



Hands of Health Newsletter

June 2013

Hello, again:

So Summer has arrived in Arizona. Good times. Get out there and get active. This issue is a little more on the serious side. If you've been reading and paying attention to my newsletters you know by now that I'm a Holistic Health and Nutrition Coach. I offer programs for you to work with me in achieving your health goals. One of the biggest excuses I get is "I can't afford it." Robert Kiyosaki, the creator and founder of "Rich Dad, Poor Dad" says that when you say something like that you shut down your brain from thinking. He recommends instead think "HOW can I afford this?" That opens your mind up to bigger possibilities. So in this newsletter I've given you some ideas on ways you CAN afford to work with me and take charge of your health. Not to mention a "sweet" recipe.

"I Can't Afford A Health Coach"

Some people may spend less than the amounts in the examples below and some may spend more and some may not spend money on some of these. I set my program the way I do because that's what's been shown to work; that's what I was trained to do. However, keep in mind that the sacrifices made in the examples below are only TEMPORARY! After reading over this list, one might consider that if they spend less on "other things" that she or he may just be able to afford a health coach.

- Going from two manicures a month (\$20 each) to one a month, would save \$20 per month
- Going from two pedicures a month (\$35 each) to one a month would save \$35 per month
- Going for drinks with friends twice a week (\$30 each-small meal, 2 glasses of wine or 4 bottles/mugs of beer) to once a week would save \$128 a month
- Going from having Starbucks' everyday (\$6 each) to every other day would save \$90 a month
- Going from having lunch out three times a week (\$12 each) to half as often can save \$77 a month
- Going from having a spa day every three months (\$225) to going every 6 months saves \$37 a month
- Going from buying one pair of shoes a month (\$50) to buying one every other month would save \$25 a month
- Going from spending \$150 a month on clothes to spending \$75 a month would save \$75 a month
- Going from spending \$100 a month on landscaping to half of that amount would save \$50 a month
- Going from spending \$40 a month on books/magazines to half that amount can save \$20 a month
- Going from having dinner out 3 times a week (\$20 each) to half as often would save \$128 a month
- Going out for frozen yogurt twice a week (\$6 each) to once a week can save \$25 a month
- Going from having a "nice" dinner out (\$80) 4 times a year to twice a year would save \$13 a month
- Waiting a few years after one's car is paid off before buying a newer model can save thousands!

If you add up all these figures it comes out to \$773 without the car; add \$1000=\$1733 and you've paid for the coaching program with a few hundred left over. I believe that now allows you to hire me as your health coach.

Here's to your health and wellness.

Food Focus: Fruit

A healthy lifestyle is the key to longevity, optimum weight, abundant energy and balance. By using fruit to satisfy our taste for sweetness, we can leave behind the use of chemical, processed and refined sweeteners. Fruits are easy to digest, are cleansing and cooling and are great for those who are overstressed and overheated from excessive mental strain or hot climates. Fruits are filled with fiber and liver stimulants, which act as natural, gentle laxatives. Whenever possible, buy fresh, locally grown fruit as opposed to imported fruits shipped from far-off places. This keeps you eating in season, and more in harmony with your environment and climate.

Eating raw fruit in summer months is highly cooling, while baking it in the winter months neutralizes the cooling effect. Fruit in the form of juice is a great choice for cleansing the body, but be aware that juice rapidly raises blood sugar levels, leading to an energy crash soon after. Frozen, whole, pureed or juiced fruit can make great summertime cool-down treats. Try frozen grapes, banana-coconut smoothie popsicles or lime juice ice-cubes in iced tea!

Whether you are having fresh fruit for a light early morning breakfast, a midday snack or evening treat, enjoy nature's sweetness and whenever possible buy organic. Here are a few summer fruits and their health benefits:

- Apricots: Great for lung conditions and asthma; used to help treat anemia due to their high copper and cobalt content.
- Bananas: Help to lubricate the intestines, treat ulcers, detoxify the body and manage sugar cravings; are rich in potassium (which helps hypertension).
- Cherries: Slightly warming in nature; increase overall body energy, remedy arthritis and rheumatism and are rich in iron, which improves the blood.
- Grapefruits: Treat poor digestion, increase appetite during pregnancy, alleviate intestinal gas and reduce mucus conditions of the lungs.
- Papayas: Tone the stomach, act as digestive aid, moisten the lungs and alleviate coughing; contain carpaine, an anti-tumor compound.
- Raspberries: Benefit the liver and kidneys, cleanse blood of toxins, regulate menstrual cycles, treat anemia and can promote labor at childbirth.

Recipes of the Month:

Fruit Nut Smoothie

Prep time: 5 minutes

Yield: 2 servings

Ingredients:

- 1 banana
- 1 cup soy or rice milk
- 1 cup berries
- 1 cup diced melon
- 1/2 cup almonds
- 2-4 ice cubes

Directions:

1. Mix in blender for 1-2 minutes and serve.

Note: You can add other ingredients for added nutrition such as a spoonful of bee pollen, coconut oil, flax seed oil, spirulina powder or a scoop of protein powder.

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.

Now do you see how you CAN afford to work with me? This is the "How" I talked about above. So take the first step and schedule a FREE health history consultation with me and let's get you started. Along with June being the most popular month for weddings, there's also Father's Day. How about a gift certificate for a therapeutic bodywork session for dad? I'm sure all the fathers and fathers to be would greatly appreciate it. I have certificates for Full sessions, Extended sessions, in my office and in dad's home! And chair massage! I can take your orders over the phone or drop by my office and pick it up. Oh, and brides like massages, too! Have a great month! Until next time,

Stay healthy, stay well



"Once you replace negative thoughts with positive ones, you'll start having positive results." - Willie Nelson

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