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# OneBody:OneChoice

The Right Path to Better Health!

November 2011

## OneBody:OneChoice Newsletter



### The Gospel of Good Health



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**Greetings!**

Fall has finally arrived. . . We can feel it in the air and see it as the leaves change and we prepare for the holidays. Many of us get stressed out during the holidays but why not start this holiday season differently? Thanksgiving occurs at the end of this month so let November be a time to give thanks. While these may be stressful times, we can still acknowledge our blessings.

Having an "attitude of gratitude" in any situation

can make such a difference in how you feel emotionally and physically. The mind and body are related but we so often forget this!

When you have a negative thought, harmful chemicals are released in the body. Add to this actual things we choose to do that harm our bodies like poor food choices, lack of exercise, lack of sleep etc. and the end result is poor health and a dysfunctional body. . .and mind.

Many of you will embark on a "health quest" come January. Why not start taking better care of yourself now? Why wait? Take some time this holiday season to exercise more. Get out and enjoy the cooler weather with a few extra walks or bike rides. Manage the damage at holiday gatherings and choose your splurges carefully. Limit the shopping and stress associated with finding the right gift and the overspending that tends to occur. And finally, take some time for yourself, to relax and renew your spirit. Having that attitude of gratitude really helps keep things in perspective! Be grateful for your body and your health. You have one body: You have one choice! Take care of yourself!

I'm thankful for each and everyone of you. . .clients, students, friends and family. . .you have all touched my life in such a positive way and helped me on my path. Thank you!

**Denise**

**P.S.**

**Referrals are ALWAYS welcomed! If you think this info is helpful, send it to a friend! Use the forward button at the end of the newsletter! Thanks!**

### Awareness

In order to live a balanced, healthy lifestyle, we must first be aware of what we are doing. Many feel they do eat a [healthy diet](#). . .they do exercise. But understanding and then acknowledging

what a healthy diet really involves. .

.understanding what the body really needs as far as exercise requires education. Don't rely on teh latest [fad diet](#) or weight loss supplement or what worked for a co-worker. Don't even rely on the latest exercise craze. Find out the fundamentals and then customize to fit YOUR needs and YOUR lifestyle. This type of effort will allow you to find long term success in healthy living. Awareness and then choices are the key!

I like to follow the Five Pillars of Yogic Balance: Right Exercise, Right Nutrition, Right Thinking, Right Breathing and Right Relaxation. You might be working on one or two of these areas already! Maybe it's time to add another dimension to your quest to get on the path to better health?

### Healthy and Tasty Recipe for November Quinoa Salad:

Quinoa is a [gluten free](#) "grain" that is high in protein. It cooks quickly and can be found in the rice section. It can be used in place of rice in many dishes!

Cook 1 cup of dry Quinoa according to package directions and let cool. Add 2/3 cup chopped green onion, 1/3 cup chopped red onion, 1/5 c. chopped, seeded cucumber, 1/3 c. ch. parsely 1/2-1 block crumbled [feta cheese](#). I like French [Feta](#) that is milder.

Make a dressing with 1/2 c. olive oil, 1-2 tsp dijon, 2 Tbl. Red Wine Vinegar and toss into Quinoa mix. Salt and Pepper to

taste. Just remember that the [Feta](#) is

**TASTE. JUST REMEMBER THAT THE [PETA](#) IS  
already very salty!**

**Refrigerate or serve at room temp. You  
may need to add more dressing after  
refrigeration. If you don't want to make  
your own dressing, just use a good, bottled  
[vinaigrette!](#)**

**Enjoy!**

I tailor programs for individuals, groups and companies that provide the education and support needed to achieve better health. Areas of interest include weight loss, disease prevention ([heart disease](#), high blood pressure, [type II diabetes](#), cancer and stroke), reducing menopausal symptoms and joint pain, stress management, dietary analysis, eating plans and exercise programs.

**Have a Healthy Day!  
Denise**

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**Save  
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Act now and save 15% off the cost of the individual 6 week program. The coupon must be printed and presented in person. This coupon is transferable and you may share the offer with friends and family if they are interested in achieving better health the RIGHT way! Have them check out my website for more info! [www.onebodyonechoice.com](http://www.onebodyonechoice.com)

**Offer Expires: December 30, 2011**