



Full Bodied Nutrition

Your Holistic Hub



HAPPY NEW YEAR Friends!

Welcome to a NEW DECADE! 2020 is going to be great!

It is now January, which means there are thousands of people out there making resolutions to make major changes to their routines all in the name of "getting healthy"! This is amazing, right? The problem is, 90% of us fail at resolutions.

Reality is that our habits are hard to modify because they are hard wired into our thoughts and how we handle our thoughts dictates the success we will have in our future endeavors. Our habits and your mind will always want to return to what's familiar and therefore making dramatic changes to our lifestyle and habits may not be sustainable long term. Enter disappointment and frustration at yet another failed resolution! Can things really change?

We are here to tell you, YES IT CAN! Frustration is good because it gives you the motivation to shift! ANYTHING is possible with the right motivation. We ask you to consider small and consistent shifts in your daily habits in order to modify those habits.

It also is going to depend on your goals. We believe in making small, more attainable goals. These small goals will snowball into bigger achievements bringing big and sustainable results. All of us have the potential to make healthy upgrades, starting TODAY!

Also keep in mind that things that worked for one individual, may not work for you. That's because we are all biochemically individual. We all have our own recipe of what will work to help us feel our best.

Upcoming



We are excited for the official release of our **12 week Wellness Initiative Program**. We had originally hoped to add in an audio feature, however, later found out that this would not be possible in the format that we wanted therefore, unfortunately, the audio portion had to be

abandoned!

Also on the horizon this month, we will be sharing our Podcast, we are calling **Time Out with Full Bodied Nutrition!** We will keep you posted on where to find us!

January also means that our **Come Dine with Us** broadcast returns Thursday, January 30th at 6 pm.

It's a new year and we will be changing up the content on our social media. Come check out the new stuff!!

Facebook - [HERE](#)

Instagram - [HERE](#)

Website - [HERE](#)



Holistic Hub

Nourishment: Vitamin C, a water-soluble vitamin, acts as a powerful antioxidant and is involved in the synthesis of collagen which is needed for healthy connective tissue and wound healing.

Vitamin C has positive effects on skin health, immunity, bone and heart health. It can also protect against disease. Lets keep flu season at bay with foods high in Vitamin C by including oranges, bell peppers, grapefruit, broccoli, brussell sprouts, kiwi, parsley, thyme, melons and pineapple.

Lifestyle: January is a great time to bring things back to the basics. Staying in line with the new year's resolution, why not add something new. Maybe pick up small new hobby. Stress reducing hobbies can be learned by anyone. Why not try to paint by numbers, play cards, or maybe volunteer at a seniors residence and let someone teach you to knit.

Psycho/Spiritual Connection: Did you know that unsettled intestines will send signals to our brain, just as an anxious brain will send signals to the gut? This means that a person's stomach or intestinal distress can be the cause or the

product of anxiety, stress, or depression. This is because our brain and our gastrointestinal (GI) system are intimately interconnected.

Wellness Challenge: Don't change everything all at once as your New Year's Resolution. Try changing up one thing, such as adding only a few minutes of a walk instead of impulsively joining the gym only to find yourself frustrated and giving up. Small wins lead to huge wins. This is one thing we cover and work on in our 12 week Wellness Initiative.



Special Offer

We are only **5 days** away from the official launch of our **12 week Wellness Initiative Program**.

This program is available to our followers as of January 6th BUT, we are launching a pre-sale starting TODAY for our readers!

Starting today, until January 6th, our loyal readers can buy the program at a 15% reduced cost. All the same material at a lower cost. You can purchase it [HERE](#).

Wishing you well,
Janice & Ginette



©2020 Fullbodiednutrition.com | Fullbodiednutrition

Web Version

Preferences

Forward

Unsubscribe

Powered by
GoDaddy Email Marketing®