



WELLNECESSITY NEWS...

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WHAT IS WELLNECESSITY?

We are a professional coaching and consulting company dedicated to empowering individuals to create the lives they truly desire!

We believe that **WELLNESS** is more than just good physical and mental health.

A "well" life is **PURPOSEFUL** and **BALANCED**.

For us, living life in this way is a **NECESSITY!**

If you are interested in finding out more about coaching and how it can work for you, call or e-mail us.

Mention this Newsletter and receive a **FREE** coaching session!

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www.wellnecessity.com

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THIS MONTH'S NEWS...

I have exciting news to share with you. Julie Lynch has joined the Wellnecessity coaching team. In addition to being a successful wellness coach, Julie is a nationally recognized weight-loss expert. Her advice has been heard on hundreds of radio shows across the country. Her work has been featured and she's been interviewed on CNN's News Stand, Good Morning America, and Philly After Midnight. Julie has also been featured in Vogue, The Hollywood Reporter and Cover Magazine. This month, Julie will share some weight-management tips that have helped thousands of women shed pounds and feel good about their bodies.

"Honor yourself for all you are. Forgive yourself for all you are not."

Since May is Women's Health Month as well as the month we honor mothers, I decided it's time to acknowledge all that women do, provide some survival tips, and challenge all of you to invest in ultimate self-care.

In general, I believe that women are just too hard on themselves. I know one woman who constantly berates herself for not growing her company fast enough. If you ask her to describe her typical day, this is what she would say: She gets up at 6 am and doesn't end until she collapses in her bed close to midnight. She has four school-age children which means she does all the cooking, cleaning, shopping and laundry for a family of six. She takes the kids to three separate schools, picks each one up, carts each one of them off to after school sports and other activities, helps them with their homework, handles the family's finances and runs her own business. Yet this woman is convinced that she's not accomplishing enough. She's convinced she should be able to do more. Does this woman sound familiar? Well, she might because this woman is me.

I know I do a lot of wonderful things for my family but what do I really do for myself? To honor myself and all the other women like me, Julie and I have come up with a self-care challenge. Below you will find a list of ways we can nurture and care for ourselves. Over the next 90 days, we are challenging our readers to go over the list and do your very best to incorporate as many self-care actions into your life as possible. During the next three months, write to us and share your experiences. We also ask you to share new ideas for self-care. At the end, two winners will be chosen to receive a free weight-loss consultation with Julie.

Remember, women - especially mothers - are the cogs in the wheel that keep us all moving. If we don't take the time to care for ourselves, things will not keep running for long. So, read on my friends. I honor you and all you do! Celebrate yourselves and all the women in your lives.

Be well!

5 SURVIVAL TIPS FOR GETTING THROUGH THE CRAZY DAYS

With all of the obligations we face, it's not possible to shirk our responsibility and head to the beach. Though there are ways to make our hectic days more enjoyable.

1. Create a "Top 3 Blessings of the Day" List

The days are hectic yet everyday, I notice there are little things that keep me going. One day last week my son, Andrew, got up with me and we took a walk on the boardwalk. I wrote our walk down on my blessings list. All day long, I smiled when I thought of the two of us watching the sun come up and talking as we walked. So as good things occur in your day - add them to your blessings list but keep it to the top 3. Just writing these down will help you focus on the good things in your life. You'll be amazed at how your perspective changes.

2. Acknowledge the Inner Critic and ask it to shut up!

Everyone has an inner critic. You might call it the gremlin or the guilt. But no matter what you call it, it's that little voice that keeps telling us how we screwed up again, or how we just didn't get it all done. Well, awareness is the key here. - Do yourself a favor. When you hear that little voice - tell it to take a hike. It's not welcome anymore!

3. Live in the moment

Women are conditioned to multi-tasking all the time. Do you commute to work while listening to tapes, reading, working on your laptop, or making calls? Or maybe you're at home working and doing laundry and preparing dinner. When you're not able to do more than one thing, do you feel unproductive? If that's the case, set an intention to let that feeling go. Try to accept that whatever you are doing is exactly what you are supposed to be doing. Accept it and don't try to do anything else. Simplify and enjoy!

