

Start Putting Coconut Oil On Your Face & Skin



Coconut Oil is an excellent skin moisturizer. Wash your face with a mild soap and pat dry. Apply a small amount of coconut oil to your skin, gently massaging it in. Wipe off any excess with a soft towel.

For oily skin, wash off gently with warm water, and pat dry.

Coconut Oil is a fabulous natural makeup remover. Apply coconut oil all over the face with a cotton ball. Leave on for 5 mins, and wash off with warm water and mild soap. Keeping the eyes tightly closed, place cotton pads with coconut oil over them. The oil will dissolve waterproof mascara and eyeliner so you can gently wipe it off.

Coconut Oil is the ideal deep cleanser. For dry to normal skin, mix 2 tbsp almond flour with coconut oil and milk to make a thick paste and apply on the face, gently massaging with a circular motion. Dip a towel in very warm water and place it on the face for 10-15 minutes. Wash off first with warm water to clean out all the pores and then with ice cold water to help the pores close. Allow the face to air dry and apply a very thin layer of coconut oil to lock in the moisture.

For oily skin, use a paste of rice flour/oatmeal and coconut oil to exfoliate. You can add a teaspoonful of lemon juice or a few drops of lemon oil to the mixture. Use a warmed wet towel to cover your face for 15-20 minutes or, better still, steam your face for five minutes. This will open up all the skin pores and help get rid of the accumulated dirt debris softened by the oil. Wash it off with mild soap and warm water.

Coconut oil can reduce facial wrinkles It has been found that coconut oil has the ability to penetrate deep into the skin. The triglycerides in the oil attract protein molecules, ensuring timely repair of the collagen layer. <http://www.naturallivingideas.com/coconut-oil-face/>

Answers to Quiz

- 1. False. A pound is a pound** regardless of whether the pound is muscle or fat. Muscle is denser than fat and takes up a smaller amount of space in the body. In fact, scientists estimate that 1 pound of muscle occupies about 22% less space than 1 pound of fat!
- 2. False.** Fitness can be achieved through small changes in what you eat and your level of activity. It's really that simple. Remember that you can start out slowly; work your way up to a higher level of activity, and implement more dietary changes over time.
- 3. False.** The amount you sweat is indicative of your body's ability to maintain its normal body temperature. You sweat when your body starts to store heat so you can experience cooling via evaporation of that sweat. So it doesn't correlate to how much energy, or calories, is being expended.
- 4. Cardio.** Cardio refers to cardiovascular fitness exercises. Both terms refer to brisk physical activity that requires the heart and lungs to work harder to meet the body's increased oxygen demand. Aerobic exercise (cardio) promotes the circulation of oxygen through the blood. Examples of aerobic exercise include running, swimming, and cycling.
- 5. Yes.** When you exercise, you use muscle. This helps build muscle mass, and muscle tissue burns more calories than body fat, even when the body is at rest.

https://www.medicinenet.com/exercise_and_fitness_quiz/quiz.htm

November fit tip: "To be or not to be?"

Or, "To exercise or not to exercise?"

For some of us, "being" and "exercising" are one and the same.

Why? With exercise, (almost any kind of exercise), our brain starts producing serotonin and dopamine.

Both of these improve our **mood, memory, and focus.**

Among many other benefits to our being at any age, exercise, particularly cardiovascular exercise, also increases blood flow to the brain, and when done regularly*, this increases the number of capillaries which in turn through a series of steps, produces more brain cells.

Bottom line: *a better body means a better brain.*

Need a mental boost?

One beautiful word: **EXERCISE**

*For exercise to be regular, it must add up to 30 minutes or more per day, and be done at least 5 days a week. For example, three 10 minute walks per day, for a daily total of 30 minutes most days of the week.

Ariella Tsafatinos

Spiced Indian Tea for a cold and wet day ...

For 4 servings, boil 4 cups water in a large pot.

