

FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

CLEANSING LEMON-AID

(Shared from the FOOD MATTERS® Recipe Book)

1 liter spring water

Juice of 2 lemons

1 pinch of unrefined sea salt

1 inch knob of finely grated fresh ginger, juice squeezed out between your fingers, pulp discarded

1 Tbsp raw honey

Combine ingredients & stir in a glass pitcher. Drink immediately or sip throughout the day. Enjoy!



USE YOUR BODY: START MOVING TODAY !

Challenge yourself to incorporate exercise into each and every day! Keep track of your achievements by checking off the days on your calendar when you are successful. Exercise does not need to be a formal endeavor. Take the stairs (2 at a time!), whenever possible, and then descend back down and climb them again before continuing on with your day!

Today, I rode my bike to work. My hair is a little wacky and my makeup is nonexistent, but who cares!! I feel great!

Commit and make it fun!

