

July 2007 Newsletter

An onion can make people cry but there's never been a vegetable that can make people laugh.
- Will Rogers

Summer is well upon us and most of us are in the midst of summer time activities, fun and busyness. It's possible you are also in the midst of summertime sunburns and bug bites! With that in mind I'll be offering my 2 day **home remedy kit class** again on Thursday July 26th and Thurs Aug 2nd from 7 - 9 pm. The last one was fun, so if you know of anyone interested in hearing about homeopathy, or you'd like to be more proficient at prescribing remedies for home emergencies, then come and join me for lemonade and learning! RSVP your attendance by calling the office (651-641-1844)

Two **Reconnective Therapy** opportunities are available in July. Herwig Schoen, my teacher, will be offering a high frequency treatment group on Tuesday July 24th at the Carondelet Center at 7pm. Cost: \$70. And our first frequency practitioner group will be offering a treatment group up in Duluth on Friday July 20th at 7pm. Location still to be determined, so call me if you are interested or know of someone in Duluth who might be interested. Cost: \$30

Finally, today marks the final segment of our **ideal weight strategies** series, and it's about portion control. And maybe this seems like a common sense idea, but I am bringing it up mostly for awareness and "food for thought". It came up for me just this morning as I poured my granola into my cereal bowl and then dumped my goat yogurt on top. I decided to look and see how much a portion was for each. Well it turns out that ¼ cup of granola was the portion size, and I know that I had at least ½ cup in my bowl! The yogurt portion size was 1 cup and in this instance I know I had less than the portion size in my bowl. But more often than not if you look at portion sizes, you may be surprised to see that you might be eating more. Most cereal serving sizes are ½ cup . . . A meat serving size is 3 oz., which is about the size of a deck of cards. Many of us could safely eat ½ what we normally put on our plates, lose weight and still be satisfied. A look at Ayurvedic practices would suggest that most portions should be about the size of your fist. In super sized America we have become habituated into thinking that more is better, and we think we need more in order to feel satisfied.

Portion size matters in terms of health and longevity too. Watching our portion size will not only decrease our girth, but may actually increase our life span. A culture in Japan on the island of Okinawa practices the habit of eating until 80% full, and they are one of the longest lived people. Other studies indicate that fasting for 1 day/ week and/or not eating for a full 12 hours (overnight) everyday gives the body a chance to empty out and gives the liver a break so that it's not processing continually.

We are so used to eating for so many other reasons than for hunger, and use food as a substitute for the love and nurturing that we are not getting in other areas of our life. If we could practice tuning into ourselves we'd perhaps begin to notice the difference between the physical pangs of hunger and the hunger that comes from a more emotional place. And in that recognition may be able to be open to choosing nurturing food if that seems appropriate or a more nurturing activity, if that seems appropriate. So tune in. Are you really hungry? Practice eating only when you are hungry, and see what it feels like to eat less each time you do eat something. You may learn something about yourself, and you may at the same time reach your ideal weight!

Remember, this is the last in the ideal weight series. You can go back into my **newsletter** archives to retrieve past issues and revisit intention setting, affirmations, the importance of water, as well as how wheat, caffeine and dairy may impact your success, as well as other topics. If there are other areas that you'd like to see addressed in this area please let me know!

Wishing you all the best as we settle into a summertime routine!

Michele

The serene philosophy of the pink rose is steady. Its fragrant, delicate petals open fully and are ready to fall, without regret or disillusion, after only a day in the sun. It is so every summer. One can almost hear their pink, fragrant murmur as they settle down upon the grass: 'Summer, summer, it will always be summer.'

- Rachel Peden

The violets in the mountains have broken the rocks.

- Tennessee Williams