



Shannon's Corner

How is everybody doing this March? Spring is literally at our doorstep! This is a great time of year to start conquering your health goals. The imminent warmer weather seems to

automatically uplift our moods. No more cringe-prompting winds and no more need to accessorize with hats, gloves, scarves, leg-warmers and the such.

Don't you feel lighter already? Spring is a great time to cleanse by introducing an ultra healthy diet for a week, ridding our bodies of the toxins we've collected over the winter. Spring into fitness this season too. The outdoors is calling your name!

We're here to coach you along the way! Perhaps our spring specials will motivate you. Whether you take advantage of a cooking lesson, nutrition consultation, a free hike in the gorgeous Catskills, or our one-day cleansing and relaxation urban retreat, we have many options and tools for you to address your health. We look forward to helping as many people as we can! Have a good one!

With delight,

Shannon

Upcoming Events Shannon Lynn Events



SUNDAY APRIL 9th Spring Hike in the Catskills – FREE!

Come join us for a hike on Sunday April 9th. We will be going up to Cold Spring, New

York via Metro-North. We will hike a mountain with phenomenal views and make our way back down (about a 4 hour hike). Experienced and Inexperienced hikers are welcome!

We will meet at the Grand Central Clock at 10:30 AM. We'll arrive in Cold Spring shortly after noon and will hike ourselves silly! Call or email us to let us know you will be coming. 646 339 3536 or hike@shannonlynn.com



A Day for Us Girls!

Women's Urban Spring Cleansing and Relaxation Retreat

SUNDAY APRIL 23rd

11:00 AM-4:00 PM

Early Registration (Before April 10th): \$70

After April 10th: \$85

So many of my women clients never give themselves a break! Ladies, here's your chance! During this retreat, you will have delicious organic raw foods (colorful salads and fruits). You will get plenty of recipes. I will discuss the importance of a Spring Cleansing diet and will give you a 10-day cleansing guide that you can take with you. I will begin my cleanse that day, using the foods at the retreat. You can feel free to start your cleanse then too or take the guide with you and find a time that fits for you.

In addition to having a day to cleanse your body with healthy food, you will also be guided through journaling and relaxation exercises to cleanse yourselves of toxic thoughts! To top of the day, you will get to cleanse and purify your skin with Shannon's amazing facial recipe!

The whole package deal:

- ♥ Tasty Organic Super-Cleansing Foods!
- ♥ A Spring Cleansing Guide and Recipes
- ♥ A Free Follow-Up Personal Consultation with Shannon (at a later date)
- ♥ Journaling Exercises and a Lovely Journal
- ♥ A Free Facial (and Shannon's secret recipe to take with you)
- ♥ Relaxation Exercises and Restorative Yoga with Jen Nevergole

Sign Up today! This event will fill quickly! 8-Person Limit!

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Special Offers

\$10 off Cooking Lessons

\$10 off Online Nutrition Counseling

Tackle Your Health and Train for a Race



Do we have a program for you!

Brent and I love coaching people for events, such as road races, duathlons and triathlons. We're a great coaching pair too. Training for an event is a great way to get yourself in shape; it gives you a target to conquer and your health improves so much in the process. Whether you are an avid athlete in need of training assistance or whether you have never trained for a race in your life (but you like the idea), consider doing this program.

You will choose a race (we have a list of a wide array of races from 5K Runs to 100 Mile Cycling Rides to Olympic Distance Triathlons) and then choose what type of fitness training you want (strength, running, cycling, etc.) and choose what type of nutrition coaching you'd like (hand-on with cooking, counseling, online counseling, etc.) This is a program where

you will have two coaches all to yourself. We customize the program just for you.

Call us today to find out more about upcoming races to train for. 339 3536 or email us at: sandb@shannonlynn.com

Spring is here! It's the perfect time to CLEANSE!!!

Spring Cleansing is a way to detoxify the chemicals and toxins that your body (and mind) collected over the winter! This is a great way to begin a weight-loss program for the summer and great even for those who are not interested in losing weight. We all need to be proactive when it comes to our health. Our society bombards us with enough pesticides, environmental pollutants and junk food; we need to fight against this, if even it is merely a change-of seasons tradition.

