



NUTRITION • MOVEMENT • MINDFULNESS

Practical Wellness Tips For Vibrant Health



Given with Love and Gratitude,
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A Few Thoughts...

Welcome!

Your health is for life. It's your greatest asset.

Inside are a few of my favorite tips to help you remember that your health is a life-long journey. Remember to keep things in perspective. Small, doable, sustainable changes are the keys to continued good health. It's about progress rather than perfection.

1. It all adds up. Every time you make a healthy choice, it adds up. For example, each time you choose to walk up the stairs instead of taking the elevator. Each time you drink pure water rather than a soft drink. Each time you take a moment to slow down and pause. It all adds up.

2. You can always correct on those less-than-perfect choices. Know that there is a chance right after whatever you did, to make a better choice by simply correcting. The more you correct without judging or blaming yourself, the easier it becomes to continue to make good choices.

3. Find ways to reward yourself that are nourishing self-care. A massage is incredibly relaxing. Sharing a tea and walk with a friend is nurturing. Cutting up fresh, seasonal fruit is a wonderful treat. Be mindful that being on vacation or completing a big project need not be triggers to let all of your best intentions disappear.

4. Do at least one pro-health activity every day. Replace a fresh green salad for your regular lunch. Eat breakfast. Drink more water. Skip that before-bed bowl of ice cream. Park your car far away so you can walk. Skip the sugar in your coffee. Start with at least one thing a day. You may want to eventually shift to two, then perhaps three, and so on.

Live your best self!

Eat well. Sleep well. Move Well. Stress Well.

Give Thanks

Take a breath and give thanks.

Send a thought of gratitude to all those involved in the wheel of life from seed to table.

Give thanks for the bounty of the Earth that provides for all of our needs.

Feel the appreciation of working with natural and organically grown ingredients.

Claim Your Vibrant Life™

Kerry’s holistic 4-pillars approach to living a vibrant life.
 Shift your lifestyle from surviving to thriving - from normal to optimal...

Eat Well	Sleep Well	Move Well	Stress Well
Stay hydrated	Get restful and enough sleep	Make movement a lifestyle and stay active	Stop and take a few deep breaths throughout the day
Eat S.O.U.L. food Seasonal, Organic, Unprocessed, Local	Go to bed at the same time every night	Include proper cardio, strength, balance, and flexibility activities	Go easy on yourself
Enjoy your food, hold positive thoughts while eating	Sleep in a dark, quiet, cool room	Live pain free	Life is full, sometimes you just need to slow down a bit

This information is intended to be educational only. It is not a substitute for the expertise and judgment of your physician or other medical professional. To be sure this is appropriate for you, please consult with your healthcare professional before using this information.

Walking and Mindfulness Meditation Techniques

What is Mindfulness?

Mindfulness is being fully present in the moment. A sense of awareness, presence...

1. Paying attention to the sensations of the breath
2. Paying attention to the physicality of your body
3. Observing the thoughts in your mind non-judgmentally

Benefits May Include:

Feeling more focused, effective, happier; less stress; change the way you think about situations and/or life.

Walking Meditation

Enjoy the benefits of walking – health and endurance

Enjoy the benefits of meditation – awareness and mindfulness

In walking meditation the act of walking is your focus

Mindfulness Meditation #1 - One-Minute of Mindfulness

- Check your watch and note the time
- For the next 60-seconds your task is to focus all your attention on your breath
- Leave your eyes open and breathe normally
- Catch your mind from wandering off and return your attention to your breath whenever it does so
- Keep in mind that this is not a contest or a personal challenge
 - You can't fail at this exercise, you can only experience it

Mindfulness Meditation #2 – Conscious Observation

- Choose an object that you have lying around
- Hold it in your hands and allow your attention to be fully absorbed by the object
- Observe it
- Don't assess it or think about it, or study it intellectually
- Observe it for what it is
- You'll feel a sense of heightened "nowness"
- Conscious observation is a form of meditation that is subtle yet powerful

A Few Shared Recipes To Nourish You From The Inside Out...

Homemade milks are fresh, free of additives and preservatives. You can manage the “nutrient density” of what you’re putting in your body: quality of ingredients, sugar, taste and texture.

You can make a variety of plant-based “milks” by blending raw nuts, seeds, and grains with water. Almonds, cashews, macadamias, Brazil nuts, hazelnuts, pecans, pistachios, coconuts, soybeans, hemp seeds, pumpkin seeds, sunflower seeds, sesame seeds, flaxseeds, quinoa, millet, rice, and oats can all be liquefied into delicious milks.

Here are the recipes we use in our home to make coconut milk and almond milk.

Coconut Milk

Ingredients:

2 1/2 cups very hot water

1 1/2 cups unsweetened shredded dried coconut, un-soaked

Loving Preparation:

Put 1 1/2 cups of the water and the coconut in a blender.

Process on low to medium speed until smooth.

Add the remaining cup of water and process on high speed until smooth. Let sit for 5 minutes.

Put a fine-mesh strainer over a large bowl and pour the coconut mixture through it.

Stir and press the pulp with a rubber spatula to extract as much milk as possible.

Discard the pulp.

