



Monthly Newsletter- Kicking back July 2010

The part can never be well unless the whole is well.

-Plato

A Note from Dina

Happy July! We are in the heart of the summer and I can't seem to get enough of it! I know it has been a bit warm but I am not complaining because I love the 85-degree weather much more than the 20 degree one.

Life has slowed down a bit this summer and it was intentional. I found myself burned out from an extremely busy spring and this is the perfect season to slow down, restore, rejuvenate and rebuild my reserves for the rest of the busy year.

So I have taken a few days off from work to kick back and relax. Last Friday I joined some friends and went blueberry picking.

Have you ever picked your own blueberries? It was my first time and I just absolutely loved it. There is something to be said for taking time and putting some extra effort in driving to a farm and picking your own produce. There is just so much more connection and love that goes into your food when you are more intimately involved with it.

Often when we eat or we crave food, this relaxation and this reconnection is what our bodies crave the most. A craving for something sweet could mean you need more protein, more exercise, more water, or more love in your life. No book or theory will tell you that. Only awareness of your body and slowing down once in a while to listen to your body will tell you that.

I can tell you blueberries have never tasted so sweet or so juicy to me as the ones I hand picked and chose myself last Friday. Absolutely delightful!

Remember, from all the relationships we have in life, the one we share with our body is the most essential.

To your Health & Happiness,
Dina

PS. ... You know what? I think cherry season is here too!...:) www.pickyourown.org is a wonderful resource to find a local farm close to you that you could visit. If you want to join me, just let me know!