



January 2018

I have decided to reduce this newsletter to quarterly

Chantelle will be coordinating the program at the market. Chantelle is selling healing and homemade tea, heirloom vegetables, and sourdough breads most Saturdays during the winter months from 7am-12noon.

www.farmersmarketmonroemi.com

Gift Certificates for health consultations, Ionic foot baths, or store items make a great Christmas gift this year.

Natural Health Consultations with Maurine-½ hour \$30.00; 1 hour \$50.00

Call 734-240-2786 to make appointment

Ionic Foot Bath now available by appointment-1/2 hour \$35.00; 1 hour \$50.00 Now get 5 foot baths and get the next one free.

Family Farms Co-op: familyfarmscooperative@gmail.com

Orders due via email **January 10, February 7, March 7** by noon; Pickup **January 12, February 9, March 9** from 2:30-3:30-at VFW Hall 1620 Dix-Toledo, Southgate

First Friday Downtown Monroe Bonus Discount Day 5% off for *First Friday*

Join many businesses with art exhibits, food and drink specials.

Transitions for Women a support group for women that have lost their partners-Next Meeting **January 20, February 10, & March 10**

Meeting at Health Matters 3:00 PM

Yoga with Shannon: Saturday sessions Christ Lutheran Church 8:15-9:15 AM

Yoga with Chantelle-Monday, and Wednesday- Calendar available at the Store

January Classes choice of days and times-Practical Nutrition -January 10 & January 24-12 Noon or 6 PM \$15

February Classes choice of days and times-Diabetes/Hypoglycemia-February 14 & February 28-Noon or 6PM \$15

March Classes choice of days and times-Understanding Vitamins-March 14 & March 28-Noon or 6 PM \$15
To be added to our class list please call the store 734-240-2786 the store or e-mail at

www.monroehealthmatters.com

Healthy Happenings: Healthy Habits--- I am not perfect and truly believe in the 80/20 rule which I use for Dairy Queen once a month in the summers.

I attended the Weston A. Price international conference in November and came away from the conference motivated to make some changes to my diet. I am excited to share some of my insights. I still believe in grass fed meat and chicken, pastured eggs, and natural milk; however, I have incorporated many more organic vegetables and seasonal fruits. I need to make sure I have quality protein, for energy, and organic fruits and vegetables for vitamins and minerals. While many people choose to juice, I am choosing to keep my vegetables and fruits in their whole state due to their fiber content. I have been *slowly* improving my diet for the last 25 years or so. When I began this healthy living journey I was in a much depleted state due to my eating disorder and sugar addiction. I was given some great advice from my therapists thus began my health journey. I learned that you can change your taste buds when you consume foods for a minimum of 21 days. That is how I learned to like tea and yogurt. Habits are developed early in our lives, but with a little effort and with God's help it is never too late to acquire good habits. My advice is to change *something* for 21 days. I am telling you about the foods that I consume daily. I do realize that not every healthy eating plan works for all people, so incorporate things that work for you. Remember, *health is a journey, not a destination.* I try to eat some protein every three hours to regulate my blood sugar.

- **What I eat for breakfast:**
 1. When I get up I consume 30-40 ounces of filtered water.
 2. I drink 1 cup of morning tonic using ground organic coconut oil, organic flax, organic grated ginger, organic cinnamon, Celtic sea salt, and cayenne pepper (Recipe available at store).
 3. Most days I sauté organic red peppers, zucchini, portabella mushroom in natural butter then add one or two soy free organic eggs. I top the eggs with diced green onions and jalapeño peppers. I also add hot sauce.
 4. I eat 1 tablespoon sauerkraut for their probiotics.
 5. I drink herbal tea or bullet proof coffee (Recipe in November Newsletter).
 6. About once a week I might have a farro or barley flake breakfast porridge (Recipe in the December newsletter) with frozen or fresh berries and walnuts
- **Mid-morning snack:**
 - ❖ Homemade whole fat yogurt with homemade low sugar jam, my grain free granola, hemp hearts or chia seeds, fresh (in season) or frozen berries, crispy walnuts, crispy pumpkin seeds, and stevia to taste. OR
 - ❖ Cottage cheese with pineapple peaches, or mandarin oranges with a little flax seeds OR
 - ❖ If you choose to consume a protein drink, this would be a great time.
- **Lunch:**
 - ❖ Rosa will sometimes make food or bring in leftovers for lunch
 - ❖ I will eat a salad with lots of vegetables and protein (chicken, salmon, or Tongol tuna) source. I do not use bottled dressings; I make olive oil, vinegar or lemon juice, or one of our *Simply Organic* dressing mixes.
 - ❖ I do enjoy soy free egg salad or Tongol salad using soy free *vegenaise* mixed with plain whole fat yogurt. I use plantain chips instead of bread or crackers
 - ❖ Homemade soups make a great filling lunch
- **Midafternoon snack:**
 - ❖ Natural cheese and plantain chips
 - ❖ Hummus and vegetables
 - ❖ Crispy nuts
- **Supper: More challenging for me due to my long hours and I still find it hard to cook for one.**
 - ❖ Miller's rotisserie chicken (I purchase at Busch's in Carlton) pieces on a bed of lettuce topped with diced avocados, jalapenos with salsa.
 - ❖ Baked cod or salmon with sweet potato and mixed vegetables.
 - ❖ Grass fed ground beef patty topped with avocado. I add a salad or wrap the patty in a large lettuce leaf.
- **Before Bed Snack:**
 - ❖ A cup of herbal tea with xylitol sweetened homemade pudding.
 - ❖ A cup natural milk with one of my low sugar cookies
- **Additional snacks:** When I travel or just need a little pick me up I have our natural peanut butter mixed with almond butter and a small piece of fruit. Or my very favorite is my crispy organic peanuts, crispy pumpkin seeds, crispy almonds mixed with dried blueberries and chocolate covered cacao nibs. I do not feel deprived when I am prepared.

