



**We are continuing to offer both
in office and TeleHealth
appointments during this time.
Please contact us for an
appointment or for further
information at 208-807-2877.**



**LLC offers two locations to support your
mental health needs.**

**3071 E. Franklin Rd Suite 201, Meridian
208-807-2877**

**1500 S Washington Ave Suite C, Emmett
208-807-2877**

Talk the Talk

When was the last time you had a conversation with someone face to face or actually used your phone to call someone for a conversation? Is most of your communication texting or through social media? If you haven't had a face to face or phone conversation, you might consider the benefits of doing so. New research is demonstrating we develop stronger social connection and relationships when we talk with another person face to face or over the phone than when we text or use social media. Hearing someone's voice suggests a feeling and thinking mind and conveys emotions, which helps us to feel more connected and empathetic to another person. Voices also help us to more accurately understand another person's emotions. Texting, even with emoticons, can make understanding the true meaning behind someone's words or conversation difficult and can result in miscommunication more than a face to face or phone conversation. Face to face and phone conversations also allow us to be more present in a conversation resulting in feelings of being heard and seen and can further build connection.

Who do you want to talk to this week face to face? Who do you want to call and say hello to this week? Who do you want to strengthen your relationship with?



Nutrition News

In Season: Melon

Nutritional Benefits: Watermelon contains lycopene, flavonoids, vitamins A, B, C, magnesium, and nitric oxide. These nutrients support the immune system and body by offering anti-inflammatory and antioxidant qualities and can help in the regulation of blood pressure and blood sugar.

Season: In the Pacific Northwest, watermelons ripen from the end of July until mid-September. Melons grow best in hot temperatures.

Select: Watermelon have been grown for over 4,000 years. Watermelons can be red, pink, yellow, and orange. Sizes vary and they can be seeded or seedless. The seeds also provide important nutrient benefits. Select a melon that feels heavy for its size, as this indicates ripeness. Check the "field spot" or the underside of the melon for a flattened and yellow spot, indicating the melon has ripened in the field.

Store: Both uncut and cut melon is best stored in a cool place, 50-60 F. Before cutting the melon, wash with soap and water to remove any dirt. After cutting melon, store in refrigerator. Melon retains its nutrients for 6 days, chilled.

Ideas:

Purée watermelon, swirl in a little plain yogurt and serve as refreshing cold soup.

In Asian countries, roasted watermelon seeds are seasoned and eaten as a snack food.

In Southern American cooking, the rind of watermelon can be marinated, pickled, or candied. Add to fruit salads, smoothies.

Freeze and eat as nature's popsicle.

Watermelon is a wonderful addition to fruit salad.

Try this:

Watermelon Salsa

1 c diced watermelon

1 c diced cucumbers

1 c diced bell peppers

½ c diced onion

1/3 c chopped basil

2 T balsamic vinegar

¼ t salt

1/8 t pepper

Serve over fish, chicken, on baguette slices. Change the flavor profile by substituting cilantro for the basil and lime juice for the vinegar; use on fish tacos, with chicken, or as salsa with chips or crackers.



Reconnect

When was the last time you walked barefoot across the grass, along the shoreline of a lake or ocean, or dangled your feet in a river? Did you know when the palms of our hands or soles of our feet touch the earth, we are reconnecting to the earth and this positively impacts our physical and mental health? This reconnection to the earth is called grounding or earthing. While grounding is just beginning to be studied, scientific research indicates grounding can decrease chronic fatigue, chronic pain, cardiovascular disease, anxiety, and depression.

Grounding also exposes us to nature and natural settings have been shown to be beneficial in all areas of health including improving mood.

This summer take the opportunity to ground yourself by:

- Walking barefoot
- Lying on the ground
- Dip your feet and legs in water
- Dig your hands in dirt or sand
- Pick flowers or vegetables
- Pick up rocks



One Agency, Many Options

Limitless Life Counseling's trained team of professionals offer a variety of styles and approaches to support those seeking mental health services. Would you or someone you know benefit from counseling but face financial challenges? If financial concerns are a barrier, Master's Level Interns, supervised by clinic leads and clinic director, offer quality services for all ages at *reduced rates*. Reach out to a team recognized for their excellency in service and support. Because today is your day to become more limitless in your life's journey. For further information contact LLC at 208-807-2877.