

Welcome and What's New!



November is here and winter is on the way. We have holidays to look forward to and a spirited city through out the beginning of January. With global warming, it seems as though our seasons are off a bit; in a sense, fall has just begun!

Please take advantage of the opportunities to get outside and breath in some fresh air. In the events, you will see that I have an upcoming Farmer's Market Tour on Saturday November 19th, which will give you the perfect opportunity to purchase the ingredients for a hearty homemade meal, a much-needed source of nourishment, as winter will imminently greet us. Get yourself ready for winter with some good snuggle-with-a-blanket movies and books and some quality hot cocoa. Do not forget to invest in some warm clothing, which will encourage you to embrace the opportunity to get outside and move about!

Weight Loss Support Group!

If the holidays and winter frighten you in regards to your weight loss efforts, my weight loss support group beginning January 10th (with motivating meetings beforehand to help you through the holidays) is a great way to stay on track and meet new friends who also prioritize their health and wellness. Read below for details on how to sign up!

New Website!

ShannonLynn Nutrition is happy to announce our new website! Hooray!!!! Please check it out at:
<http://www.shannonlynn.com>

I'd like to personally thank Dan Zuena and Brent Morehouse for their long hours beautifying my site! As of now, the site details all of my programs and services. You will be able to pick up copies of Healthy Tidbits from the new website as well. Stay tuned for monthly updates, which will involve additional health and wellness resources. In the meantime, please send your feedback regarding this new site. This site is dedicated to you, so we want to offer what you most want to see!

"Ask Shannon"

This month in Healthy Tidbits, I am introducing a new section, "Ask Shannon." Each month, I have several clients and readers call or email me to ask me for expert-advice regarding specific health or wellness topics. Each month, I will publish one of these questions and responses. So, if you have any questions, please feel free to send it in and it may be published!

Discounted Initial Consultations!

Do you need assistance in a health or lifestyle makeover? Come on in and see me for a \$25 initial consultation to see how I can help you. Call me at 646 339 3536 or email me at Shannon@shannonlynn.com to see how I can help you!

Upcoming Events

Farmer's Market Tour

I've had many requests for a Saturday tour, so here you have it.



Where: We will be meeting up at The North West corner of Union Square Park

When: 11:00 AM on Saturday November 19th.

Description: I will lead you all around to the various booths and answer any questions that you have on local produce as well as organic meat, eggs and dairy products. You will get easy breezy-tasty seasonal recipes and tips on what to eat to stay warm, calm and energetic throughout the winter! **Cost: \$15**

Weight Loss Support Group



Starts in January, Enroll NOW to ensure you meet those resolutions!

Have your weight loss goals been hard to maintain? Do you need the support of other women who are also aiming to lose weight? How about a truly holistic approach that does not force insanity-causing restrictions, yet instead educates you on how to make healthier food choices?

This winter, I am launching a Weight Loss Support Group that will not only help you to achieve your weight loss goals, but will also help to increase your self esteem and cultivate a better sense of well being.

The group will be informal, yet structured. The support meetings are centered around sub-goals that you will create for yourself each week in order to reconfigure your eating habits, lifestyle habits and exercise schedule so that they will assist you in reaching your ultimate weight-loss (as well as other lifestyle) goals. Each week, you will learn about:

- Great natural food options (that actually taste good)
- Tactics for Eating Healthy at Work
- Tactics for Overcoming Emotional Eating
- Healthy Snack Options
- How to Stay Motivated to Exercise
- How to Make your Workouts work for You
- Great Low Fat Recipes
- How to Boost your Confidence
- Great ways to Pamper Yourself

Support Group Details On Page 4

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Affiliate of the Month

Steve Cocoros, Licensed Massage Therapist



The benefits of massage therapy are well known by now. While it may have been viewed as a luxury at one time, massage therapy is now an essential part of a healthy lifestyle. Finding a reliable and experienced therapist, however, may be costly and time consuming. Most spas charge over \$100 per session. You then run the risk of an overworked or inexperienced therapist. Steve is an excellent LMT. His sessions run over an hour and his rates can't be beat! He is very caring and will make sure that you are comfortable with the pressure and techniques that he uses.



