



WELLNESS GEMS



The Diet Quandary: What Diet Works??? Mediterranean, Atkins, Paleo, Vegan, Low Carb, Low Fat? The answer - ANY of those diets that you can *sustain* yourself on - that is, "obey them 90% of the time, at least. Still confused? That is NO surprise. So we would have to break it down further. Well-respected nutrition guru and author, Michael Pollan, has broken down the quandry as to WHAT TO EAT. Pollan says: "Real foods, mostly plants, and not too much". Period. Combining Pollan's philosophy with eating mindfully, you WILL be able to know when you are truly sated. If you wait until you are feeling FULL - you will be at the "too much" point. If you think about it - this IS do-able. This does not take into consideration that there are those who are lactose or gluten intolerant - that would be another, separate consideration.

QUOTE OF THE MONTH

"To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded."

— Author: Ralph Waldo Emerson

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Sleep Positions 101

Did you know that 80% of the population will have back problems at some point in their lives, oftentimes caused or aggravated by the way they sleep?

Two Sleeping Positions That Can Create Pain in the Neck & Shoulders

- 1. Stomach sleepers:** We all know that sleeping on your stomach is not a great idea. The main problem with this position is that you must turn your head to one side in order to breathe effectively. As a preference, people tend to consistently turn their head to the same side. The long-term result can be wear and tear on the joints of the cervical spine. This situation is comparable to sitting at a computer all day with your monitor off to one side. It is bad ergonomics to be constantly rotated to one side, whether it is for eight hours a day gazing at a computer screen or eight hours per night sleeping with your head turned to one side. If you must sleep on your stomach, it is recommended that you place pillows under your torso and neck. This will at least lessen the amount of neck rotation that you need to breathe.
- 2. Side-Lying with Arms in an Overhead Position:** Many people report that they will wrap the pillow around their head and secure it in place with their arms. This position places stress on the downward-facing shoulder. The body weight placed on the shoulder, in many cases, will cause a compression of the nerve bundle as it passes into the arm. The symptoms of this include waking up with numbness in the arm and hand. Lying on the side also tends to push the head of the humerus (bone in the upper arm) forward, placing it in an ideal position for impingement of the rotator cuff tendons. If you have a shoulder injury, it is advisable NOT to sleep or put pressure on that *injured* arm, as you will likely delay your recovery.

Best Sleeping Positions

The best sleeping positions are on your **back** or **side**.

Sleeping on your back makes it easier for your head, neck, and spine to align and keep it in a neutral position. No extra pressure or curves are being added to the back.

Sleeping on your side is beneficial for those who have obstructive sleep apnea, prone to general snoring, neck and back pain, and for those pregnant. Sleeping on the side is helpful because it can help by opening up the throat to help with snoring and it also elongates the spine, which helps back pain.

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 Pick-of-the-Month

Here's something I'd like to share with you that I find to be very cool. I hope you like it as well!



*Osteobroth™ Bone Broth

When studying at the Institute of Integrative Nutrition, during a Cooking lecture, I learned about the benefits of consuming bone broth, which is a very healthy 'elixir' made from simmering meat bones for several hours...about 24 hours to be exact! While bone broth has excellent benefits for strengthening the constitution of our bones, this cooking method did not seem safe or practical...leaving the stove on for that length of time, etc. Now, I recently came across a fairly new product: Osteobroth Bone Broth. It's a powdered bone broth that you reconstitute with warm water or add it to another liquid (I use it in my smoothies!) Osteobroth Premium Chicken Bone Broth is a natural way to replenish your body with important collagen protein – available to you within minutes, not hours!

- No artificial colors, sweeteners, preservatives or flavors;
- Does not contain peanut, tree nut, fish, shellfish, wheat, gluten, yeast, or MSG
- Each serving contains 12 grams of protein and 50 calories;
- Naturally rich in collagen
- Natural source of chondroitin

***I have not derived profit from promoting this product. It is something I came across in my search for great products and carefully considered all its attributes, and wanted to share it with my readers.**

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Recipe of the Month BBLT Dinner Salad



This is especially refreshing in the summer months.
(BBLT stands for "bleu, bacon, lettuce and tomato")

Ingredients

Salad:

1½ lbs. skirt steak, trimmed of fat;
3-4 cups salad greens of choice (mesclun, romaine, etc.);
2 ozs. Crumbled bleu or gorgonzola cheese;
3 tbs. Hormel™ real crumbled bacon;
1 cup cherry tomatoes (or one lg. tomato cut up);
slivered almonds (optional);

Tomato Vinaigrette Dressing:

2 tbs. tomato sauce;
¼ cup extra virgin olive oil;
1/8 cup balsamic vinegar;
sprinkle of garlic powder;
sea salt and fresh-ground pepper to taste

Preparation

Broil the skirt steak to your desired doneness, turning once in between. Meanwhile, combine the vinaigrette dressing ingredients with a wire whip or Magic Bullet. When done, slice the skirt steak in small pieces and combine with other salad ingredients. Top with dressing. Garnish with slivered almonds, if using.

Enjoy!

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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 Eighth Year!

Laughter Yoga offers a versatile, reliable and easy to use, multidisciplinary and holistic approach to health care that combines various elements from other wellness modalities into a smooth and fluid blend. 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 **if accompanied by you.**
- 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!**

Rosanne