



WELLNESS GEMS

Question: When buying socks, what fabric is the best for avoiding athlete’s foot fungus? Most people answer, “cotton”. I know that is what I thought since time immemorial. However, the correct answer is *synthetic socks!* Are you as surprised as I was? Believe it or not, cotton socks, being a natural fiber, allow your feet to sweat, encouraging fungus growth. Synthetic socks, on the other hand, have a wicking effect and keep your feet drier. The only natural fiber that competes favorably with synthetic socks is merino wool.

QUOTE OF THE MONTH

“Exercise and temperance can preserve something of our early strength, even in old age.”
-Cicero

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The Best Kept Secret to Happiness – Mindfulness Practice

Do you remember the comedy/drama “Groundhog Day”, in which weatherman, Bill Murray, finds himself in a time loop, repeating the same day over and over? *That* is the inspiration behind what we’ll be discussing here:

Mindfulness Practice: Could *this* be the secret to happiness? Learning to love being stuck in a rut? Forget big life changes – it’s tiny tweaks that bring joy. So try an experiment: make happiness your top priority and commit to choosing happiness over wealth, power, status, approval, control and security.

Ditch those grand plans and make small, incremental changes instead, with one aim: to improve the quality of your life, one *minute* at a time. So instead of setting goals for next year or even for next week, consider setting a goal for the next minute, and make that goal to be happy right now.

Quality time is not determined by the people you are with, the job you hold or the idyllic holiday destination, and you really don’t have to wait for perfect conditions. It can be found *now*, through mindfulness.

Studies have shown mindfulness promotes physical and mental wellbeing, lowers stress and blood pressure, reduces anxiety and depression and even gives the immune system a boost. It helps you think more clearly, too. But above all, mindfulness allows you to be more engaged with the present moment, freeing you to choose your thoughts and feelings, giving you space to let go of the fears and troubles that are keeping you in a “Groundhog-Day” rut.

Try this exercise:

Close your eyes and focus on your breathing, counting to five as you breathe in, holding your breath for five, and five again as you breathe out. If you notice any thoughts, just let them go. Do this for 30 seconds. Then, a minute. Then, two minutes.