Steve has given thousands of sessions since being licensed by N.Y. State in 1995. In the course of a session, he draws upon various healing modalities depending upon the requests and needs of his clients. He is experienced in the following: deep tissue, medical and Swedish massage, Reiki, foot reflexology and myofascial work.

His beautiful, soothing office is at 80 East 11th Street, Suite 430. You can contact him at 212 252 6884. Mention my newsletter and get a discount!

Recipe Of the Month

Soothing Lemon Chicken Soup

A Great way to use Leftovers and a Great Cure for Colds and Flu

Leftovers:

- 3 cups finely shredded cooked chicken
(We cooked a whole chicken in a Crock Pot and derived the leftovers this way)
- 2 cups of Brown Rice or Wild Rice

Ingredients:

- Four Cups of Organic Chicken Broth
- Two Cups of Water
- Zest of One Large Lemon, removed in big pieces with a vegetable peeler
- 2 Large eggs
- 1 Egg Yolk
- 4 Tablespoons of Lemon Juice
- 2 cups of fresh Spinach or Kale, chopped
- 1 cup of parsley, chopped
- ½ cup of scallions, chopped
- ½ teaspoon cayenne pepper
- Sea Salt and Pepper to Taste

Directions:

1. Bring broth, water and lemon peel to a boil in a large pot, over medium heat. Cover and boil for five minutes. Remove zest with a slotted spoon.
2. Whisk together eggs, yolks, lemon juice and cayenne in a medium bowl.
3. Remove pot from heat. Slowly add, one cup of broth to the egg mixture, whisking constantly. Pour egg mixture back into the pot of broth.
4. Cook over low heat, continuing to whisk. Fold in chicken, rice and spinach or kale. When spinach wilts, add salt and pepper to taste.
5. Garnish with parsley and scallions.

"Ask Shannon"

Topic: Foods that Cause Inflammation

Q: I have been experiencing a lot of inflammation lately. Can you advise me as to what foods I should avoid and what foods I should consume to alleviate this problem?

- Judy NY, NY

A: There are a number of foods that will provoke inflammation. You definitely want to avoid the following foods:

1. Any type of **fried foods or foods cooked at high temperatures** will cause inflammation for two reasons. First because of the hydrogenated oils which are unnatural and force our bodies to do extra work to detoxify ourselves, causing inflammation. (Note: This means you should also avoid any packaged food such as crackers or cookies that contain "partially hydrogenated soybean oil.") Also, foods cooked at high temperatures release advanced glycation end products (AGEs). AGEs increase levels of inflammatory proteins in our bodies.

2. **Any food that inhibits calcium absorption.** Calcium (and magnesium) are the minerals that best protect you from inflammation. There are a lot of foods that inhibit calcium absorption and can cause inflammation.

Here's a list of foods to avoid for this reason:

- High sugar foods (especially refined sugar or fruit juices)
- Tomatoes, potatoes, eggplant, bell peppers because they contain the calcium inhibitor solanine.
- Sulphites and Nitrates (found in sandwich meats and dried fruits)
- High oxalic acid foods (rhubarb, cranberries, plums, spinach, chard and beet greens)
- Caffeine

3. You may also want to **stray away from non-fermented dairy products.** The only dairy I would recommend are: yogurt, cottage cheese, buttermilk, goat's milk and goat's cheese...all others I would use sparingly.