*****This regimen works well for me. You will notice I do not eat many grain products but have incorporated many more colorful vegetables and fruits. This healthy eating plan includes the best of whole foods and vegetarian diets. I hope some of these ideas work for you in the New Year*****

Maurine is happy to provide her opinion on diet and nutrition, supplements and lifestyle choices. This information is for educational purposes only. It is not meant to replace the advice of your physician and is not to be considered medical advice, diagnosis or treatment. Should you have any concerns please contact your physician directly.

As always, contact your pharmacist regarding any potential vitamin/drug interactions. Notify physician regarding any alternative remedies.

Raw cow & goat milk and Amish grass fed meat e-mail familyfarmscooperative@gmail.com or call 1-269-476-8883

Store News: Local Delivery to shut-ins available

- ❖ **Bridge Cards** accepted at the store.
- ❖ **Family Discount Day:** Every Wednesday get 5% off of entire order.
- ❖ **Free Muscle Testing**
- ❖ **Ionic Food Bath** available by appointment only; 1/2 hour \$35.00; 1 hour \$50.00

Save the Earth Support your local stores Many small-scale food retailers go out of business every year in the face of relentless, loss-leading competition from large supermarkets. This can create “food deserts” in our town centers. Rather than driving miles to a supermarket, try shopping more regularly at local independent shops--- while you still can. You’ll help reduce the pollution generated by trips to strip-mall supermarkets, and give a much-needed boost to your local town center.

Words to Live By: Failure is only the opportunity to more intelligently begin again. Henry Ford

Recipe of the Month

Baked Spaghetti Squash with Beef and Vegetables

1 spaghetti squash	1 14.5 oz can Italian diced tomatoes, drained
1 pound of grass fed ground beef	½ teaspoon dried oregano
½ cup diced red pepper	½ teaspoon dried basil
½ cup diced orange pepper	¼ teaspoon Celtic sea salt
¼ cup diced red onion	¼ teaspoon pepper
1 clove garlic chopped	2 ¼ cup shredded sharp cheddar cheese

Preheat oven to 375 degrees

Cut squash in half lengthwise. Place face down on a rimmed baking sheet, with ¼ in of water in bottom. Bake 40 minutes, or until tender. Remove from heat, cool, then shred pulp with a fork.

Reduce heat to 350 degrees-Lightly grease a casserole dish.

In a large skillet over medium heat, cook ground beef until evenly browned. Drain off grease then mix in peppers and onion, continue cooking and stirring until vegetables are tender. Add garlic and cook for 30 seconds. Mix in shredded squash, tomatoes, and seasonings. Cook and stir until heated through. Remove skillet from heat and add 2 cups of shredded cheese, stir until cheese is melted. Transfer to prepared baking dish.

Bake 25 minutes in preheated oven. Sprinkle with remaining cheese; continue baking 5 minutes, until cheese is melted.

***This recipe be made meatless by sautéing 8 ounces of mushrooms in olive oil until soft then continue adding remaining vegetables and continue recipe.

Maurine Sharp *Natural Nurse*

Health Matters Herbs and More 17 E. Second St. Monroe, Michigan 48161

734-240-2786 <http://www.monroehealthmatters.com/>

Store Hours: Monday –Friday 10:00-5:30; Saturday 10:00-2:00 e-mail maurine@monroehealthmatters.com

January 2018 Healthy Habits

If you’d like to unsubscribe please [e-mail](#) and I will remove your name from the list.

