

## Wellnecessity News...

Wellnecessity...Where Wellness is a Necessity

Winter 2006

### Greetings!

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#### Reflections



No matter what time of year it is, most of us are pre-occupied with our weight. Whether it's New Year's resolutions, Winter Blahs, or the inevitable Spring Shape-Up, life can feel like a yo-yo diet that never ends – and certainly one that never works! "Diet" is just a bad word – we all know "diets" don't work long-term.

If we ever hope to manage our weight effectively, healthy, life-long habits need to be developed and nurtured.

For many of us, this can all be overwhelming! Being constantly bombarded with the "latest and greatest" diets, it's hard to know what to believe or where to begin. And, if you are like me and have a family to consider, finding a way of eating that works for mom, dad and kids complicates the situation even more! So, I decided to use the next few newsletters to address weight management issues from the "*inside-out*". We'll be taking a look at the underlying mental and emotional sides of our eating behaviors and providing some practical steps for creating life-long habits. And, the good news: since the issues affecting your eating behaviors are probably affecting other areas of your life as well, by changing one, you could impact your whole life!

Since we at Wellnecessity believe that personal experience is the best way to investigate self-care options and since Julie braved ear candling and arm waxing, I just finished my "first ever" 10 day cleansing and detox program! Check out the section "*To Detox - Or Not?*" and I'll let you know how it was. We'll also give you some ideas on different types of programs and their benefits.

### 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!

[Visit us at: www.wellnecessity.com](http://www.wellnecessity.com)

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Next, make sure you check out "*Taking a Look Inward.*" We'll discuss some of the issues I faced and some suggestions on how you can get to the core of what's really causing your behaviors.

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If you're interested in cleansing, don't miss this month's *Product Spotlight*. Sunrider's ***Slim Caps***, a part of my detox program, have helped me make diet changes and just "clean up" my act!

And remember, as my Sunrider friends say, "It is easier to maintain good health than to regain it."

As always, *Be Well* my friends.

*Mary Jo*

## To Detox - Or Not?

Detoxing or Cleansing programs range in severity from strict liquid fasting to less harsh programs. The philosophy of all programs is to shift away from allergenic, inflammatory and unhealthy foods to healthier ones. No matter which you choose, all programs allow your body to work more efficiently and effectively, eliminate stored toxins and waste build-up and are a great start to a healthier life-style.

Detoxing programs are much debated within the medical community and care should always be taken to choose a program that is appropriate to your health needs. You can choose a program that can be done easily at home or if you don't want to go it alone, there are many spas and wellness centers that offer guided programs. As always, in making any health decisions, you should seek the guidance of your doctor.

### Top 10 Reasons Why People Detox

1. Creates mindful eating habits
2. Allows stored toxins to be flushed
3. Increases energy levels
4. Creates clarity of thoughts
5. Allows immune system to recharge
6. Decreases varying symptoms of disease
7. Allows you to determine food sensitivities and allergies
8. Encourages inward focus on all levels
9. "Cleans the Slate" for beginning new food behaviors
10. Potential Weight Loss

Many people enjoy juice fasting for detoxing. Juicing of fresh fruits and vegetables provides an abundance of nutrients to the body. This helps to support the immune

system and eliminate harmful toxins from the body. There are also a myriad of herbal cleansing products available to use. I prefer only food-grade herbs and suggest researching and choosing healthy alternatives that are not invasive or too harsh.

Less severe detox programs allow you to eat ordinary foods but at their most basic level. This means fresh fruits, vegetables, grains, and proteins only. Most important to these programs is the elimination of all sugars, processed foods of any kind, dairy and, if you choose, meat.

With any type of program, the transition to a more regular diet is very important. You should introduce food groups one at a time. This allows you to see which foods negatively affect you. Then, eliminate those all-together. You will be beginning a healthier life-long eating plan.

I just completed the Master Cleanse, a lemon juice fast for 10 days with the addition of food-grade herbal formulas. I felt really well during the fast even though I experienced many typical cleansing symptoms. They included a rash, aches, fever, chills, and headache. I did end up in bed for half a day; however, the symptoms left quickly and my energy level then was astonishing.