4. Create Your Support Circle

Find others in the same boat - ask how you can help each other. We sometimes feel like asking for help means that you have failed or are burdening someone else. The truth is, asking for help makes your friends feel needed and creates stronger bonds. I have created a wonderful network of friends this way. I cherish that we can laugh about the adventures of each other's days and can relax just a bit more knowing we'll pick up the pieces for each other in a heart beat. Let's not forget our mates here either. Find a way to get them involved too.

5. Extreme Self Care

Indulge in as many of the following as you can over the next 90 days. If getting yourself to do one of them alone seems challenging, make a date to go with a friend. It will force you to stick with your plan and it'll be twice the fun.

- Get a Manicure and Pedicure
- Try Rolfing
- Have your eye brows waxed
- Experience a Massage
- Go to bed an hour early
- Try Reflexology
- Have Cranial Sacral work done
- Take a hot bath
- Start a vitamin regimen
- Drink 8 glasses of water a day
- Practice Yoga
- Lose yourself in a favorite magazine
- Browse through old photos
- Try sensory deprivation in a flotation tank
- Keep a dream journal
- Meditate
- Color your hair
- Ask your mate to rub your feet
- Take a long walk
- Buy new makeup
- Get a facial
- Try Reiki
- Buy a great pair of summer sandals
- Call a girlfriend

5 SURVIVAL TIPS FOR GETTING THROUGH THE CRAZY DAYS, CONTINUED...

The Challenge

Pick at least 1 self care activity per week and do it! Tell us what you did and how taking the action affected you. You can contact us at mjskurtz@wellnecessity.com or julie@wellnecessity.com. As I said, we'll pick 2 winners, the longest self-care list and the most ingenious self care idea. The winners will receive a free weight loss consultation with Julie.

Julie and I are taking the challenge too and we'll be sure to report back with our experiences. Recently we went for a manicure and pedicure. We giggled through the whole thing and, even weeks later, I find myself giggling every time I look at my colorful toes.

Now that was worth it!

JULIE'S TIPS FOR WEIGHT MANAGEMENT

We all know that diets don't work. Diets make us feel deprived so even when they help us drop weight there is always a backlash that makes us go for our favorite foods with a vengeance and most often gain back the pounds.

So the key is about long-term lifestyle changes. Below is a list of tips. These ideas work but they need to be adopted gradually. Remember: slow and steady wins the race. Better to drop 5 pounds over a three-month period and keep it off than to drop ten in a month and gain back twelve.

Some of these suggestions are obvious and some are a bit kooky but take them in, let them wiggle around in your brain for a while and see what sticks.

Try a new vegetable every week!

This might sound crazy but I guarantee you there are fifteen vegetables out there you've never even heard of. Just this year, I tried Kohlrabi for the first time and now it's a regular on my shopping list. If you eat more vegetables, you're more likely to eat less starch and refined carbs. Over time, you will lose weight.

Add fruit to the recipes you love.

The goal is to get as much fresh fruit into your diet as possible. Fruit is great because it's alkaline, it provides fiber, has lots of nutrients, and it satisfies our cravings for sweets. If you're making a spinach salad, toss in a chopped apple or add diced mango to salad of Bibb, feta and pine nuts. Be creative.

(If you have a great recipe that uses fruit, please email me: julie@wellnecessity.com)

Eat before 7 pm whenever possible.

Our digestion works most efficiently when we dine early. And, of course, it's always best to make dinner the lightest meal of the day. Breakfast like a king. Lunch like a queen and dine like a pauper. There's another benefit to this as well. When we give our digestion time to rest, our stomachs actually shrink. And it's great to wake up with an appetite - that way you start your day with a big breakfast and you won't feel deprived when you eat light at dinner.

Chew your food.

Digestion begins in your mouth. Essential enzymes are in your saliva so it is crucial to really chew your food. 30-40 times per bite! Health experts in Germany believe that when you chew your food this thoroughly, you make the nutrients in your food more available. Take smaller bites and set your fork down in between. That will force you to relax while you're eating. It also gives your body a chance to feel satisfied so you won't need a second helping.

JULIE 'S TIPS FOR WEIGHT MANAGEMENT CONTINUED...

Limit drinking beverages during your meals.

