

Wellnecessity News...

Wellnecessity...Where Wellness is a Necessity

Summer 2005

Greetings!

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This Month's News



The long hot days of summer are here! For some of us that means slowing down and trying to savor every last minute before they slip away. For many it means taking time off from work, visiting friends or family, picnics, reunions or traveling to exotic locations.

For me, each summer has always meant planning for that *perfect* family vacation. I would spend days doing research to find something that would make everyone happy. Usually everyone but me! In the end, the trips caused a lot of stress and never seemed to measure up to my "vacation" goals. This year I decided to try something new. I decided that my family would take the whole month of August and vacation right here at home! I made a list of all the things we like to do when we're away. Now we're incorporating them into each day. It's been fun and much less stressful (not to mention less expensive). I am definitely looking forward to vacationing here more often!

So this month even if you can't take the month off from work, I am encouraging you to take a mental vacation. Treat yourselves to your favorite activities and summer traditions that you ordinarily only indulge in when you are away from home. Use the rest of August to try out this new way of living. Enjoy the last dog days of summer the way a playful puppy might and see if you can carry this joy-filled attitude into the rest of the year. Check out our ***Tips For Creating Your Vacation @ Home*** for some

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 the life you desire 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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ideas that are working for us.

Also this month, Julie shares with us some additional weight loss tips and suggestions for lifestyle changes. These small changes can have a big impact on your long term weight management goals.

Another special feature this month is from my friend Marybeth Gregg, the owner of Cook with Confidence, Cooking School. Marybeth shares with us a wonderful salad recipe that you can create easily. It's perfect for your at-home vacation and it's easy on the waist- line.

We are also coming to the end of our self-care challenge. Next month we'll be sharing our winners with you. Please remember to give us the self-care ideas that you've incorporated into your life. Next month two winners will be chosen to receive a weight-loss consultation with Julie. You can also read about Julie's trip to have her ears candled. (I must admit I was a little glad she tried this one on her own!)

So, here's to the last of the long hot days of summer. Savor them and as always, *be well!*

Mary Jo

Tips For Creating Your Vacation @ Home

If someone called you and announced that your vacation was starting today, what would you do? Might there be a few things you'd do that you don't do on normal days? Here's a few of our ideas.

1. Do you have a special drink that you like to drink when on vacation that perhaps you forget to enjoy the rest of the year? If so, chill your favorite glasses, gather those ingredients and get that vacation mood going. My family likes sparkling water, on ice, with a wedge of lemon and lime, and a squirt of Sunny Dew or Stevia. We enjoy it in a chilled glass and feel like we're sitting poolside! I also recommend a pitcher of Sangria filled with fresh fruits of the season. And don't forget those little umbrellas for the finishing touch!
2. "If a problem has a solution there is no need to worry about it. If there is no answer for the problem, worry will do no good."- Tibetan proverb

How true, right? Yet we still worry all the time. Except maybe, if you are like me, and allow yourself to forget your worries when you're on vacation. I think that because I know it's only temporary, I'm able to let go for a short while. Usually when I

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return, I'm happy to see that the world didn't end. Many times this allows me to either forget the concern altogether or just look at it in a different light. So, give yourself permission to stop worrying for the rest of the month. See what happens!

3. Escape the negativity that surrounds you. When we go away, we often leave behind a lot of negative things that constantly bombard us. That can include television, radio, newspapers and even people. Studies have shown that the violence and negative images that flood our minds every day are addicting and have a direct impact on our health. Not having that daily bombardment can reduce stress and add peace to your life. I know that when I'm away, I don't listen to the radio, read the paper or turn on the TV. Think about what negative energy comes at you everyday and how it might be affecting you. Even if you can't get away, try eliminating as much as you can and see what happens.
4. Do you have a special way to relax when you're on vacation? Do you read trashy novels, play cards, board games, knit, take long walks? One of my favorite memories from childhood vacations is playing a card game called *Grease the Pig*. A little card playing goes a long way to relax the whole family. Find an hour to enjoy one of those special treats. It is also a great way to create a new tradition.
5. Vacations are the most common time that we take pictures. We enjoy doing it and they bring such joy afterwards. Yet during the year most of the time our camera is tucked away in the closet. Why not carry your camera around this month and take pictures as if you were a tourist. Try some black and white film too. Enjoy the act of taking the pictures. You'll love it when you get to look at them later.

