

Abundant Splendor

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Abundant Splendor is the name of an acupuncture point on the stomach meridian. One source says this point can give a glimpse of the abundance of the universe, a connection to a plentiful reservoir, and the possibility that we can receive what we need.

It is about the vitality that comes from feeling full and nourished by our lives. My hope is that the information in this newsletter will help you take a step closer to living a juicy, delicious life!



Summer of Love

That's right, L-O-V-E. Hot sunny days and warm nights mean lots of time to enjoy our loved ones. It is also a great time to get to love ourselves.

Now that the cool, rainy spring has passed, we are getting out our shorts and sandals, unpacking our bathing suits and heading for the park, the beach, and backyard barbecues. Lots of folks cringe at the thought of trying on summer clothes. You can bet that the gym is getting crowded again with all of the people who stopped visiting in February. If you're concerned about your weight this summer why not make a change that will last?

No more diets.

Fact: all diets work for a time. People lose weight while they are "dieting" and as soon as they finish the diet

the weight comes back on --- plus some. Sound familiar? How about this summer you begin a new practice of loving your body exactly as it is. That's right -- exactly as it is right now, today. If you love your body and treat it with the same tenderness you reserve for the special people in your life, the weight will come off. You may not wind up looking like a supermodel. But your body will restore itself to an appropriate weight for your age, height, build and lifestyle.

Take a moment right now to sit or stand up straight. Feel your feet pressing into the earth. Raise your arms straight out to the sides at shoulder level. Take a deep breath in and wrap your arms around yourself as you exhale. Give yourself a big hug. Drop your chin to your chest and take a few deep breaths.

Say, "I love you so much. I promise I will give you foods that nourish you and make you feel great. I will find exercise that is fun and that feels energizing. I will make sure we get enough rest."

Repeat daily, or as needed.

Enjoy yourself. This moment is a one-time only event in the history of the universe. It will never be repeated. Dance. Howl at the moon (your neighbors will love it!). Play tag with children. Swim in the ocean. Get sand in your shoes. Chase fireflies. Love yourself and pass it around.



Farm Fresh Food

Summer means lots of delicious fresh fruits and vegetables. Here are some ways to ensure you are getting the freshest, most nutritious ones available.

First, you can visit your local farmer's market. What better way to spend

a leisurely Saturday morning than strolling through the market munching on some homemade breakfast treat, sipping lemonade and meeting the farmers who grew your food?

Another option is Community Supported Agriculture (CSA). This is a plan that

allows you to support one farm directly. You get a box of whatever is "in" each week during the subscription series.

To find your local market, go to:

www.freshfarmmarket.org

www.usda.gov/farmersmarkets

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Could one conversation change your life?

Contact me to find out how
acupuncture, nutrition and lifestyle
changes can help you feel great!

**What Nourishes
YOU?**

The Summer Day
---Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean –
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down –
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

Recipe Corner: Watermelon-Tomato Skewers, Summer Ginger Drink

Skewers — Serves 6.

Six 1" cubes watermelon
3 cherry tomatoes
1 T fresh lime juice
1 T extra virgin olive oil
Coarse sea salt to taste
3 T chopped fresh cilantro
6 toothpicks

Arrange watermelon cubes on
serving platter.

Cut cherry tomatoes in half
crosswise and place a halved
tomato on each watermelon
cube, seed-side facing up.

Whisk together the lime juice,
salt, olive oil and cilantro. Driz-
zle this mixture over the fruit,
splashing some onto the platter.

Poke a toothpick through each
stack. Serve immediately.

This is a delicious appetizer.
Consider doubling or tripling
the recipe, as it is delicious and
your guests will want more than
one stack each!

If you have time, marinate the
watermelon cubes in the lime
juice mixture for a few hours
before assembling and serving.

Ginger Drink — Serves 6-8

1 pound fresh ginger root
64 ounces water
Juice of 2 limes
Maple syrup or agave nectar to
taste

Thinly peel fresh ginger; grate
and mix with water in a large
saucepan. Bring to a boil and
simmer 4 minutes.

Remove from heat, cover and
leave for 24 hours.

Strain liquid through a fine
mesh sieve. Add lime juice and
sweetener. Stir.

Serve chilled.

Enjoy!!

Want more?
**For more recipes, a custom-
ized 6-month plan to learn
what foods are right for you,
and how to have fun cooking
and eating — contact me!**

