



# Wellness Loveletter™

"ALWAYS CARING FOR YOU"

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[www.RosanneSpinner.com](http://www.RosanneSpinner.com)

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## WELLNESS GEMS



### A Message for the Ladies.

If you want to avoid misleading mammograms, take heed: Excessive consumption of caffeine can obscure mammogram readability. The reason? Because it causes cysts that can resemble cancerous lesions or even hide them. Caffeine can also increase breast sensitivity and make the experience of getting a mammogram even more uncomfortable than it should be. So, if your breasts are sensitive to caffeine, you might want to reduce your intake if you are scheduled for an upcoming mammogram.

### QUOTE OF THE MONTH

"If you want to change the world, go home and love your family.

— Mother Teresa

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## Meet Me At the Fair!



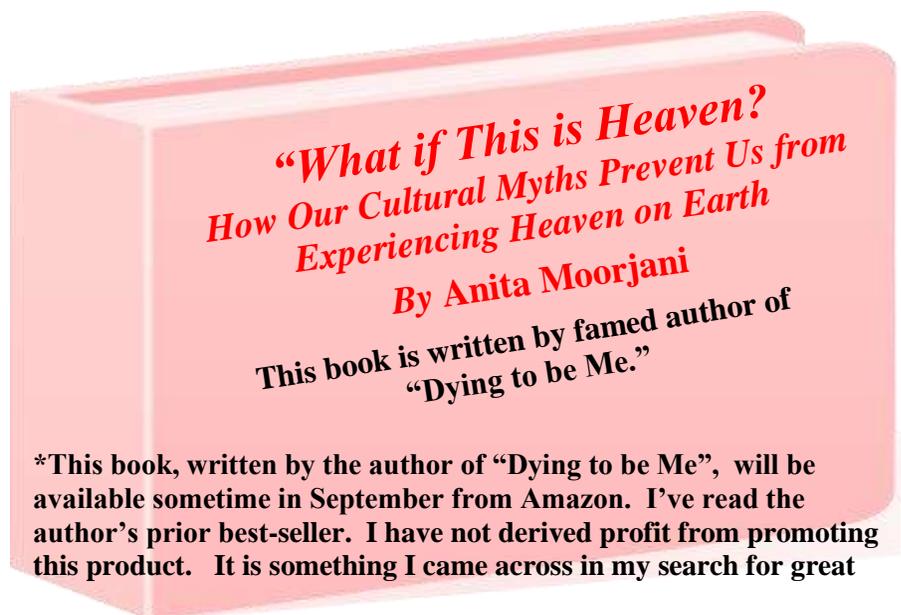
**The 21st Annual Village of New Hyde Park Street Fair**  
**Saturday, September 17, 2016 (Rain Date: Sept. 24, 2016)**  
**10:00 a.m. to 4:30 p.m.**

**Location: Jericho Turnpike from Covert Avenue to New Hyde Park Road**

Visit my tent, and pick up lots of FREE wellness information and my "Street Fair Special": buy 2 Spinner's Grinners Laughter Yoga Class Passes, get one FREE which ALSO enters you in my raffle basket giveaway (value of merchandise: over \$150) including 20% discount coupon for your first order at [OurHarvest.com](http://OurHarvest.com).

**Hope to see you on September 17!**

## Rosanne's Book-of-the-Month



\*This book, written by the author of "Dying to be Me", will be available sometime in September from Amazon. I've read the author's prior best-seller. I have not derived profit from promoting this product. It is something I came across in my search for great

**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 **Spinner's Grinners™ Laughter Yoga Sessions** in New Hyde Park. You will also find a treasure-trove of **Resources**.

# Meal “Regularity” and Fat Loss Results

## Did you know that the *timing* of your meals can impact your fat loss results?

With so much talk around specific foods (grains, sugar, gluten, etc.) and macronutrients (carbs vs. fat) being the cause of what makes us fat, here's a factor that you are probably unaware of and that is influencing your results...

### The **REGULARITY** of your meals.

New research now suggests that when you eat meals at different times each day from day to day, it can create a sort of metabolic "jet lag". (i.e. Your metabolism and energy-burning machinery isn't as strong as if you were consistent with your meal timing).

There are a couple different ways this impacts fat loss results:

1. Your metabolism, energy levels, and the amount of energy your body burns to digest a meal are all **HIGHER** with consistent meal timing. (And your body manages blood sugar levels much better too).
2. Hunger decreases and satiety increases with consistent meal timing. (And vice versa, so when people have irregularity in their meal timing, they are much more likely to eat **MORE TOTAL CALORIES** each day because their *hunger hormones* are driving them to do so.).

You now have another tool in your fat loss tool belt, beyond just the typical stuff about either calories, or sugar, or carbs vs. fat.

Source: *American Journal of Clinical Nutrition*



## Recipe of the Month

### Rosanne's One-Dish-Dinner Chicken Salad

*When I prepare a chicken, I freeze the left-overs, to make this great salad at a moment's notice:  
Servings: 2 dinner-size servings*



#### Ingredients

Cooked breast of 4 lb. chicken (skin removed), cubed;	A sprinkle of garlic powder;
3 TBS. mayonnaise	3 TBS. Hormel real bacon bits;
Small head broccoli (or bag of broccoli florets);	1 apple, diced (optional);
½ Vidalia onion or red onion, diced	1/3 cup raisins;
3 TBS roasted slivered almonds;	sea salt and fresh ground black pepper, to taste;
2 ozs. Shredded extra-sharp cheddar cheese;	

#### Preparation

Remove the broccoli stems, and use only the florets for this recipe. If the florets are large, cut in half. Place broccoli florets in a saucepan of boiling water and blanch for 3-4 minutes until slightly tender. Add a few tsp. warm water to plump up raisins. Combine the rest of the ingredients in a salad bowl. Add the blanched broccoli and raisins, stirring well. Enjoy!

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

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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](http://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](http://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](#)**

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

**Have a Safe and  
Happy Labor Day  
Weekend!**

**To Your  
Health!**

*Rosanne*