Make a short list for yourself of all the ways you can bring the vacation mood into your family's life this month and try out as many as you can.

Julie's Tips for Weight Management

We all know that our metabolism changes as we age. We burn fewer calories because our bodies lose muscle mass. If we don't adjust our behavior to match our slower metabolism, we're guaranteed to gain weight. And menopause adds additional challenges. If you haven't yet adjusted your lifestyle, now is a perfect time to start.

We have a choice. We can either exercise more or eat less. And, of course, if we want to lose a significant amount of weight we need to do both. The good news is that the

exercise we commit to now can add years to our lives; it will certainly improve our moods and probably our sex lives.

- **Concentrate on weight-bearing exercise.**

Muscle is hungry tissue. The more muscle you build, the more calories you burn, even in a resting state. So concentrate on building the major muscle groups. You can build your leg muscles by biking, running, and doing squats. You can build your biceps doing push ups. Yoga is great because it builds your muscles while lengthening them which will give you a leaner appearance.

I am also a big fan of yoga because it slows you down. Part of the reason we overeat is because we're so revved up from over-stimulation that we find it impossible to relax at the dinner table. We've stuffed ourselves before we've even had time to feel the food in our bellies. Yoga teaches us to breathe deep into our gut and get in touch with what is happening in our bodies.

- **Make a conscious choice to eat less.**

When you go out to dinner, always start with a leafy green salad and, if you're eating with a friend, suggest sharing an entrée. Eat to the point of feeling satisfied but never stuffed. Believe it or not, studies have shown that we are more likely to eat dessert if we have overeaten during the main meal. Overeating actually increases our desire for sweets.

- **Just say no.**

When the waiter brings over the basket of bread, politely refuse. Most bread converts to sugar very rapidly – which of course leads to weight gain - and provides very little nutritional value.

- **Concentrate on foods that truly feed you.**

The reason that most Americans are over-weight is because they too often indulge in foods that have little nutritional value. Snacks like chips, cookies, pastries, and soft drinks are "Empty Calorie" foods. Besides the fact that they tend to be filled with toxic ingredients like sugar, preservatives, additives, and trans-fats, they leave you wanting more. Because they have few nutrients, your body is left hungry. Even though you've filled your belly, you've starved your body of what it truly needs. So banish them from your house when possible. And if that will cause a family rebellion, at least make it inconvenient to reach them. Hide the sodas in the fridge in the basement. Put the greasy salami in the back of the shelf and the carrots and celery front and center. That way, when you open the fridge you won't be as tempted.

- **Never let yourself get too hungry.**

One of the major reasons we tend to overeat – or eat the wrong foods - is because we don't prepare for emergencies. Always keep fresh fruit or protein bars (preferably with few grams of sugar) in your purse, in your car, in your desk at work. That way if you miss a meal, or get stuck working late, you can keep your blood sugar regulated. When our blood sugar falls too far, we tend to lose will-power. That's when you find yourself in front of the candy machine or devouring the basket of bread at the restaurant.

- **Take advantage of seasonal fruits.**

Summer is a great time to fill your house with fresh fruit. Always have peaches, nectarines, plums and the rest of the summer fruits on hand so you and your family will have healthy options at snack time. Instead of serving ice cream after dinner, cut up a watermelon.

Marybeth's Summer Salad Recipe

Marybeth is known for her entertaining and cooking expertise. You can sign up for her free newsletter at: www.cook-with-confidence.com. You'll be dazzled by her cooking secrets and interesting recipes.

Medley of Tomatoes and Greens with Shaved Parmesan and Citrus Dressing

Makes 6 servings

Add grilled shrimp or chicken breasts for an exotic entrée – you'll feel like your dining at a seaside resort.

A splash of orange juice really enlivens the taste of the fresh tomatoes. If you are not a fennel fan, it can be eliminated but be adventurous and try something different, like you might on vacation. Also, this is an excellent salad for this time of year when tomatoes are at their peak.

