

Happy & Healthy—February Newsletter



Valentines Day & Pancakes—what a month !



Food to stave off the cold of winter and the prospect of cuddles to keep us warm.

Romance and Shrove Tuesday and then Lent— it's hard to keep track of New Year resolutions and good intentions.



Looking at flowers and gazing at loved one are all low-calorie options - though many of us will be tempted when going out for a romantic meal and enjoy gifts of chocolate too. The tradition of pancakes represents using up all the store cupboard goodies so we can fast for Lent . . . most of us don't do the second bit!

I'm a bit late for Shrove Tuesday but it's easy to make healthy and light pancakes and they're popular any time:

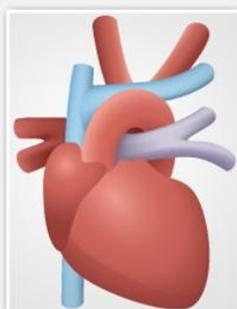
- Buckwheat flour (gluten free and high in protein)
- Cornflour—no gluten here either
- Eggs plus some gluten & aluminium-free baking powder (I use Doves Farm)

The pancakes will be light and fluffy; lemon juice & sugar (!) are traditional but try ringing the changes with chopped fresh fruit & a dusting of cinnamon, or savoury with stir-fried vegetables etc.



Valentines Day can be a timely inspiration for thinking about our heart—it's not just for romance and we need to keep it healthy, along with the rest of our body. Maybe we think about the health of our loved ones more than our own?

We all need cardio-vascular exercise to build and strengthen muscle, and quality nutrition to keep our hearts in tip-top condition. This is another way that Juice Plus+ can help keep us in perfect health—and there's scientific proof to show the difference that the regular intake of the phytonutrients from 30 fruits, vegetables and berries can make to our health.



HEART HEALTH

Juice Plus+ Contributes to Cardiovascular Wellness

Research subjects who consumed Juice Plus+ were better able to maintain the normal, healthy elasticity of arteries, even after a high-fat meal; maintain normal levels of homocysteine, a waste product associated with heart health; and demonstrated positive effects on several other measures of vascular health.

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Keep Happy & Healthy

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