I believe this more drastic program was necessary for me and will prove worthwhile on many levels. I must agree with our *Top 10 Reasons*. They were all a part of my findings as well. The biggest gift from the experience has been the mental awareness and clarity that I have received. The simplicity of the fast was also helpful. The biggest challenge was dealing with my natural impulse to care for everyone else first. However, taking this drastic step has forced our whole family to think about what's best for MOM! That certainly has been interesting.

### **Taking a Look Inward**

It's a complex relationship that we have with food. Food has always been at the heart of the way we nurture and love ourselves and others. It is nourishment for our bodies but is also a form of love we give ourselves. We use it to express our love in social situations, celebrations, and our family meals. In fact, my own family was uncomfortable with the idea when I began my fast. It took them a few days to adjust. I think that because food is such a strong expression of love in our home that they were nervous what it would all mean. Luckily they realized that I still loved them even if I wasn't eating with them!

Food can also be used to fill a void and this can create bad habits. We are often unaware of the reasons that cause us to eat other than for hunger. Only *YOU* can evaluate harmful behaviors and make small changes over time. The best way to do this is to keep a written log of what you

eat, when, where, and what you were feeling. Be honest with yourself. This simple exercise can lead to great clarity.

The following are signs that you may want to take a closer look at your eating habits:

- You eat when you're bored, lonely, stressed or depressed.
- You eat while multi-tasking such as watching television, at your desk, driving the car.
- You eat at the same time each day whether you are hungry or not.
- You always over-eat when with one particular person or group of people.
- Certain foods trigger you to lose control and over eat.
- You engage in eating binges.
- You have rigid rules about food; For example only certain foods are allowed versus foods that are forbidden.

If you answered yes to any of these questions you may consider trying to change your behaviors. This awareness will now allow you to create a plan. Here are our suggestions:

- Consider a detox or cleansing program.  
Many people believe that the experience of a cleansing or detox program is the first step in creating "mindful" eating behaviors. A radical change in your behavior, even if for a short period of time, allows you to break current habits and re-evaluate behaviors.
- Identify any triggers that cause the unwanted behavior.  
Determine if it is a certain feeling or person, place or situation that prompts you to eat.
- Have a plan for when a trigger occurs.  
Substitute an activity like renting a video, getting a manicure, or taking a long leisurely walk or bath.
- Substitute other foods for unhealthy choices.  
Be prepared and have healthy choices available.
- Avoid the trigger.  
Plan ahead. Now that you have identified the trigger, determine if there isn't a way to keep it from happening. For example, many people find it difficult when they get home from work. They are so hungry that they end up eating a bag of chips or other unhealthy snack while preparing dinner. Instead, try to have a healthy snack such as a banana or yogurt before you leave the office.

- Find a buddy.

Think about someone who might support you in these changes. Consider friends or family members that you can ask for help. If no one comes to mind, investigate a support group or a personal life coach!

### Product Spot Light

This month's product spotlight is on Sunrider's ***Slim Caps***. Whether you are trying to lose weight, cleanse or just become more "regular", ***Slim Caps*** are invaluable. Today's lifestyle and food choices are a cause of infrequent elimination and this can lead to very serious health risks. ***Slim Caps*** are extremely effective with this. They can be incorporated into a fasting program or used regularly to promote healthy elimination.

***Slim Caps*** are made up of dark, green, bitter herbs that nutritionally assist the liver and colon. They assist the liver by detoxifying and enhancing the metabolism of fats. They also help lower cholesterol and triglycerides. The ingredient Aloe Vera Leaf also speeds up the transit time of fats through the colon which ensures they are not reabsorbed back into the system.\*

*\* This information should not be used in any way to diagnose or prescribe illness.*

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## Get a Jump on Your Spring Shape-Up Now!

## Your 1st Session is on Us!

Are you looking to:

- create a healthier lifestyle and lose weight
- eliminate sabotaging behaviors and flourish in a new way

If so, you could benefit by having the support of a personal coach!

As always, feel free to share this offer with friends and family.

Get started today!

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