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OneBody:OneChoice

The Right Path to Better Health!

October 2011

OneBody:OneChoice Newsletter

The Gospel of Good Health

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aDear Denise,

October is [Breast Cancer Awareness Month](#). . .did you know that 1 out of 3 people will eventually have some type of cancer and over 230,000 women and 2,000 MEN will get [breast cancer](#) in 2011? Breast cancer is more prevalent in post [menopausal](#) women, especially if there is a family history but any age or gender is at risk. Your risk goes up 30-60% if you are a female, overweight and over 50. You can reduce your risk significantly with regular exercise (more below), avoiding alcohol consumption and maintaining a healthy weight. Thankfully, treatments for cancer have improved significantly over the last 20 years and with early detection and early treatment, the prognosis is very good for many forms of cancer. Regular self exams and mammograms are so important for early detection. If you do happen to get [breast cancer](#) or any other type of cancer, proper diet and regular exercise can dramatically improve your recovery. Proper diet meaning low fat, low sugar, [high fiber](#) from whole grains and vegetables and fruits. Beneficial exercise requires cardio in your target heart rate range 5 days a week. Lifting weights

and doing yoga wouldn't hurt either! Don't wait!
Take charge of your health and do what it takes to
get on the right path to better health and reduce
your risk for cancer!

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!

Keep Moving

Exercise reduces your risk for cancer and your survival rate if you get cancer but what exactly do you need to do? Walking the dog, a casual stroll or occasional yard work are good but not enough to improve health and reduce your risk of diseases like cancer. The recommendations for health are 30 minutes of moderate activity most days of the week. Greater improvements and health risk reduction occur with vigorous exercise several days a week in addition to moderate exercise most days. Vigorous exercise is defined as walking, running, cycling, swimming or any activity requiring continuous, rhythmic movement that keeps you in your target heart rate range.

Some consider this amount of exercise "extreme" and call those who do it "freaks or health nuts" but folks who exercise in these parameters are healthier and maintain a healthier weight. Regular exercise can reduce your risk of getting cancer by 30% and if you get it and you exercise, your survival rate goes up by about 80% according to recent research! Mary C. finished the first Texas Ironman last May at age 61. . .after having breast cancer the previous year! Yes exercising is time consuming but if you want to stay healthy. . .get moving. More is better. . .No excuses!

Healthy Snacks for those on the GEAUX!
Garbanzo Bean Nuts

Sounds weird but I promise these are tasty and SO good for you!

Spread 1-2 cans drained no salt added garbanzo beans on a foil lined cookie sheet. Drizzle 1-2 [Tbl](#) olive oil over beans and toss to coat. Sprinkle LIGHTLY with sea salt and 1 Tbl Italian seasoning. Bake in 350* oven for 50 minutes. Cool and store in fridge. Taste like nuts, but low in fat and high in fiber and protein! Enjoy!

Nutrition and Cancer Risk

Article Subtitle

We know a better diet means better health but what is the relationship to [diet and cancer](#)? Well, we all have abnormal cells in our bodies but the quality of our food, or lack there of can trigger growth of those cells. Too much saturated fat, chemicals, dyes and pesticides as well as alcohol consumption have been shown to increase cancer risks.

Subsequently, we can consume more [high fiber](#) grains (3 gm per serving), fruits(4 day) and vegetables(2.5 cups a day) as well as healthy plant oils and fish that are high in antioxidants to reduce our risk of cancer. Consuming a healthier diet just requires a little education, some planning and a commitment to eating healthier. Avoiding fast food and processed foods full of fat and sugar whenever possible also help reduce your risk for cancer and gaining weight!

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 15%

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!
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Offer Expires: December 30, 2011

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