



Creating Community
Changing Lives

January 2015 Newsletter!

Orange + Coconut Whipped Body Butter

Ingredients

- * ½ cup coconut oil (make sure it is somewhat solidified)
- * 2 drops sweet almond oil
- * med-sized glass bowl
- * Rubber spatula
- * 1½ tbsp. shea butter
- * 25 drops orange essential oil
- * Electric hand mixer
- * Glass container with a lid



Instructions: Place the coconut oil, shea butter, and sweet almond oil in a medium-sized bowl. Use a hand mixture to beat the ingredients for a few minutes to combine them. Add the essential oil and continue to mix for 5-7 minutes, or until the mixture becomes fluffy. Use the rubber spatula to scrape down the sides of the bowl, as needed. Transfer the body butter to a glass container with a lid. If you live in a warm environment, you may want to refrigerate the body butter so it doesn't melt. Use sparingly.

Notes: If you're pregnant, you should not use essential oils.

7 Ways to Boost Your Immune System

Our bodies are unique and incredible especially our immune system that helps prevent illness and diseases to conquer our bodies. Having a healthy immune system is crucial for everyone. The best and most natural way to fight infections and avoid getting sick is to boost your immune system.

Below are 7 very easy ways to supercharge your immune system:

- 1. A Good Basic Diet** - Many of us are guilty of eating an unhealthy diet, eating foods that contain way too much sugar & salt which has the effect of restraining the immune system's cells which are responsible for carrying out attacks on harmful bacteria looking to invade our bodies.
- 2. Juicing Veggies or Making Green Smoothies** - Boost your immune system with delicious and highly nutritious smoothies and fresh vegetable juices. When you build a smoothie out of a variety of healthful ingredients, you are on the right track to having an immune system that functions well. Many of the vitamins, minerals and other nutrients that are found in your smoothie ingredients are needed by your immune system.
- 3. Your Liver is a Large and Major Organ for Detoxifying Your Body** - Detox is a must for boosting your immune system. Eating certain foods will help your liver excrete stored toxins can help repair a damaged immune system.
- 4. Probiotics** - These beneficial bacteria in the stomach also play a crucial role in building up the immune system. Probiotics can boost T-cells, the white blood cells that pretty much power the immune system.
- 5. Garlic** - This flavorful member of the onion family is a powerful immune booster that stimulates the multiplication of infection-fighting white cells, boosts natural killer cell activity, and increases the efficiency of antibody production. The immune-boosting properties of garlic seem to be due to its sulfur-containing compounds, such as allicin and sulfides.
- 6. Supplement Magnesium, enzymes, and Vitamins C and D3** - It is advised to take these vitamins regularly to keep your immune system strong an healthy all year round.
- 7. Draining Toxins From Lymph Nodes** - By doing body weight bearing exercises such as walking, running, or jumping on a mini-trampoline. These are just a few ways to help you stay Healthy and disease free!!!

Source: <http://positivemed.com/2012/12/18/7-ways-to-boost-your-immune-system/>

Happy New Year
2015



New Year!
New Sessions!

YOGA

Thursday

January 8th

@ 1pm

Sunday

January 11th

@ 12:15pm

ZUMBA

Monday

January 19th

@ 9:30am

Overnight Chia "Yogurt"

Chia adds antioxidant power and fibre. Almond milk gives a slight and pleasing nuttiness. If you're steering clear of nuts, go for coconut milk instead. This recipe calls for frozen strawberries but fresh fruit is best — used in the same proportions.

INGREDIENTS:

- * 1 large banana
- * 2-1/2 cups frozen strawberries
- * 1 cup unsweetened almond milk
- * 3/4 cup whole chia seeds
- * 1 tsp pure vanilla extract

Chopped fresh strawberries for garnish

In food processor, combine banana, strawberries, almond milk, chia and vanilla. Blitz continuously for about 3 minutes or until completely combined (chia seeds will remain whole).

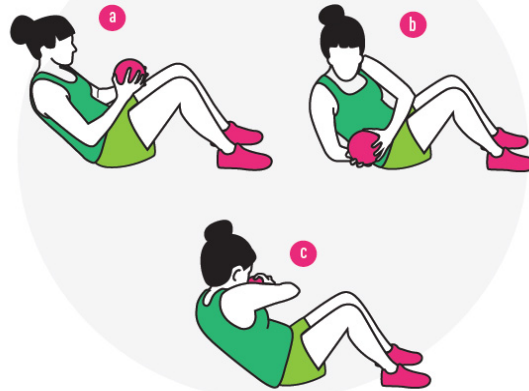
Transfer to medium bowl. Cover and refrigerate overnight.

To serve, divide among bowls and top with chopped fresh strawberries.

Makes 4 to 6 servings.

Source: http://www.thestar.com/life/food_wine/2015/01/06/jo_y_mccarthys_joyous_health_chia_yogurt_recipe_is_dairy_free_and_full_of_fibre.html

Torso Rotation with Medicine Ball



Source: <http://www.sheknows.com/health-and-wellness/articles/806681/top-functional-exercises-for-fullbody-fitness/page:8>

Torso rotation with medicine ball

Functionality: Strong oblique muscles are key to avoiding lower back injuries. This exercise improves the strength and coordination of all of your core muscles and will improve your tone and tighten your waist.

Exercise: Sit on the ground with your knees bent, feet flat on the floor, holding a medicine ball at your chest with both hands. Lean your torso away from your thighs, increasing the angle at your hips and pulling your belly button in toward your spine. Maintaining your hip angle, rotate your torso to the right, moving your right elbow toward the floor behind you. Return to center and rotate to the left. Repeat 10 to 15 times for each side. As you get stronger, perform the rotations with straighter arms and/or use a heavier medicine ball. Always keep your belly button pulled in.

Uses of Chia Seeds



Sprinkle it raw onto almost any food, or add it to smoothies. It helps thicken smoothies in addition to providing nutrition

* energy and stamina.

*Strengthens the immune system

*weight loss

• Normalizes blood sugar levels

*Arthritis

*Cleanses the colon

• Gets rid of toxins

*Reduce inflammation

*promotes sound sleep

***Prevents Cancer**

*digestion

*knee pain

* hyperactivity disorder,

* joint pain

* horse feed

* pet food

* healthy skin, hair and nails

New Year's Resolution #1:

Be More Awesome than last year.

