

Whole Life Wellness Newsletter

Coaching you to your **B.E.S.T. Life:**
Balanced, Energized, with Stamina and Toxin-Free

In This Issue

[How Do I "Healthify" My Diet?](#)

[Letting Go](#)

[Toxic Places in Your Home](#)

[Transform Your Stress: Transform Your Life](#)

[Being Fully Present to Life](#)

[Move 21 Items to Get Unstuck](#)

[The Power of Acknowledgment and Appreciation](#)

[Exercise with the Morning Sun](#)

[Do I Stretch Before or After I Exercise?](#)

[Health in the News](#)

How Do I "Healthify" My Diet?

Here are some tips to help you create a more healthy diet:

Think portable: pack an apple or an individual bag of baby carrots in your handbag for a snack.

Issue: # 21

September, 2008

Being Fully Present to Life

Fulfillment happens in the present moment. Most people spend their time fretting about the past or worrying about the future. Do you know anyone like this? We live in a fast-paced world and the concept of slowing down and appreciating each moment may seem like a waste of time. However, it is in the present moment where you will find fulfillment and joy.

Take this **SOULFUL CHALLENGE:** take ONE WEEK and consciously practice living in the present moment. It'll change your life. There is so much to notice in the NOW. Colors, shapes, textures, sound, feelings, emotions, beauty, love and all the miracles of life. When you are with someone, "be with" them fully without thinking about what you'll say next or what you'll do tomorrow. BE present. Listen to their words AND to what is behind the words. What else can you notice when you are present to the moment?

There are numerous places to "practice" living in the present moment: in your relationships, with your boss or employees, while making love, during a workout, eating a meal, taking a shower, watching a sunset, with your children, and even the clerk at the grocery store. And, as you spend more time "being present" to the NOW, you'll naturally feel a greater sense of fulfillment.

Move 21 Items to Get Unstuck

Are you feeling stuck? In a holding pattern in your work, health or relationships? Are you ready to "stir up the energy" and create some momentum? Here's a simple assignment that will help you get unstuck and get the energy moving in your life.

Move 21 items in your home or office. That's it. It's that simple. You may be saying, "shouldn't I be focusing on my work or relationship, if that is what's feeling stuck?" Well yes, and no. Our environments are a direct reflection of our lives, whether we choose to believe it or not. Find someone in complete overwhelm and we'll find lots of clutter, disorganization and mess. Find someone whose life is rigid and structured and you're likely to find order. Move the energy in your environment and by moving the objects in it, you'll move the energy in your life.

Moving items in your home can include BIG changes like moving artwork, rearranging furniture, plants or knick-knacks. It can also be

Be creative: add chopped vegetables to sauces and dishes like meat loaf.

Start small: add one extra serving of a fruit or vegetable to your diet each day.

Try something new: browse produce and farm stands for fruits and vegetables you've never tasted before.

Use your freezer: freeze fresh summer berries and vegetables for winter meals.

Explore beans and whole grains: sample a new variety each week.

Letting Go

There comes a point
in your life when you
realize

Who matters,

Who never did,

Who won't anymore,

And, who always will.

So don't worry about
people from your
Past.

There's a reason why
they didn't make it to
your future.

small, subtle changes like organizing a pile of books, removing clutter from a closet, rearranging the pillows on your couch, or switching up the order of something on a counter or desk. The idea is for 21 things to physically be different. You'll feel energized by the experience.

The Power of Acknowledgment and Appreciation

Whether you are a male or female, young or old, confident or insecure, everyone loves to be appreciated and acknowledged. While we all love to be acknowledged and appreciated for tasks and gestures we do, what people crave even more is to be appreciated for "who they are". That's the stuff that makes them

uniquely them: personal strengths and qualities, personality traits, values and ideals, qualities such as generosity, determination, integrity, honesty and quirkiness.

One way to acknowledge another is by sharing with someone how you feel as a result of being around them, such as "I feel safe with you", "I'm inspired by you", "I feel adored by you".

Another way to deepen your experience of appreciation with your significant other is to use an exercise called "What I appreciate about you is.....". I invite you to try this with your partner or significant other for at least one week. After that, consider making it a once a month experience to reconnect and appreciate each other. If you're not in a relationship, try this with a friend or parent.

First, sit across from each other and get comfortable. Next, you'll take turns saying "What I appreciate about you is_____" and, of course, you'll fill in the blank with something you genuinely appreciate about that person. The receiver's job is to just "take it in fully". Refrain from responding verbally with a "thank you" or "really?" or "no you don't". Just hear it silently.

Continue to alternate. Your partner will say, "What I appreciate about you is_____" and then it's your turn to take it in fully. You continue going back and forth, with one statement at a time, connecting to what you appreciate most about the other.

