



Monthly Newsletter – Spring Cleaning April 2008

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.

-Jan Glidewell

Spring Cleaning

People like “stuff.” We tend to hold onto it year after year. We save and stock up on things that we don’t know what to do with anymore. Maybe we keep things because they hold precious memories of days gone by, or they remind us of our parents, grandparents, past loves or childhood. To part with these precious possessions seems out of the question. There is a saying that goes, “You have to get rid of the old to make way for the new.” If you are feeling stuck or stagnant in your life, try spring-cleaning. Throw out some of that stuff, say goodbye to your past, and welcome the new energy of your happy, healthy future.

For good mental and physical health, we actually have two “houses” that need to be spring-cleaned: our physical homes and our physical bodies. Just as we accumulate “stuff” in the form of outgrown clothes, magazines, rusty bicycles, tools and random keepsakes, so do our bodies accumulate old food residues and toxins that need to be cleaned out.

To spring clean your body, give it a break from rich and complicated foods by either cleansing or fasting for a short period of time. Cleansing means paring down your food to just simple fruits and vegetables, lots of water and perhaps whole grains. Fasting means limiting most foods and drinking lots of water, fresh vegetable and fruit juices, teas and soups. Without much energy going towards digestion, more energy is available to the rest of your body and mind. Cleansing and fasting can sharpen your concentration, help you gain insight and promote spiritual awareness. It can also bring improved immune function and better digestion.

While you’re cleaning out your body and home, don’t forget to spring-clean your heart. Throw away negative thoughts and habits you’ve been harboring that no longer serve you. A clean, open heart will allow you to receive all the good that awaits you each and every day. If your heart and mind are cluttered, there is no room for life’s gifts and surprises to enter.



Food Focus: Greens

Leafy greens are some of the easiest and most beneficial vegetables to incorporate into your daily routine. Densely packed with energy and nutrients, they grow upwards to the sky, absorbing the sun’s light while producing oxygen. Members of this royal green family include kale, collard greens, swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, napa cabbage, green cabbage, spinach and broccoli.

How do greens benefit our bodies? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals. Their color is associated with spring, which is a time of renewal and refreshing, vital energy. In traditional Asian medicine, the color green is related to the liver, emotional stability and creativity. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

Leafy greens are the vegetables most missing from the American diet, and many of us never learned how to prepare them. Start with the very simple recipe below. Then each time you go to the market, pick up a new green to try. Soon you'll find your favorite greens and wonder how you ever lived without them.



Upcoming Events:

Yoga Classes:

Starting in April, the yoga schedule at Independent Studios in Bay Village, Ohio is being changed to:

Wednesday and Friday mornings from 9am - 10 am.
Saturday mornings at 11:30am - 12:30pm remains the same.

The class is a Vinyasa Flow allowing you the opportunity to Relax and tone your muscles!

For more Details on the style visit: <http://www.anew-wellness.com/programs-otherservices.html#yoga>
For Details on pricing visit: <http://www.independentstudios.net/>

NEW Group Class!

Get a Jump Start for Summer! Join our Basic Group Class Starting April 30th, at 7:00pm – 8:00pm.

Class will meet on 5 consecutive Wednesdays at the same time.

We will focus on:

- ✓ Cleaning up our Diets
- ✓ Understanding the Difference Between “good” and “not-so-good” Food Choices
- ✓ Adjusting your Meals according to your Body Type and to the Hot Summer Season!
- ✓ Learning How to Read Labels
- ✓ And More!

Contact Dina at Dina.Boyer@anew-wellness.com or at 440.522.5232 to Reserve your Seat! Max. capacity 6 people. Weather permitting, classes will be held Outdoors! Snacks and light Refreshments will be served.

Upcoming Lectures:

April 5-6th: Anew by Dina is invited to participate at the **Women’s Expo in Strongsville**. We are sharing Booth **#603** with Studio Yogatopia. Come VISIT us! Giving away prizes!

Dina will also be speaking on Saturday at 1:30 pm & Beth Trnka, owner of Studio Yogatopia, will be giving a Demonstration on Thai Yoga massage on Sunday at 1:00pm. For additional information visit: <http://www.anew-wellness.com/events.html>

April 9th: Anew by Dina will be participating at the Avon Lake City School’s Health and benefits Fair at Avon Lake High School Commons 230-5pm.

April 14th: Anew by Dina will be participating at Five Season's Health Forum . Speakers will include Kim Brody and Joel Woods discussing Muscle Activation Technique, Dina Boyer founder of Anew by Dina, www.anew-wellness.com, discussing holistic nutrition, Nancy Broadbent speaking on Cranio/Sacral therapy, Dr. Tamara Macdonald, <http://www.northcoastnaturalhealth.com>, presenting acupuncture, and Keynote speaker Dr. Robert DeMaria, director of Drugless Health Care Solutions, www.druglesscare.com, who will be discussing information from his recent popular book, *Dr. Bob's Drugless Guide to Balancing Female Hormones*, including natural protocols that will enhance optimal female hormonal health.

Registration Required through Five Seasons Sports Club:

<http://www.fiveseasonswestlake.com/health%20forum.htm>

April 23rd: Wellness Workshop at Red Tail Golf Course, in Avon, Ohio. Dina will be speaking on Sugar Blues and will be offering a complimentary Yoga class! Dorothy Kazel, will be Speaking on Supplementation through Usana and will also be speaking on building a business as an Usana Distributor.

Registration Required. Please contact Dina at Dina.Boyer@anew-wellness.com or at 440.522.5232.

For additional information visit: <http://www.anew-wellness.com/events.html>

May 10th: Save the date! Upcoming Wellness Weekend at Independent Studio's. More info to follow!

Stay tuned to our website: <http://www.anew-wellness.com/events.html>



Recipe of the Month: Shiitake and Kale

Prep Time: 2 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

1/2 pound of shiitake mushrooms

1 tablespoons of olive oil

1-2 cloves of crushed garlic

1 bunch of kale, chopped

pinch of salt

Directions:

1. Warm oil in pan on medium heat with minced garlic until aromas of garlic are released, about 2-3 minutes.
2. Add chopped shiitake mushrooms, stir-fry for 5 minutes.
3. Add chopped kale, stir-fry for a couple of minutes.
4. Add a splash of water and pinch of salt to pan, cover and let steam for 4 minutes.

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It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

