

Spring 2009  
Welcome Spring!!

With summer on its way it's time to start thinking about ways to look and feel great. My newsletter aims to provide some helpful tips and guidelines to get you going for summer!

Have you ever wondered about the ill effects of caffeine? Now that the cold temperatures are behind us perhaps this would be a good time to reduce or eliminate coffee. See my article on my website on how Caffeine reduction can really have positive implications on your overall health.

I'm often asked for fast meal ideas for dinner. No need to put away the crock pot because it's summer. Crock pots are a great way to have dinner all ready when you come home from work or being about without having to put the oven on. Check out this great option for a healthy dinner for the busy person or family.

**Louise's Crock Pot Favourite**

- 1 small organic chicken
- In the cavity put one peeled onion, ½ lemon and 2 sprigs of thyme or 1 tsp dried thyme
- Place a layer of vegetables in the bottom of the crock pot – ie: baby potatoes (scrub well and leave skin on), carrots, onions, lentils
- Place chicken on top of the vegetables
- Pour on 2 cups of vegetable or chicken broth- "Imagine" broth is a good choice
- Cook on low if on all day; Cook on high if ½ day or follow your own crock pot instructions for cooking
- Put together a mixed green salad (pre-washed) with red onion, broccoli and oil/vinegar vinaigrette

Currently, for new clients I am offering a 15 minute complimentary session for clients that fill out a food journal for 4-6 days. Through your journal we can discover how your body is reacting to the food you eat and uncover any patterns so that we can work toward better health and energy. Call or email me for more details. Valid until June 30<sup>th</sup> 2009.

I'm here to help. Let me show you how to achieve more energy and overall health.

Yours in Health,

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