Cleansing involves reducing the amount of processed food, meat, caffeine, alcohol, dairy, nicotine and any other chemicals that you consume generally for a period of 3-21 days. During this time, you increase the amount of nutrients you feed yourself, by drinking more pure water, herbal teas and eating more fruits and vegetables than you normally do.

ShannonLynn Nutrition has designed a special package to help you cleanse this Spring. The package includes:

- ♥ One Pre-Cleanse Nutritional Counseling Session
- ♥ One Customized Cleansing Guide
- ♥ One Nutritional Counseling Session During your 7-10 day Cleanse
- ♥ One Follow-Up Nutritional Counseling Session

All of this for only \$250! You will also get a coupon for \$10 off of a health food store (usually \$35) and a one-time discount on whole-food, natural vitamins promoted by ShannonLynn Nutrition.

Feature Article

Now is the Perfect Time to Get Serious About Your Health!



One thing that irks me about the health and fitness industry is that so many companies equate health promotion with losing weight. Obesity is a major epidemic in our country due mainly to poor nutrition and sedentary lifestyles. Yes, it is imperative to lose weight if you are over weight. However, keeping a healthy weight is not the end all be all of health.

Many people who are within a healthy weight range feel that they do not need to address their nutrition and health. These people may feel they are dealing with their health, by taking a pill or following a fad diet. Unfortunately, they often buy into the marketing scheme that looking good in a bikini is all that we need to worry about health wise. While looking nice boosts our self-esteem, there are so many more important reasons why you should prioritize your health. If you need some convincing, here are some facts to bear in mind:



Save money! It costs less to prevent disease than to treat disease.

Rather than focus on treating a disease after you get it, you are financially far better off preventing diseases by maintaining a healthy diet, keeping stress under control, exercising, surrounding yourself with positive people and refraining from smoking.

One reason that you want to take preventative health seriously is that Doctors Are The Third Leading Cause of Death in the US, Causing 250,000 Deaths Every Year (JAMA: July 26, 2000; 284(4): 483-5), broken down like this:

- 12,000 -- unnecessary surgery
- 7,000 -- medication errors in hospitals
- 20,000 -- other errors in hospitals
- 80,000 -- infections in hospitals
- 106,000 -- non-error, negative effects of drugs



Heart disease doesn't just kill the elderly -- it is the leading cause of death for ALL Americans age 35 and older. Heart disease accounts for over one million deaths each year; in 160,000 of those deaths the individuals were 35 to 64 years old.

Nearly 30 % of the nation's adults (some 58 million people) are obese and thus have a higher risk for heart disease, high blood pressure, high cholesterol, and other chronic diseases and conditions such as diabetes. Only 27% of women and 19% of men report eating the recommended five servings of fruits and vegetables each day.



The average American consumes 154 pounds of sugar a year,

approximately 20 teaspoons a day, and more than 200

pounds of white (bleached) flour a year. Sugar has been linked to obesity, diabetes, hypoglycemia, cancer, heart disease and several other health ailments.

A major 2006 study funded by the National Heart, Lung and Blood Institute found that **low-fat diets do not protect women against heart attacks, strokes, breast cancer or colon cancer.** See; there really is more to nutrition than the fat and calorie content.



Despite the proven benefits of physical activity, **more than 60% of American adults do not**

get enough physical activity to provide health benefits.

“We know now that diet is probably the biggest single influence on cancer. We have thousands of medical studies that support this conclusion. Anyone who examines the evidence carefully and with an open mind will have a difficult time avoiding it” (Dr. Gaynor: 2000).70

Do these facts help convince you that it is important to address your health and lifestyle? As a holistic nutrition and lifestyle coach, I help people like you to prioritize your health. By working with my colleagues and myself, you can learn how to easily transform your diet and lifestyle in a way that will prevent serious diseases and expensive medical bills down the road. With better nutrition and lifestyle habits, you feel immediately feel more vibrant, energetic and confident and by preventing major illnesses, you will be able to carry this vitality with you for many years.

