

## FOOD FOR THOUGHT: CONSCIOUS CONNECTION

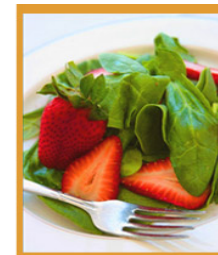
There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

### SKIN BEAUTY SALAD

(Shared from the FOOD MATTERS® Recipe Book)

2 handfuls of young arugula	3 limes, juiced
2 handfuls of baby spinach	1 avocado
1 pinch of unrefined sea salt	1 Tbsp raw apple cider vinegar
1 carrot, grated or shredded	1 pinch cayenne pepper
2 radishes, sliced very thin	1 tsp raw local honey
2 small cucumbers, sliced in 1/2 horizontally	1 handful fresh soft herbs (best with dill, basil or cilantro leaves)
1 small red onion, sliced very thin	¼ tsp unrefined sea salt

Put onion in a small bowl with the lime juice to soak for at least 15 minutes. Scoop the seeds out of the cucumber & throw in a blender. Chop the cucumbers. In a large bowl, arrange the arugula & spinach leaves, cucumber, carrot & radish. Take onion out of lime juice & add onion to salad. Add Lime juice & the rest of the ingredients to the blender. Blend until smooth, adding water as necessary. Season with salt & pepper if needed. Dollop on salad and mix through before serving. Enjoy!



### CREATE AN ENVIRONMENT OF ACCOUNTABILITY

Joining an exercise class or group, registering & training for an event, or asking a friend to take on a challenge with you, are just a few examples of ways you can create an environment where you are held accountable to your goals.

Being accountable to someone or something can help motivate you, encourage you to challenge yourself, increase your chances of completing your goals, and can even make the process a little more fun!

