

# WNM Thanksgiving Letter

## Monthly Feature: giving thanks for wherever you are

By Diane Lassen, RN, HHC

**C**an you believe that Thanksgiving is here and that 2009 is almost over? This year has flown by for me, and I am sure it has for you as well. Has it been a good year for you? Have you met some of your goals? Has your health improved? Have you been making better food choices? Have you ramped up your exercise routine? The economy has left many of us without work, and with mounting bills to pay. The holiday season is upon us, and with it comes still more expenses. In times like these we often put our health practice on the back burner. But, it is exactly in times like these that we need to be more mindful of our health, and more grateful for what we still have!



I know for me that 2009 has been a challenging year. We finally sold my mother-in-law's house and had to go through the process of emptying years of memories and "stuff". We lost our beloved poodle, Bolo, to cancer and then his little side-kick, Howard, shortly after. Work has been a challenge for Sandy, and I struggle to keep my head above water as I work fulltime at the office and continue to build my business, my passion, in my spare time. I know first hand how difficult it is to eat well, find time to decompress, and exercise

every day. I am up early, before the dawn, and I don't stop "running" till it's all said and done. Here are some things I do to keep myself healthy, and as sane as possible!

1. I am a morning person, so my alarm clock is set for 0450. After breakfasts and lunches are made (around 6 am), Smokey, Moussie and I are out the door for 45-60 minutes of trails. If I don't get the exercise done early, it isn't going to happen later in the day!!
2. I clear my mind as I focus on the sunrise, the birds waking up, and my breath. I give my thanks early in the day before the stress takes over!
3. I eat a filling breakfast with protein and at least 2 pieces of fruit. Usually oatmeal with berries and pear or sprouted grain toast with nut butter and banana and apple.
4. During my work day, I make myself take a lunch break and I leave the building, either to eat lunch outside or to go for a short walk. I stretch and try to put my face in the sun. It's an instant pick me up!
5. After work, I eat a good dinner, maybe a sweet potato, some broccoli and a small piece of fish. On most evenings, I take a hot, Epsom salt bath while I read for 20 minutes, and allow the stress to melt away.
6. Tea before bed (Tulsi or a bedtime herbal tea) and I am out like a light by 9!

I try to stop along the way to notice things that I am thankful for—a sunrise or sunset, a beautiful grouping of white pines, healthy, bounding pups. I find it important to recognize that I am very fortunate in many

ways—I have good health, good family and friends, and a roof over my head. My husband and I live a comfortable existence and both really revel in nature and the outdoors. We both seek solace in it.

Find what you are thankful for. Tell the people in your lives that you love them. Try to take time to be outside and notice the beauty in the world, amidst all the chaos with the economy. Walking in nature is free, and good for you! Learn to appreciate the outdoors and teach your children likewise. Enjoy your Thanksgiving dinner this year by paying special attention to the people you are surrounded by, and not just the food. Part of living a healthy life and eating healthy foods is also communing and

sharing with those around you. Develop or rekindle bonds with friends and family. Learn to love your life, where it is right now.

I'd like to hear from you—would you share your stories of thanksgiving with me? I'd like to publish them in a future newsletter. Tell me how you gave thanks this year. How did you find peace and thankfulness this season? Email me your thoughts at [herbalgem@gmail.com](mailto:herbalgem@gmail.com). Use “thanks” in the subject line. I look forward to hearing from you!

