



Full Bodied Nutrition Inc

HOLISTIC NUTRITION &
STRESS MANAGEMENT STRATEGIES



Sorry for the few errors in our first send out. Here is the corrected version.

Welcome to the month of May. We cannot deny that the past few months have probably been challenging in a positive, negative and confusing way. Many have embraced this time and have suddenly become teachers, Chef's, puzzle masters, seamstresses or perhaps have found that we all have hidden talents that were lying in wait. For others, it's the new found time with family, found creative ways to keep in touch with family and friends, have celebrated milestones in a more modern way but we know that life will get busy again. We are hoping that people can remember to make Sunday family dinner a priority, when things eventually return to "normal".

In this newsletter, we will talk about how to boost and support your immune

system while we are patiently waiting for things to get back to normal again.

It's no secret that antioxidants are incredibly beneficial to good health. It's believed the antioxidants in food can help slow aging, enhance your immune system, increase your energy and improve heart and other organ health.

Given all we know about antioxidants and their beneficial properties, it's amazing more people don't get enough fruits and vegetables, the primary sources of antioxidants. Experts recommend a minimum of 5 servings of fruits and vegetables daily, but say getting 7-10 servings is best.

There are some steps to getting more antioxidants into your diet.

1. Breakfast

-

Breakfast
doesn't
have
to
be
a
hurried
toaster
tart
on
the
way
out
the
door.
Throw
some
strawberries,
spinach
and
coconut
water
into
a
blender;
pour
your
delicious
mixture
into
a

cup
and
head
out
the
door.
You've
just
added
one
to
three
servings
of
fruits
and
veggies
to
your
daily
intake.
Or
throw
some
berries
onto
your
cold
or
hot
cereal.

2. Snacks

-

Here's
an
easy
way
to
get
more
antioxidants
in
your
diet.
How
about

a
handful
of
walnuts
and
a
piece
of
dark
chocolate
for
a
snack.
Dip
some
strawberries
in
yogurt.
You'll
feel
decadent
and
the
berries
provide
the
color
you're
looking
for.
Need
crunch?
How
about
some
baby
carrots
and
bell
peppers
dipped
in
hummus?
Consider
a
handful

of
pecans
for
crunch
and
a
nice
antioxidant
boost.

3. Lunch
and
dinner

-

It
might
sound
trite,
but
adding
a
salad
to
each
of
your
main
daily
meals
can
add
loads
to
your
overall
health
and
well-
being.
If
you're
going
classic,
add
some
red
pepper

slices
to
your
green
salad,
some
tomatoes
to
the
Greek
salad,
or
tart
cranberries
to
your
field
greens.
Whip
up
a
broccoli
salad
for
lunch.

4. Dessert

-
Berries,
with
or
without
whipped
cream
or
dark
chocolate
are
a
wonderful
way
to
end
your
day
of
healthy,

antioxidant-
rich
eating.

5. Beverages

-

Replace
your
soda
with
tea
or
black
coffee,
both
of
which
boast
antioxidant
compounds.

Have
a
glass
of
wine
with
dinner,
or
for
a
real
change
of
pace,
pour
a
cup
of
green
or
chai
tea.

6. Think
outside
the
box

-

We
know
we
can
get
our
antioxidant
fix
from
berries,
salads
and
the
like,
but
researchers
say
powerful
antioxidants
can
also
be
found
in
a
variety
of
unexpected
foods,
like
russet
potatoes,
artichokes,
and
small
red
beans.
The
beans,
in
fact,
may
have
more
antioxidant
power

than
blueberries,
experts
say.
So
to
your
rice
salad
full
of
vegetables,
add
some
beans
for
even
more
antioxidants.

7. Cook
lightly

-

You
think
you're
being
good,
preparing
vegetables
each
night
for
your
family's
dinner.
If
you're
overcooking
the
vegetables,
however,
you're
cooking
out
a
lot

of
the
beneficial
properties
of
the
antioxidants.

Steam
(don't
boil)
vegetables,
and
stop
cooking
them
when
they
will
have
all
of
their
bright
color
and
most
of
their
bite.

8. Learn
to
cook
-
If
you're
cooking,
you're
not
opening
bags
and
boxes.
Cooking
involves
scrubbing
and

peeling
vegetables,
preparing
whole
foods
and
paying
attention
to
how
things
are
cooked.
If
you're
ordering
out
every
night,
you're
far
less
likely
to
be
eating
the
whole
foods
and
natural
fruits
and
vegetables
that
provide
the
base
for
our
antioxidant
intake.

Upcoming

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We are excited to announce that we have taken our Full Bodied Nutrition Wellness Initiative and created an e-book for you. We have made modifications and added to the Initiative and significantly reduced the price. This will be available for purchase through our website in May 2020!

We were successful in creating "a social distancing" Come Dine with Us - but boy oh boy are we missing not doing this together! We have so much fun and can't wait be back together in our kitchen.

Have an idea that you would like to share with us? Please feel free to contact us at anytime to share your ideas.

[Janice's email](#)

[Ginette's email](#)

Holistic Hub

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Nourishment: Antioxidants. We know they are great at boosting your immune system, keeping the " bad guys" out and counteracting free radicals. With the increase of screen time, less exercise, less fresh air and more processed foods, due to the current pandemic, this is crucial time to increase antioxidant rich foods. The best ways to do that is to increase consuming foods that include the ACES - Vitamins A,C, E and add a bit of Selenium to the mix and you have a recipe for success.



Lifestyle: Why not plant a garden now that you have some time on your hands, get the kids involved. It's a win win....they learn how to plant, watch it grow and reap the benefits of the fresh, delicious and full of nutrient dense foods.

The Stress Connection: Did you know that 1 minute of anger (stress response) weakens your immune system for up to 5 hours whereas 1 minute of laughter can BOOST the immune system for up to 24 hours?

Wellness Challenge: Meditation is such a great way to relieve stress and calm the body and there are so many forms of meditation. Whether you need it to de-stress, unwind from a crazy day, to wake up and get ready for your day, or to fall asleep, meditation can help. We challenge you this month to try a 5 minute meditation and let us know what works best for you.



Ongoing Initiatives

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Check out our most recent blog post, [Be Healthier with Veggies.](#)

Due to the requested government social distancing and self isolation, our Wellness Initiative is now FREE for a limited time for those still interested in making and achieving their health and wellness goals. This is a do-at-your-own pace mini course will provide you with a strong foundation in nutritional and lifestyle education. All restrictions have been removed so you can do as much or as little as you like.

[12 week Wellness Initiative Program](#)

Don't forget to check our social media for all kinds of tips, info and a few laughs. You can find them here:

[Facebook](#)

[Instagram](#)

[Twitter](#)

Don't forget to check out our Cupcakes and Kale podcast, now available in iTunes. Simply look us up in the search bar!

**Wishing you well,
Janice and Ginette**



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