



Hands of Health Newsletter

March/April 2012

Hello, again:

Here's the new and good news: I am NOW accepting clients to work with in my health coaching practice. I have earned my pre-graduation certificate to start practicing with clients. You will be receiving a letter from me about this if you're on my mailing list and if you're reading my newsletter online you and those receiving my newsletter may contact me if you're interested in finding out more and would be interested in working with me on making some dietary and lifestyle changes for your better health and wellness. Be sure and check out my health coaching website www.myhealthcoach.co to find out what I'm doing and what is involved when you work with me as YOUR health coach. Of course I'm still active in my massage practice and will incorporate it into my health coaching practice as a comprehensive approach to health and wellness. And since I've always emphasized the importance of proper diet in my therapeutic bodywork you're going to see a lot more about healthy eating in my upcoming newsletters. So without further adieu enjoy some information about healthy foods and recipes..

SOUL FOOD

Think for a moment of a food from your past, one that makes you feel great after you eat it for no specific reason. Maybe it is macaroni and cheese, slow-simmered tomato sauce, ice cream cones or potato pancakes. Eating comfort foods (every now and then) can be incredibly healing, even though your rational brain might not consider it highly nutritious.

Food has the power to impact us on a level deeper than just our physical well-being. What we eat can reconnect us to precious memories, like childhood playtimes, first dates, holidays, our grandmother's cooking or our country of ancestry. Our bodies remember foods from the past on an emotional and cellular level. Eating this food connects us to our roots and has youthening and nurturing effects that go far beyond the food's biochemical make-up.

Acknowledging what different foods mean to us is an important part of cultivating a good relationship with food. This month when we celebrate lovers and relationships, it's important to notice that we each have a relationship with food—and that this relationship is often far from loving. Many of us restrict food, attempting to control our weight. We often abuse food, substituting it for emotional well-being. Others ignore food, swallowing it whole before we've even tasted it.

What would your life be like if you treated food and your body as you would treat your beloved – with gentleness, playfulness, communication, honesty, respect and love? The next time you eat your soul food, do so with awareness and without guilt, and enjoy all the healing and nourishment it brings you.

FOOD FOCUS: BEANS

Beans, or legumes, including peas and lentils, are an excellent source of plant-based protein. Beans are found in most traditional cultures as a staple food, offering grounding and strengthening properties that enhance endurance. They offer a highly usable, highly absorbable source of calcium for the body. A very inexpensive source of high nutrition, beans can be rich, delicious and satisfying.

Lack of sexual energy is often due to overtaxed adrenal glands and kidneys. Beans are known for strengthening these organs (ever noticed the shape of a bean?) and can help restore vital energy as well as sexual energy.

Beans have a reputation for causing digestive distress, but this is usually because they have been undercooked or improperly prepared. To help reduce gas-forming properties, soak beans overnight prior to cooking, increase cooking time, add spices like bay leaf, oregano or cumin, or add kombu (a sea vegetable) when cooking.

RECIPE OF THE MONTH: EASY BEANS AND GREENS

Prep time: 10 minutes

Cooking time: 10 minutes

Yield: 2-3 servings

Ingredients:

1 can black beans (or pinto, red, kidney—your choice)
1 bunch collard greens (or kale, spinach—your choice)
your favorite toppings, such as salsa, avocado or guacamole and sour cream

Directions:

1. In a medium saucepan, heat drained beans. Add your favorite seasonings, if desired.
2. Fill a separate medium saucepan with 1-2 inches of water and bring to a boil.
3. Wash and chop greens (you can use the stems, too) and add to boiling water.
4. Cook for 2-3 minutes until greens are bright green and tender. Drain off water.
5. On a plate, arrange a portion of the greens, top with a portion of the beans and finish with toppings of your choice.

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 was enjoyable. This is a more light-hearted approach yet important to live better healthier lives. And now that here in Arizona the weather has taken a turn for the warmer you can now enjoy more time outside enjoying the beauty of the landscape and terrain we have here in the desert: hike more, walk outside more, exercise outside more. And also remember gift certificates are always available for all those occasions; anniversaries, holidays, birthdays, awards, appreciation or just because. I can take your orders over the phone or drop by my office in Old Town Scottsdale.

Until next time,

Stay healthy, stay well



Let yourself be silently drawn by the stronger pull of what you really love.
-Rumi

I Love Referrals!!!

Ask me about earning FREE GIFTS for referrals.