### **Diane's Monthly Message—Berry Good News!**

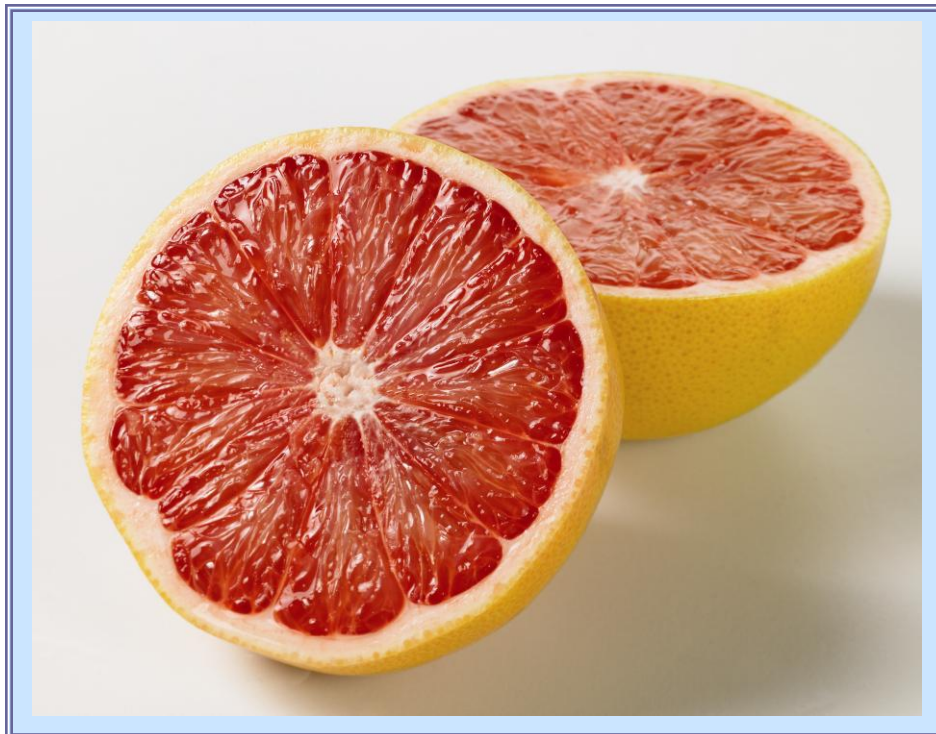
**I am constantly reading journals, magazines and other publications seeking new information to share with you. A new magazine, “Clean Eating” just passed my way today, and I find much useful information in it. I will be sharing bits of it with you in future letters. One such tidbit I'd like to share with you today is yet another benefit of eating berries. I've told you in the past that berries are one of our best fruit choices- they are low on the glycemic scale for diabetics, they are full of phytonutrients and fiber, and are incredibly versatile. Now studies show that berries help beat anxiety by turning off enzymes that fuel anxiety and depression! I don't need another reason to eat berries, but maybe you do. This is a season known for bringing out the angst and depression in the best of us, so chow down today! The good news is that frozen berries are awesome, and they can be added right out of the bag to oatmeal, pies and pancake batters (no need to thaw!) You can also warm berries in a saucepan with a squeeze of lemon juice and some organic, raw honey and create your own naturally sweet berry coulis to replace sugary syrups and sauces. MY favorite is to add them to cooked cereals in the morning—I like blueberries or the raspberries that Sandy and I picked this summer. Not only do they give us healthy benefits, but they remind us of a warm, summer day that we enjoyed together. Very Nice!**

## Upcoming Events

- I am still looking for a few more women interested in joining our **Tuesday night group!** Come join us for 90 minutes of engagement with like-minded women—and the topic is food, wellness, and everything that goes with it! Contact me today to reserve a spot- [herbalgem@gmail.com](mailto:herbalgem@gmail.com) . Sign up now before December and get a special rate of \$70 a month—that's \$20 off!
- Several of you asked to meet with me on a one-on-one basis—**I have an opening on Fridays** for one more client, so please touch base with me so I can fill in my book for the new year!
- **Nordic Naturals order** ---next order will be going out the beginning of December in time for Christmas. Nordic Natural fish oil supplements are the highest quality supplements on the market today. They make great, healthy stocking stuffers for your kids and pets! Yes, they make great supplements for dogs and people, and you can be sure our whole household is taking these babies! Check them out for yourself at [www.nordicnaturals.com](http://www.nordicnaturals.com). Know that I offer you the best prices around! Email me today to place your order! [herbalgem@gmail.com](mailto:herbalgem@gmail.com)

## And The Last Word Goes To—citrus!

After a great apple season, citrus season is here. Not only do oranges, tangerines and clementines make great snacks, they are full of fiber, flavonoids and vitamin C. If that weren't enough reason to indulge in these sweet, colorful gems, new research is out that shows that the flavonoids in citrus increase fat burning, reduce cholesterol and triglyceride levels, and reduce insulin resistance. Cool! Eat up!!



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