We recommend using 4-6 grilled fresh shrimp or 1 boneless grilled chicken breast per person.

- 3 pounds of mixed grape, yellow, and ripe red tomatoes
- Kosher salt and fresh ground pepper, to taste
- 1/4 cup finely sliced red onion
- 1 small clove of garlic, finely chopped and mashed with kosher salt
- 2 teaspoons coarsely chopped fresh basil
- 1/4 cup fennel, trimmed and sliced in matchsticks (optional)
- 2 cups baby spinach, Arugula, or mixed micro greens
- 2 tablespoons minced chives
- Fresh Parmesan shavings

Dressing:

- 1/4 cup extra virgin olive oil
- 1 1/2 tablespoons balsamic vinegar
- 2 tablespoons orange juice
- Fresh ground pepper and Kosher salt to taste.

For Dressing:

Whisk oil, vinegar, and orange juice together. Set aside.

Cut larger tomatoes into wedges and season with salt and pepper in a large bowl. Add onion, garlic, basil, and dressing (but not the greens), reserving about 1/2 cup to pour onto greens. Let stand for 10- 15 minutes.

Arrange greens and fennel onto individual serving plates. Top each with tomato mixture, remaining dressing, chives, shrimp or chicken, and Parmesan shavings. Garnish with edible flowers or herbs and serve.

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Self-Care Challenge Update

We told you we would keep you posted on some of our own self-care experiences. One that was intriguing to both Julie and me is a treatment called Ear Candling, a process that removes wax from the ears. However, before I could set a time to join Julie, (Yes, I would have done it!) she was on her way.

We thought we would give you some background and have Julie tell you about her experience so you can decide for yourself if Ear Candling is something you'd like to try.

Julie Goes Ear Candling...

I decided to try the candling because I was about to fly to Los Angeles to do a sound mix on my film. Since I sometimes struggle with my auditory abilities, I wanted to make sure I could hear every nuance. When I got to the spa, the therapist told me to lie on my back. He placed a slow-burning cylinder in my ear. The cylinder was then lit at the opposite end to create a vacuum. Through the warm smoke and vacuum of the burning candle, waxes and toxins were drawn out of my ear. As he did this, he massaged my face, jaw and neck. The whole process lasted about 40 minutes. It was very relaxing and the massage was great. Though he did draw a fair amount of wax from my ears, it was not as much as I expected. I'm told that this is normal for the first visit and that the amount of wax removed will increase the more often you do it. The next day, my flight was easy (usually my ears

hurt) and I felt prepared for work. I plan to go back to the spa soon to keep the process going.

Others have told me that the process also helps to drain sinuses and can heighten your sense of taste, smell and sight. Having originated in ancient civilizations thousands of years ago, candling is believed to be both healing and spiritual. In fact, some believe it cleanses the mind.

Product Spot-Light

This month's product spotlight is on Sunrider's **Evergreen**. Recently I was traveling without my family to California for business meetings. As usual, I packed all my Sunrider foods and necessities. Unknowingly, I took the last of the **Evergreen** with me. Two days into my trip, my husband called to tell me how upset my son JJ was with me. Apparently JJ didn't feel as well without his **Evergreen**. His basketball team lost an important game, and according to JJ, it was because he didn't have his **Evergreen**! How amazing! Even a 14 year old can articulate how much better he feels when eating these foods.

So here is what **Evergreen** does:

Evergreen is a liquid concentrate which contains licorice, chlorophyll, iron, zinc and peppermint oil. Chlorophyll is the green matter of plants. Alfalfa is the plant used in **Evergreen**.

What makes **Evergreen** so beneficial:

- Rich in trace minerals and an excellent source of organic iron
- Improves circulation and lets blood flow through the arteries
- Alkaline in nature; which helps to balance all the acidic foods that are predominate in our diet
- Increases enzyme activity in the liver and pancreas
- Aids in digestion of our food and breaks down fats and carbohydrates for energy
- Natural energy booster (That is what is most noticeable for me and my family)

Try it yourself and feel the difference!

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