

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!

MOCK SALMON PATE

2 cups walnuts

2 scallions

3 stalks celery

½-1 tsp sea salt

1 large red bell pepper

Combine ingredients in a food processor and blend until smooth. Serve on a large plate and surround with fresh, cut up raw vegetables and gluten-free crackers for dipping.

Enjoy!



DITCH THE SHOES: DARE TO BE BARE!

Shoes come in all shapes, sizes and colors and I admit, they fall 2nd on my list of obsessions. Nothing increases my mood like a fun, colorful, high heel shoe. BUT...I'm not doing my body any favors!

Wearing shoes for long periods of time can wreak havoc on your feet, causing painful corns, bunions and foot cramps, which can also lead to back pain. Even wearing comfortable sneakers has a downside as the cushioning can prevent your bone density from increasing; which can contribute to osteoporosis. Wearing socks can cause athlete's foot because your feet are not able to breathe.

So, each day, make sure to spend some time barefoot. Connect your feet with the energy from the ground. Removing the support of your shoes and sneakers will help strengthen the muscle fibers, tendons & ligaments in your feet, legs and core, ultimately improving your ability to balance as well.

Simply stated... naked feet can't be beat!