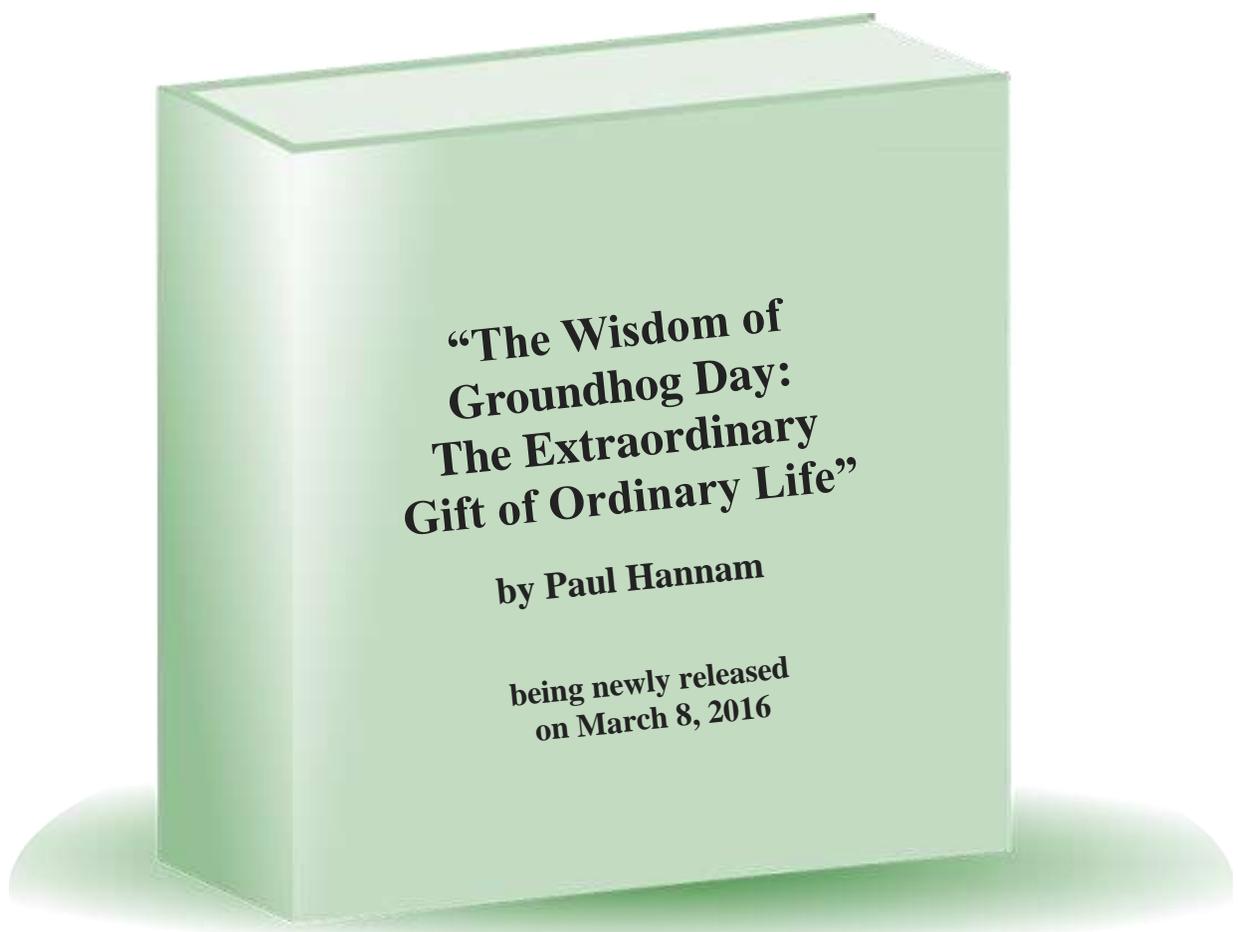
Simple mindfulness exercises like this allow you to step out of the stream of relentless thinking and endless multi-tasking for just a few minutes. You can do it anywhere and any time – no need to be at a spa or meditation retreat. Practice mindfulness breathing exercises, or just work on remembering to slow down and live in the moment. Take your time to savor *everything* you do.

Adapted from “The Wisdom of Groundhog Day” by Paul Hannam

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**.

Rosanne's Suggested Reading:



Recipe of the Month

Rosanne's Strong Bone Smoothie

Yield: Approx. 24 oz (400 Calories)



While presently recovering from a fracture, I wanted to concoct a smoothie that will work in harmony with my bones – and yours! So, here it is. All of the ingredients encourage strong bones – something we ALL want!

Ingredients

- 1 cup liquid (herb tea, green tea, etc.)
- ½ cup fruit (blueberries, bananas, raspberries, cherries OR ½ ripe avocado* – your choice)
- ½ cup almond milk (I use the unsweetened Almond Silk – vanilla or chocolate)
- 1/8 cup shelled pumpkin seeds
- 1 handful baby greens (mixed greens, kale, etc. – your choice)
- 2 level scoops protein powder (vanilla or chocolate – I use RealDose protein powder)
- ½ tsp. matcha green tea powder
- 1 tbs. chia seeds
- 1 tbs. ground flax seed or 1 tsp. high lignin flax seed oil
- 1 tsp.(heaping) dulse flakes (ready to use dehydrated Sea Vegetables-available at Whole Foods Market)
- 1 tsp. fresh ginger root
- Sprinkle of Cinnamon powder

Preparation

Combine all ingredients in a blender. Blend until smooth, and enjoy! If you like your smoothie SUPER thick, cut down on the 1-cup liquid.

Yields: approx. 24 ozs. (400 Calories) *If using avocado, 490 Calories

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Laughter IS the Best Medicine! No Prescription Needed! Caution: Habit-Forming!

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:
[Newsday Visit to Spinner's Grinners Video](#)
- For more information, scientifically documented health benefits and class dates for the current year, visit my website at: www.RosanneSpinner.com



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, Laughter Wellness Instructor, first, second and advanced levels Traditional USUI Reiki Practitioner, Spring Forest Qigong practitioner, and Color Energy Healing practitioner. The goal of this newsletter is to encourage and inspire you to be your personal best – mentally, physically, spiritually and emotionally.

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!**