



## WELLNESS GEMS

### Don't Discard Those Pits and Seeds

Nutritional supplements are made from these: melon seeds, the pits of grapes, oranges, lemons and apples. If you're using organic fruits in your smoothies, you can include these seeds and pits! Also, a ½ tsp. cayenne pepper in your smoothie boosts the thermogenic effect, i.e. weight loss!

## QUOTE OF THE MONTH

The greatest glory in living lies not in never failing, but in rising every time we fail.

— Author: Nelson Mandela

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## Food Labeling or Lack of it...

### We're Being Shortchanged!

Food shopping has become a cryptic experience! Needless to say, we deserve product labeling to indicate the 'country of origin' when we shop...not a 'manufactured for..' label, but rather the location of 'source'. I thought: 'why should I be purchasing garlic from China when local farms produce it here?' Good question. In addition, I'm sure you, like me, have noticed that there is often NO labeling as to country of origin, not to mention the fact that much of our supermarket food is produced here, then exported, only to be imported back to the United States for sale...which is quite puzzling. In addition, we don't need Monsanto running the show with their genetically modified additives coupled with lack of disclosure on labeling. The most powerful act of opposition we have is the "boycott".

### What to do?

The fact is, small farmers already grow 70 percent of the world's food. What we DO need is to support those farmers who grow the food we actually need, using techniques that restore, renew, rebuild and regenerate—our soils, our health, our economies, and our climate. This is why I purchase my produce, pasture-raised beef, poultry and wild, fresh fish and seafood through "Our Harvest". You pick a region and market day at their online website. In return, they bring fresh, local, natural food to your community for pick-up on the designated market day. You ALWAYS know the source of the farm or location where your food originates. What you receive is the freshest food you've ever had, just short of owning your own farm! In addition, every time your purchase is a minimum of \$25, Our Harvest donates food enough for a free meal for a needy family of four. Our Harvest has market regions in Brooklyn, Manhattan, Queens, Nassau and Suffolk Counties. So if you live in any of these areas, there is likely a market near you. At their website, find the region nearest to you. All you have to do is: (1) find your market; (2) fill your cart, and (3) feast away. **And here is a special discount code for 20% off your first order: TASTY20.**

I've been shopping this way here in New Hyde Park ever since its inception in my neighborhood and just love it. Enjoying the freshest food, while fighting hunger...a win, win! So take control back for the quality of the foods you feed your family. Shop "Our Harvest". And tell them, Rosanne Spinner sent you!

**Happy eating!**

**What if one conversation could change YOUR life? It did for me!** Come visit my new website at [www.RosanneSpinner.com](http://www.RosanneSpinner.com) for information about a custom-tailored **Holistic Health Coaching Program** as well as **Spinner's Grinners™ Laughter Yoga Sessions** in New Hyde Park. You will also find a treasure-trove of **Resources**.

# 2016

## Eight Things to Give Up in 2016

**Doubting Yourself**  
**Negative Self Talk**  
**Procrastination**  
**Fear of Failure**  
**Criticizing Yourself and Others**  
**Fear of Success**  
**Negative Thinking**  
**People Pleasing**



## Recipe of the Month

### Rosanne's Black Bean Confetti Salad

Yield: 4 side servings



*I call this 'confetti' salad since this salad has six colors. Among the food groups eaten world-wide, no group has a more health-supportive mix of protein-plus-fiber than legumes, of which black beans is one. Black beans have a host of nutritional benefits, and aside from digestive health, black beans are a bountiful source of daily good fiber intake providing 15 grams per cup. Their black color comes from a wide array of nutrients. Recent research links black bean intake to lower risk of type 2 diabetes, many cardiovascular diseases, and several types of cancer.*

#### **Salad Ingredients**

One 15.5 oz. can Organic Black Beans, drained and rinse  
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2-3 scallions, sliced thin  
20 grape tomatoes, halved  
1 carrot, peeled and shredded  
1/8-1/4 cup slivered almonds

#### **Dressing Ingredients** (Yields 1/4 cup dressing)

1/3 cup raisins  
sprinkle of garlic powder  
juice of one-half fresh lemon  
4 tbs. extra virgin olive oil  
fresh ground sea salt and pepper, to taste

#### **Preparation**

Toast slivered almonds in a dry pan, careful not to burn. Combine the salad ingredients. Combine the dressing ingredients. Pour dressing over the salad and mix well. Can be served immediately or made the day before and refrigerated. Enjoy!