Whether it is learning how to overcome a “sweet tooth” or learning how to eat well on the go, or learning how to balance everything in your chaotic lifestyle, ShannonLynn Nutrition has many nutrition, fitness, cooking and wellness programs that can assist you in making the best commitment you will make in your lifetime; the commitment to be conscious of your health. The best news is that when you develop a healthy lifestyle, you can eat a piece of chocolate cake or indulge in a pint of Guinness without worrying about it because it is your **regular routine lifestyle** that determines your health results in every realm from weight to cancer prevention.

So many people say they will care about their health tomorrow. There is no time like today to get serious about your health. I've noticed that with most of my clients, committing to their health often results in feeling happier and more motivated too. Come on in for an initial consultation (only \$25) and learn how we can help you make the changes you need to be healthier and happier. Call us at 646 339 3536 or email me at Shannon@shannonlynn.com

Thought Provoking Quote

“If more of us valued food and cheer above hoarded gold, it would be a merrier world.”

~J.R.R. Tolkien

Inspirational Quote

“Never let yesterday mess up too much of today.”

~Will Rogers

Recipes of the Month

EFA Power Pizza!



Essential Fatty Acids literally give us power. They start our engines (or cells). This recipe is great for athletes and especially great for people who want to increase their brain power (studying for the LSATS?) EFA's are integral to cell

wall maintenance, the immune system, nervous system, cardiovascular and reproductive systems. They are necessary for prostaglandin formation, which control vital functions heart rate, blood pressure, immune function, fertility and blood clotting. The EFAs in this pizza are: avocados, walnuts, olives, olive oil and flaxseed.

With this pizza, you are actually making an olivada (similar to pesto), which will be used instead of tomato sauce.

Ingredients:

Prepared whole what pizza dough (we use *Wegmans* brand), tortillas (make sure there are no hydrogenated oils), or sprouted bagels

- ♥ Two 6-ounce cans pitted black olives
- ♥ Four cloves of garlic chopped finely
- ♥ 3 Tablespoons Extra Virgin Olive Oil
- ♥ ¼ cup chopped walnuts
- ♥ 1 Avocado chopped in chunks
- ♥ ½ can of pineapple chunks (in its own juices), drained
- ♥ 1 cup of organic mushrooms, sliced
- ♥ ¼ cup chopped sun dried tomatoes
- ♥ 3 Tablespoons of ground flaxseed

Directions:

1. Preheat oven to 425 degrees.
2. Sautee garlic in 1 Tablespoon of olive oil.
3. Chop ½ of the olives
4. Place the remaining whole olives in a food processor or blender with 1 Tablespoon of olive oil, walnuts and ½ of the sautéed garlic.
5. You have almost made olivada; remove it from processor or blender and add the chopped olives. Voila!
6. Spread olivada on pizza.
7. Evenly distribute remaining ingredients on the pizza.
8. Bake for 15 minutes.

Note: It may appear burnt. Brent and I were even fooled; no worries, it's just the olivada that makes it appear that way!

Corporate Seminars

Would your workplace like to host a health promotion event?

These days, employers are becoming more aware of the health needs of their employees. Brent and myself have a lot of experience going to diverse workplaces (from schools, to corporate businesses to the NYPD) and offering our health, wellness, nutrition and fitness advice. Both of us rate large-scale health promotion as one of our biggest passions.

Hire us to offer a workshop at your workplace!

Most recently, I offered my popular *Healthy Habits for a Hectic Life* workshop to New Jersey Institute of Technology employees. Here are some testimonials:

"This workshop was outstanding! It emphasized the premise that making little changes in your eating and lifestyle habits can go a long way. "

"I've been on the border of trying to be healthier. Shannon's lecture inspired me to finally pursue a healthier lifestyle."

"Shannon showed us how easy it can be to make healthy choices. She had great props and gave us delicious food samples."

To speak to us about coming to your workplace, email us at workshops@shannonlynn.com or call us at 646 339 3536.

Thank you for reading everyone!

Check out Healthy Tidbits Yahoo!™ Group!

The new yahoo group will also be a forum for discussion, so in addition to my advice, you can give each other advice. Let's get a discussion going. subscribe by sending an email to:

slnhealthytidbits-subscribe@yahogroups.com

I hope you enjoyed the newsletter. Feel free to tell all your friends, family and co-workers about it. Anybody can subscribe!

Shannon Martin

Founder of ShannonLynn Nutrition

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