



WELLNESS GEMS

Your choice of water may be sabotaging the outcome of your efforts! If you are treating a nutritional deficiency disease with proper diet and nutrient supplementation *without* results, suspect that you may be wasting your money and your efforts due to the effect of *chlorine* and *fluorine* on your program. These two poisonous gaseous elements can frequently interfere with nutritional therapy. The odds of this happening go up when you re trying to improve your kidney, prostate, bladder or urinary function. Don't take chances when you need to get well. Drink bottled or purified water that you KNOW is free from these two poisons.

QUOTE OF THE MONTH

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

— Rev. Dr. Martin Luther King, Jr.

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The 'Good Egg' Got a Bad Rap... Deserves a Second-Chance

Needless to say, this incredible COMPLETE protein when eaten **intact**, has gotten a 'bad rap' from the powers that be. Many of us (that includes me!) gave up eggs, or only ate the 'whites'. That was a bad idea as *the benefits of eating eggs are enormous!* If you've given up eggs and would like to start giving this health treasure another chance, **it is important to try to get your eggs from pastured hens** – available from farmer's markets, and also "Our Harvest" which I spoke about in my January newsletter. You'll see eggs for sale in your local supermarket labeled "cage free" and you'll pay more...but this is a scam. "Cage free" chickens are not necessarily EVER let out of the barn, and are often roaming in very crowded barns in their own excrement and are fed cheap grain, instead of what they would *naturally* forage for - if pasture-raised. We've been warned for decades not to eat raw egg due to the possibility of contracting the dreaded Salmonella virus. Fair warning, none of us want to contract Salmonella virus. However, in generations gone by, raw egg was considered an 'immune system booster' of all things, and rightfully so, if the eggs you purchase are from a reputable source. And pasture-raised hens produce eggs that, when properly washed, are considered virtually free from the threat of Salmonella.

Factory Farms

On the other hand, to protect themselves, factory farm workers need to wear gas masks as their immune system become compromised from the foul odor and conditions they and the chickens are exposed to – day in and day out - due to the unsanitary conditions caused by overcrowding. Factory farm workers often become 'antibiotic resistant' due to frequent illnesses they contract due to their occupation. I remember seeing a video which exposed that the Purdue Chicken Company refused to have their chicken coops investigated to see what conditions the chickens are being raised in – that spoke volumes to me.

Pasture-Raised Chickens

Now back to 'pastured raised' chickens. There IS a difference - making eggs a valuable protein to include in your diet:

- Eggs are loaded with trace minerals like sulfur (critical for arthritics) and selenium.
- Eggs contain B vitamins and lecithin – *the natural antidotes to excess cholesterol!*
- Eggs contain wonderful protein with a better array of amino acids (basic building blocks of protein) than *any other food*.
- Eggs are low in calories but still leave you feeling satisfied.
- Eggs contain real Vitamin D, with all the essential isomers (different fractions) of the Vitamin D complex. *(Cont'd on P.2)*

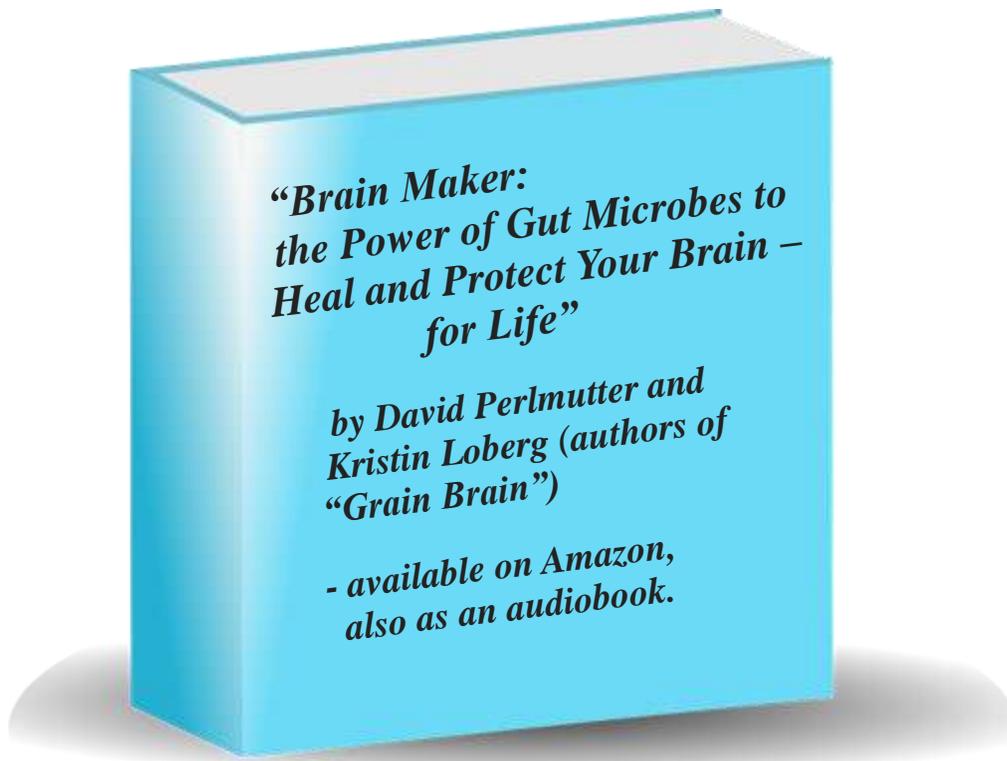
What if one conversation could change YOUR life? It did for me!

Come visit my new website at www.RosanneSpinner.com for information about **Spinner's Grinners™ Laughter Yoga Sessions** in New Hyde Park. You will also find a treasure-trove of **Resources**.

The 'Good Egg' (Cont'd from P.1)

If you are: exhausted, if you continue to lose muscle mass, if your skin and other tissues are aging quickly, if your fingernails are a mess, if you are arthritic, if you are anemic, and/or if you are just aging quickly, begin to eat *real* foods that contain protein and cholesterol. Pastured eggs are a nearly perfect food. ***But that perfection includes both the yolk and the white of the egg.***

Rosanne's Suggested Reading:



Recipe of the Month

Rosanne's New-Age Roasted Cauliflower

Yield: 4-6 servings



Fried breaded cauliflower has been a favorite of mine for years. Here is an oven-roasted, healthier, tasty variation with great taste, and gluten-free to boot! It also works nicely with broccoli.

Ingredients

1 head cauliflower, cut into florets
Almond Flour or Almond Meal (I used Bob's Red Mill® brand)
Grated parmesan cheese
Garlic powder
Extra virgin coconut oil spray or butter spray (I used Jalepo® extra-virgin coconut oil spray from Stop 'n Shop supermarket)

Preparation

Cook cauliflower florets in a steamer until just fork tender. Preheat oven to 425°. Combine 2 parts almond flour with one part grated parmesan cheese. Spray the inside of an oven-proof dish with the oil spray or butter spray. Place steamed cauliflower florets in the dish and toss until florets are coated. Combine the almond flour and parmesan cheese and drizzle it over the oiled cauliflower florets and toss, adding additional almond flour/parmesan cheese as desired. Bake the cauliflower for 15-20 minutes, turning when half done, and 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
- For more information, scientifically documented health benefits and class dates for the current year, visit my website at: www.RosanneSpinner.com



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Please visit my newly updated website: www.RosanneSpinner.com

Could one conversation change YOUR life? It did for me!

Please forward this newsletter to your friends, family members or colleagues who might be inspired by it.

Are you passionate about Health and Wellness? [Click HERE](#)

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**To Your
Health!**

Rosanne