Add spices .. 1/2 inch piece ginger, peeled and crushed or grated, 3-4 cardamoms, crushed in a mortar and pestle, 1 small stick cinnamon, 1/2 tsp. fennel seeds, 2-3 cloves, a few mint leaves (its your choice really, you can leave out some or add more spices according to your taste buds).

Add 1-2 tsp of your favorite breakfast tea leaves (or a couple of teabags).

Bring to a rolling boil, and then add 1/2 to 3/4th cup milk (plain, soy, almond, cashew .. your choice). Let it boil, being careful the milk doesn't boil over, and bring to a simmer for about 5 minutes.

Strain and serve.

Enjoy!!





Judy's Three Lentil Soup

Ingredients: (serves 4)

¼ c. + 2 tbs each of **brown lentils**, **red lentils** and **green lentils**; 1 tbs and 1-1/2 tsp butter; 2 medium carrots, peeled and diced; 2 ribs celery, diced; ½ lg onion diced; 2 garlic cloves minced; 1 hot pepper deveined and diced; ½ lb roma tomatoes, diced, ¼ c. dry white wine, 2 c. vegetable broth; 2 c. water; ½ tsp rosemary; ½ bay leaf; ½ tsp dried thyme; ¼ tsp celery salt; ¼ tsp balsamic vinegar; ½ tsp black pepper; ½ bunch chard (I prefer spinach) washed.

Directions:

Heat the butter (unsalted) over med-low heat in a large stock pot. Add the carrots, celery, onion, garlic and peppers and cook until softened but not browned.

Add the white wine and sauté until the liquid cooks down to about ½ c. Stir in tomatoes, lentils, broth, water and all the spices. Bring to a boil then reduce heat and simmer 45 minutes. Stir in the balsamic vinegar and add the chard/spinach cooking until the greens are wilted but still bright in colour. I do not have the nutrient breakdown but other than a bit of butter – not much to do a lot of damage. Double everything to serve 8.

Exercise and Fitness Quiz

1. **Muscle weighs more than fat. True or False?**
2. **Maintaining physical fitness requires major lifestyle changes. True or False?**
3. **The more you sweat during a workout, the more fat the body is burning. True or False?**
4. **The term Aerobic Exercise is interchangeable with which term? A. Ballistic B. Anabolic C. Cardio D. Metabolism**
5. **Does muscle burn calories even when the body is at rest? Yes or No?**

Please turn over for answers to Fitness Quiz.



Eat lentils and reap their health benefits including:

Lower Cholesterol. Lentils help to reduce blood cholesterol since it contains high levels of soluble fiber. ...

Heart Health. ...

Digestive Health. ...

Stabilized Blood Sugar. ...

Good Protein. ...

Increases Energy. ...

Weight Loss.

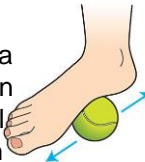


<https://www.mindbodygreen.com/0-5488/7-Health-Benefits-of-Lentils.html>

Image courtesy of <https://www.organicfacts.net/health-benefits/health-benefits-of-lentils.html>

Foot Massage to Release and Stretch Tight Hamstrings

Grab a tennis ball and stand close to a wall or something that you can hold on for balance. Place one foot on the ball and put as much pressure as you can handle.



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Start rolling around on that ball, in a few inch area. When you reach a painful spot (**trigger point**), stop on it, breathe deeply a few times until the pain dissolves. Then find another spot.

Apply more pressure as your tissue gets looser and healthier (aka fewer trigger points).

Roll under your toes, under your front foot, then work yourself on the entire sole toward the heel.

Keep rolling for at least 2 minutes, preferably more. You will enjoy the feeling.

When you can handle a tennis ball easily, you can graduate toward a golf ball. It is smaller and firmer, so it reaches areas between intrinsic muscles that a tennis ball cannot reach.

<http://www.tennisfitnesslove.com/2015/04/foot-massage-to-release-and-stretch-tight-hamstrings/>