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# Laughter IS the Best Medicine! No Prescription Needed!

Laughter Yoga is the Happiest Work-Out Method!

**Life Isn't for Sissies!**

Laughter and Stress are Physiological Opposites!

**Spinner's Grinners Laughter Yoga Class**

Now in its Seventh Year!

When you are laughing, **the stomach muscles expand and contract**, which means it's a great workout for the abs and your core - in fact it has been suggested that 10 minutes of belly laughter is equivalent to 30 minutes of the plank.

According to research, 100 belly laughs are the equivalent of 10 minutes of rowing for both your mind and body.

Just like cardio exercise, a good giggle session improves your lung capacity, generating improved respiration.

- Laughter yoga is a series of laughter, breathing and playfulness exercises with a treasure trove of health benefits.
- We meet approximately twice per month in New Hyde Park, NY on Wednesday night at 7:30 PM.
- Class duration: approximately 1 hour, 10 minutes.
- My knowledge of holistic health is incorporated into every laughter yoga class.
- All activities are done either standing or sitting (no laying down) – anyone can do this! No joke!
- Class Fee: \$10 per visit – bring a friend:                      Your friend's FIRST visit: \$5
- Laughter Yoga is bargain healthcare!
- See what people are saying about Spinner's Grinners Laughter Yoga.
- For a one-minute video intro of Spinner's Grinner's Laughter Yoga Class when Newsday came to visit, click on the following link:



[http://www.youtube.com/watch?v=M5Wf\\_YE51ro&feature=youtu.be](http://www.youtube.com/watch?v=M5Wf_YE51ro&feature=youtu.be)

- For more information, scientifically documented health benefits and class dates for the current year, visit my website at: [www.RosanneSpinner.com](http://www.RosanneSpinner.com)

*Rosanne Spinner, AS, CHHC, AADP is a board-certified holistic health coach. Let me connect you with a specialized holistic health coach who will guide you in a meaningful way, step by step, to reach and maintain your wellness goals using easily integrated and proven drug-free methods, and knowing that EVERYTHING is food: your career, relationships, physical exercise, spirituality, and of course, your diet. We have over fifty specialized Board-certified holistic health coaches (nationwide), who are dedicated to work with those who are ready to find "their truth." After I evaluate your confidential health history form, I will connect you with a specialized health coach who is highly qualified to work with you. Your specialized health coach will give you a free one-hour health consultation with no obligation via telephone. This includes a full discussion of your health history and health goals, and the opportunity to find out more about a personalized health program they can offer you. For additional information and a list of health concerns we address, please check out the link, "Program Description" at my website, [www.RosanneSpinner.com](http://www.RosanneSpinner.com). I want to help you or a loved one be the best you can be! It's such a pleasure to help those closest to us become happier and healthier. **What if one conversation could change your life? It did for me!** Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.*

**Wellness LoveLetter™** e-newsletter is distributed by Rosanne Spinner. It is a free publication available to all who request it. The editor, Rosanne Spinner, AS, CHHC, AADP, is a board-certified Holistic Health Coach, Certified Laughter Wellness Instructor, Laughter Yoga Leader, 2nd Degree Traditional USUI Reiki Practitioner and a 2nd Level Qigong Practitioner. The goal of this newsletter is to encourage and inspire you to be your personal best – mentally, physically, spiritually and emotionally.

**Are you passionate about Health and Wellness? Click HERE**

*"Could one conversation change your life?" and "primary food" are trademarks of Integrative Nutrition, Inc.*

**To Your Health!**