



# *Full Bodied Nutrition*

*Your Holistic Hub*



## Happy August Friends!



### Upcoming

We are excited to announce our Dinner and Discussion Series, which includes our **Sexy Food, Pillow Talk and Naughty Times** in house dinner workshop. This workshop will be held on August 9th at 7 pm and has limited seating. Registration can be done on our website or through email.



### The Holistic Hub

**Nourishment:** Strawberries are in season and are quite exceptional with regards to their antioxidant potential and protection against oxidative and inflammatory damage.

They also contain polyphenols which play a huge role in helping to regulate blood sugar levels.

**Lifestyle:** Let's talk grounding. Grounding is a concept of actually connecting with Mother Earth under your feet. It can be helpful for many situations where you find yourself becoming overwhelmed or distracted by distressing memories, thoughts or feelings. Try standing barefoot on grass, sand or body of water and remain still for several minutes. Quiet the mind and let the earth's energy do the work. When you are grounded, you feel more centered, strong, balanced and less stressed.

**Psycho/spiritual Connection:** Did you know that the liver is linked to suppressed anger that needs to be released? Talking with someone you trust, journaling or speaking with a professional may help to re-balance liver functioning.

**NSV:** This month's non scale victory goes to Sophie Gerard, who went to the gym 3 days a week in the month of July and even increased her weights! GREAT JOB SOPHIE!

**One's Wellbeing:** Gold Star to Janice, who joined the gym for the first time, and she is even working with a personal trainer! Way to step out of your comfort zone Janice!

This month's challenge involves RECONNECTING. Our lives are BUSY! So busy that sometimes we forget to reconnect with important people in our lives. For the month of August, we want you to take some time, even if it's just for a few minutes, to reconnect with someone you are thinking about!



**Wishing you well,  
Janice & Ginette  
Your team at Full Bodied Nutrition**



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