Your body digests your food first with the saliva in the mouth then with the acid in the stomach. When you drink a beverage with your meal you dilute the acid in your stomach and make it more difficult to digest your food. Undigested food can make bowel movements less productive and can lead to an impacted colon. Often times, protruding bellies are not so much a reflection of excess fat as they are of impacted colons. If you've been swallowing your food without really chewing for years, you might want to do a colon cleanse. If you can't slow down enough to chew 30-40 times per bite, consider taking a digestive enzyme with your meal.

Stay away from refined carbohydrates.

You've heard this a million times because it's important. Refined sugar and white flour are just empty calories. A good replacement for refined sugar is Stevia Extract. It's sweeter than sugar and is actually good for you. You can find it in your health food store. A good substitute for bread made with flour is Sprouted Bread. I like Ezekiel bread. It's also sold in the health food store - in the freezer section.

Reduce the size of your dinner plate.

Sounds silly but it works. Most of us have these huge dinner plates that hold enough food for a family of five. If you use a smaller plate, you'll take smaller portions. If you set the table with a dinner plate and a salad plate, use the larger plate for salad and the smaller plate for your entrée.

Switch from Coffee to Green Tea.

Coffee makes your body produce a stress hormone called cortisol. Cortisol can increase your appetite, make you crave fat and carbs and encourage your body to store fat in the abdominal area. Green Tea, on the other hand, speeds up your metabolism, burns fat and the theonine in green tea can help you focus with out making you jittery. According to Dr. Nick Perricone, if you do nothing else but replace coffee with green tea, within a year you'll lose ten pounds.

Brush your teeth as soon as you finish eating.

We've all done it, finished a big meal then found ourselves digging into a box of raisins or, worse, a jar of cookies. We're not even hungry yet still we're eating because we crave something sweet - especially if we've had a meal with spices, onions or garlic. What we really want is to cleanse our palette. I've found that if I brush my teeth as soon as I finish eating, I don't crave sweets nearly as much. And I'm a lot less likely to pick at the leftovers as I do the dishes!

When it comes to weight management, remember its progress not perfection! Check out next month's newsletter for more tips!

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 WHERE WELLNESS IS A
 NECESSITY!**

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GETTING OFF'S MAY PREMIER

We are pleased to announce that Julie's award winning film, **GETTING OFF**, will be screening Tuesday, May 24, 2005 at 7:00 PM in NYC at the Pioneer Theater, 155 East 3rd Street (Avenue A) Phone: (212) 591-0434.

These screenings generally sell out. Tickets are \$9.00 and it's recommended that they be purchased ahead of time at:

http://www.twoboosts.com/pioneer/calendar_grid.html

Following the program, a reception (courtesy of Two Boots), is being held in the Den of Cin, downstairs from Two Boots, around the corner from the theater. It's open to all ticket-holders.

We hope you can come out and see why **GETTING OFF** was awarded the "Broader Vision Award for Filmmaking Dedicated to the Greater Good" last month at the Garden State Film Festival.

PRODUCT SPOT-LIGHT

This month's product spot-light is on two great Sunrider products that are a *must* for your spring and summer routine.

Now that spring is here, we are adding fresh fruits and vegetables into our meal plans and it is imperative that we take the proper precautions. That is why I encourage all my clients to make sure they have Sunrider's Fruit & Vegetable Rinse in their cupboard.

We all know the great effect that fruits and vegetables have on our bodies. However, as we increase our consumption of them, the National Academy of Sciences has pointed out that we are also increasing our intake of harmful insecticides, herbicides, germs and even parasites.

This environmentally friendly product, Sunrider Fruit & Vegetable Rinse, will destroy any harmful organisms on your fruit and vegetables and will neutralize any carcinogenic sprays. Your fruits and vegetables will even stay fresher longer because oxidation has been reduced.

In my home, we also use this product for cleaning cuts & scrapes, poison ivy, insect bites, eczema and much more.

Our second product is Sunrider's SunnyDew. This product is a dietary supplement made from the Stevia plant. It can be added to water, hot or cold beverages or even your food. It will satisfy your sweet tooth without any harmful effects.

Sunny Dew is a highly concentrated liquid that has added citrus bioflavanoids for even greater anti-oxidant qualities. It is heavily researched for its benefits of balancing blood sugar and helping blood pressure and cholesterol. However, this product should never be used in place of medication.

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