Designate a period of time, say 10-20 minutes, to do the exercise. As you both relax into the exercise, you'll become more connected to what you appreciate most about your loved one. But remember, don't respond to the statements verbally. Just hear the statement, take it in, and allow yourself to feel appreciated.

Toxic Places in Your Home

There are many places in your home that can be hazardous to your health. Here are a few and what you can do to detoxify them:

Your Lush Lawn: Let your neighbors know when you are spraying and ask them to do the same for you so you can close your windows. Don't walk barefoot in the grass. Use ecofriendly and organic lawn sprays and nonchemical options.

Your Closet: Don't use mothballs; remove dry cleaning bags and let the clothes air out outside before bringing them inside.

Your Floors: Take off your shoes and store them outside or just inside your entryway. Your soles pick up everything you pass outdoors and transfer it to your floors where it becomes airborne with house dust.

DIY Renovations: 1 in 5 cases of lead poisoning in the U.S. is from "do it yourself" renovations. If you're renovating, get out during the initial demolition and in the

Exercise with the Morning Sun

There are plenty of reasons to exercise first thing in the morning. For one, you get it out of the way and don't have to worry about fitting it in as the day goes on. Exercise also kick-starts your morning, waking you up and boosting your energy level for the day's tasks. And, it may help you sleep better. A recent study of postmenopausal women showed that those who exercised in the morning, but not at other times of the day, slept better at night. Researchers think that morning exercise may help get the body clock in alignment.

Even if you've never thought of yourself as a morning person, this small change may really shake up your daily routine. Here are some tips to help make your morning workout a success:

- At night, lay out your workout clothes, shoes, and any other items you'll need for the next morning. Everything will be waiting for you when you wake up.
- Go to bed early. If you have trouble waking up in time to work out in the morning, consider making your bedtime earlier. An extra half hour of sleep on the front end may make all the difference.
- Set your alarm extra early. If you tend to hit the snooze-button, set your alarm for 15 minutes before the time when you actually want to get up. Letting your body have a snooze or two may be just the trick it needs to get out of bed on time.
- Consider a class. Many health clubs offer early morning classes that help people fit in a workout before heading to the office. Many yoga studios may offer early morning classes that celebrate the rising of the sun.

Do I Stretch Before or After I Exercise?

The American College of Sports Medicine recently addressed the issue of when is the best time to stretch: before or after you exercise? Their answer:

There is not a strong scientific basis for stretching regimens prior to exercise. Studies have not shown that regular flexibility exercise prevents low back pain, injury or delayed onset of muscle soreness. And, contrary to common belief, recent evidence shows that performance in some types of exercises may be reduced when individuals stretch intensely just before exercise. Therefore, they say that intensive stretching should be scheduled after aerobic exercise or as a stand-alone session for athletes involved in sports where jumping and muscular strength, power and endurance are important for

final phase. Seal off half-renovated projects and have a home inspector test for toxic hazards.

Your Cat's Litter

Box: Replace toxic cat litter with greener versions made from corn, wheat, alfalfa, cedar and pine. Keep the box in a ventilated spot.

Fax Machines and Printers:

Keep these out of the bedroom, crack windows, and add chemical removing plants so your lungs are not irritated by the chemicals.

What Inspires YOU?

Transform Your Stress: Transform Your Life

performance.

Flexibility exercise is a valuable component of rehabilitation programs from injury. And, several studies have indicated that the elderly have the most to gain from regular flexibility exercise to maintain range of motion, capacity for daily activities of living, and prevention of injuries. For the athlete, the recommendation is to stretch after your exercise, doing two 30-second static stretches of eight different exercises, with an emphasis on your lower back and legs (about 10 minutes of stretching).

Health in the News

1. Smoking can affect many parts of your body, even your bones and joints.

The American Academy of Orthopedic Surgeons lists these musculoskeletal problems that can be triggered by smoking: increased risk of osteoporosis, decreased bone density, reduced ability to absorb calcium, reduced protection provided by estrogen replacement therapy, increased risk of hip fracture, increased risk of developing an exercise-related injury.

2. Stress and anxiety can worsen an allergic reaction.

A study done at Ohio State University found that people who were subjected to stressful situations had allergic reactions ("wheals" from allergy prick tests) that were 75% greater than when not stressed. They state that allergic problems of the nose, chest, skin and other organs may seem to resolve within a few minutes to hours after starting, but in the presence of stress may reappear the next day and become potentially life threatening.

3. Three simple questions have been found to be as good as conventional screening for identifying potential postpartum depression among new mothers.

Mothers answer with a "yes, most of the time", "yes, some of the time," "not very often," or "no, never" to the following questions:

1) I have blamed myself unnecessarily when things went wrong; 2) I have felt scared or panicky for not very good reason; and 3) I have been anxious or worried for not very good reason.

Postpartum depression has a large anxiety component and these three questions are related specifically to anxiety. Woman who score high on these questions should talk to their physician or a counselor.