There are foods that can alleviate the inflammation as well. Calcium-rich foods will reduce inflammation. So add up on these!!! These include:

- All seaweeds
- Almonds
- Parsley
- Turnip greens
- Sunflower seeds
- Brazil nuts
- Kale
- Watercress
- Garbanzo beans
- Black beans
- Pinto beans
- Yogurt (non sweetened or sweetened on your own w/ maple syrup or a bit of all fruit jam is best)

Also, bromelain, an enzyme found in pineapple works wonders!! You can buy it in supplement form. This is definitely a better option than anti-inflammatory medication.

If you would like to ask Shannon a question e-mail her at:
askshannon@shannonlynn.com

10 Unbeatable Cold and Flu Busters

Nothing is worse this time of year than coming down with a cold or flu. Prevention is really the best cure. Here are some handy tips to help prevent the cold and flu, plus three tips to help you recover from the cold or flu in case you are unable to defeat it.

Flu Prevention

1. Eat Plenty of Garlic



Garlic is one of the most powerful antioxidants out there---and it's also antibacterial, antiviral and anti-fungal. Use it in your soups, stir-fries and meats. Make sure to use fresh garlic for the most optimal benefits. If you are especially brave, you can

swallow whole cloves of garlic and they won't even make your breath smell.

2. Get Extra Zzzzs

Some people associate sleep with laziness. Think again, sleep is imperative this time of year, as it strengthens your immune system to fight off potential invaders. Aim for Eight Hours a Night!

3. Wash Your Hands Regularly

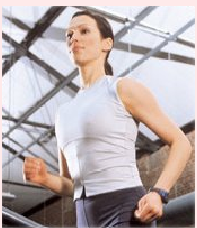
This time of year it is totally okay to be obsessive about washing your hands. Antibacterial soaps are not your best choice, as they cause more harm than good. Many scientific studies have found that triclosan, an antibacterial compound that acts as the active ingredient in most antibacterial soap, not only kills bacteria, it also has been shown to kill human cells. Antibacterial compounds are in nearly half of all soaps sold in the United States, which is likely contributing to the spread of antibiotic-resistant bacteria. Instead, use a natural soap that is a natural antibacterial, such as lavender soap.



4. Load up on Natural Anti Virals.

To name a few: dandelion greens, coconut oil (great to cook with too--can handle high temperatures), flax seeds (must be ground; never use the oil!), limes, lemons, aloe vera juice, red grapes, pomegranates, cranberries and anything with Essential Fatty Acids (fish, avocados, walnuts, almonds, olive oil).

5. Exercise



Exercise is great prevention. When you exercise, you increase the circulation of your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system is better able to find and fight an illness before it has the opportunity to spread.

6. Relax!!!

Study after study has shown that stress suppresses your immune system. So, make sure you allow yourself some down time this year!

Super Concoction

7. If you feel the cold or flu coming on, take my super concoction.

It will remind you of your college drinking days, only it is alcohol-free. You start out by mixing about 15 drops of Echinacea and Goldenseal Oil (I like Nature's Answer brand) in a shot of water. Prepare a chaser, which consists of a packet of Emergen-C and 8 ounces of water. Take the shot! Take the chaser! Do this for a few days and you are likely to defeat the cold or flu from attacking you.

Flu Treatment & Recovery

8. Get Even More Zzzzs

MDs know what they are talking about when they say to rest when you are sick. This is the best way for your body to recover. This means LAY LOW on the exercising as well. If you do exercise, make sure that it is not intense.

9. Drink plenty of water

Plenty of water may mean different things to different people. My definition of plenty is to try to get at least 1/2 gallon of water a day and yes, it can count if you drink soups (homemade) or herbal teas. I also recommend fenugreek tea for clearing phlegm.



10. Use a Natural Disinfectant around the House.

Place lavender oil or lemon oil in spring water and clean everything you touch regularly while sick,

Inspirational Quote of the Month

"Take the first step in faith. You don't have to see the whole staircase, just take the first step."

Dr. Martin Luther King

Thought Provoking Quote of the Month:

"Nobody holds a good opinion of a man who has a low opinion of himself."