Alternatively, use a nut milk bag or cheesecloth to strain the milk.

Stored in the refrigerator in a tightly sealed glass jar, coconut milk will keep for 5 days.

It tends to separate, so shake well before using.



Makes 2 ½ cups, about 4 servings

Almond Milk

Homemade almond milk is creamier, nuttier, and just overall more delicious than store bought. This almond milk is delicious on it's own, but I also use it in smoothies, or with granola.

Ingredients:

2 cups almonds (soaked overnight)
4 cups water
Seeds from 1 vanilla bean or ½ teaspoon vanilla extract
1 teaspoon cinnamon
2 dates

Loving Preparation:

Drain and rinse the almonds.
Add all ingredients to a blender and blend until smooth.
Drain entire mixture through a nut milk bag or cheesecloth.
Store in the refrigerator in a tightly sealed glass jar.
Play with the amounts of vanilla, cinnamon and dates if you want a little more flavor!

Note: I make ours with only the almonds and water.

Makes about 4 cups of almond milk



The Ultimate Acai Bowl

Ingredients:

- 1 serving pack frozen unsweetened Acai
- 1 cup unsweetened almond, coconut, rice or hemp milk (we use coconut)
- ½ cup frozen blueberries
- ½ cup frozen banana
- 1 handful of baby spinach
- 1 tablespoon almond butter or ¼ - ½ avocado

Loving Preparation:

Blend above ingredients in the blender until smooth.

Add more milk if needed or less to thicken.

One top add any combination of the following:

Sliced banana, hemp seeds, berries of choice, a drizzle of raw honey, your favorite granola, shredded coconut, cacao nibs.

Serves 2



Kerry's Outrageous Muffins

Ingredients:

1/3 cup gluten-free cornmeal (medium grind)
1 1/3 cup gluten-free oat flour
1 cup gluten free almond meal/flour
1/3 cup flax meal
1/3 coconut palm sugar
3/4 teaspoon Salt
1 teaspoon baking soda

grated peel of 1 large orange (or lemon)
1/2 cup dried cranberries
1/2 cup diced dried apricots

Or you can use 1/2 cup chopped walnuts and 1/2 cup raisins instead of cranberries and apricots

2 large eggs, beaten
1 generous cup plain yogurt (Straus whole-fat yogurt works best)
1 teaspoon vanilla
1/3 cup coconut oil (liquid form)

Loving Preparation:

Mix dry ingredients and dried fruit together in a large bowl.

Combine liquid ingredients in a medium bowl and stir into dry ingredients just until moistened. Batter will be a bit lumpy.

Fill oiled or paper-lined muffin tins 2/3 full.

Bake in pre-heated 350-degree oven for 25-30 minutes.

Makes 12 muffins.



Curry, Coconut and Red Lentil Dal

Ingredients:

2 Tablespoons coconut oil
1 medium onion, diced
4 garlic cloves, minced
3 Tablespoons fresh ginger root, minced
1 ½ Teaspoons ground cumin
1 ½ Teaspoons ground coriander
1-2 Tablespoons Thai red curry paste
1 14-oz can coconut milk, unsweetened, full-fat (or homemade)
1 14-oz can diced tomatoes, petite (or 1 ½ cups of your favorite tomatoes, diced)
2 cups red lentils, dried
8 cups vegetable stock
Fresh Cilantro as a topping (optional)

Loving Preparation:

In a large pot, melt the coconut oil over medium-high heat.

Stir in the onions and sauté until the onions are soft and translucent.

Stir in the garlic and ginger until well blended with the onions.

Add the cumin, coriander, and curry paste mixing until everything is well blended.

Add the remaining ingredients: coconut milk, tomatoes, lentils and vegetable stock. Stir until all ingredients are well blended.

Simmer (no lid required) for roughly 30-minutes, stirring often to keep the lentils from sticking to the bottom of the pot. As the lentils cook, they will break down and thicken the dal. Add more liquid, as you like.

Serve!!

Note: I love this served over a serving of my favorite rice.

Top with fresh chopped cilantro, if desired

Source of recipe inspiration: Hungry for Change

Note about the photo: in this particular batch, I used roasted tomatoes and garlic

Serves 6-8



Colorful Kale Salad

Ingredients:

1 large bunch of Dinosaur kale, remove tough, thick stem from the leaves before chopping
1/4 head of red cabbage, chopped
½ small red onion, chopped
2 cloves garlic, minced
1 small beet, shredded
1 medium carrot, shredded
1/3 cup of raw pumpkin seeds

1 to 2 tablespoons extra-virgin olive oil
1 squeezed lemon
1 tablespoon apple cider vinegar
1/3 - ½ cup nutritional yeast
1 teaspoon sea salt
Pinch of cayenne pepper
Black pepper to taste

Loving Preparation:

First massage chopped kale leaves with sea salt to reduce toughness.

Add chopped cabbage, onion, garlic, and shredded beet and carrots, and pumpkin seeds.

Then add olive oil, lemon, apple cider vinegar, nutritional yeast, sea salt, cayenne pepper, and black pepper. Mix everything together thoroughly.

Note: I usually mix until nutritional yeast has dissolved into the salad.

Serves 4-6

