barley miso is used instead of soy miso. So now it's time to implement these ideas to create a new you and healthier you. Please always feel free to call me with any questions or concerns. I'm always willing to talk to you. Also with Valentine's Day coming up maybe schedule a couples massage either in my office or your home OR take my couples massage class and learn a few massage techniques you can use at home to help your loved one with those aches and pains between your appointments with me or just to connect on a more personal level. And then have a bowl of miso soup!

Until next time,

Stay healthy, stay well



A handwritten signature in cursive script, appearing to read "Paul".

*True life is lived when tiny changes occur. - Leo Tolstoy*

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