By Anthony Trollope

\$25 Initial Consultations

Do you need assistance in a health or lifestyle makeover? Come in and see me for a \$25 initial consultation to see how I can help you. Call me at 646 339 3536 or email me at Shannon@shannonlynn.com to see how I can help you!

Here's a brief bit about me:



Shannon has a Masters Degree in Medical Sociology and is also a board certified holistic health counselor. She works with individuals and groups and has lectured at Columbia University, NYU Medical School, NYPD, Financial Women's Association and many other venues throughout the Greater NYC area. She has helped over 100 individuals achieve their health and weight goals. Shannon has the depth of experience,

knowledge, and resources to guide you to the achievement of your goals. Shannon's clients include: professional women and men, athletes, families, children, couples and individuals seeking to reverse or recover from: diabetes, high blood pressure, stress, high cholesterol, chronic fatigue, eating disorders, candida and weight gain. She enjoys working with people who are inspired not only to improve their diet, but also to improve their overall quality of life.

Thanks for reading everyone!

Please feel free to send this to anyone who would benefit from it.

Feedback is ALWAYS welcomed!

To subscribe, anyone can send a blank email to HTB@shannonlynn.com with "Subscribe" in the subject line.

To unsubscribe, send a blank email to HTB@shannonlynn.com with "Unsubscribe" in the subject line.

Support Group Details from Page 1

Dates: The group will meet for **Eight Tuesdays beginning Tuesday January 10th**. (January 10, 17, 24, 31 and February 7, 14, 21, 28).

Time and Location: The group will meet from 7:00 PM-8:00 PM at my beautiful, cozy Chelsea office.

Cost: \$150 (must be paid in advance). Sign up before December 1st and receive a free initial consultation.

Anyone who would like to begin working with me individually on weight loss before the holidays can do so at a significantly reduced rate when they sign up for the group!

Contact me at: Shannon@shannonlynn.com or 646 339 3536 to enroll! Group will be capped at 10 and there is a 5 person minimum.

Best Value

Eight Week Integrated Nutrition and Fitness Introductory Program



Jump start a healthier, happier, more productive lifestyle. Designed for the first-time exerciser yet capable of challenging the serious fitness enthusiast. Suitable for those with little nutritional knowledge yet helpful enough for those who believe that they eat very well. Perfect for that individual who has yet to work with Shannon and Brent together.



If you are serious about making long-lasting changes in your body and health, this program will work for you. Beginning with our exceptional health and nutrition assessments, *Five-Point Integrated Fitness Assessment*, and goal-setting assistance, Shannon and Brent will guide you through a personalized nutrition plan and periodized fitness program over an eight week period – two weeks of physiological testing and program design/ review, and six weeks of one-on-one coaching – to deliver you amazing results! Take advantage of this program and the double the benefits when working with Shannon and Brent.



Work with two coaches as a team. This is an incredible program at an incredible price, that you will not find anywhere else.

The Program At a Glance

Coaching Settings: Home, Apartment-Gym

What you get in the Program:

- ✓ All Nutrition and Fitness coaching support services (pp.6)
- ✓ All membership benefits (pp.7)
- ✓ 10 one-hour Fitness Coaching Sessions
- ✓ Three one-hour Nutritional Coaching Sessions
- ✓ Health-food store tour with Shannon
- ✓ Five-Point Integrated Fitness Assessment
- ✓ Comprehensive Health and Nutrition Assessment
- ✓ 20-25 hours of total coaching

Cost: \$1000

Terms: \$99 one-time start-up fee. All fitness and nutrition sessions must be completed within the six-week training window. Any sessions not completed within this window are forfeited. 24hr. cancellation policy applies. No refund, except for start-up fee. Program can be "put on hold" with the proper medical notification. Shannon and Brent reserve the right to refuse participants.

Shannon and Brent are accepting applications

today! To sign up or for more information please contact us at sandb@shannonlynn.com or call 646.339.3536.