

ELIZABETH HAMILTON'S

Best EVER You™

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Our How-To Issue!

***Eating Clean
with Tosca Reno***

How to Find Courage

Tips on Traveling with Kids

***How to Be Happy
by Being More Selfish***

**In Loving Memory of Robert Kennedy
1938-2012**

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In Memory of ...

Sometimes I'm just at a loss for words. Everyone who participates with the Best Ever You Network becomes like family to all of us. This is a moment when a picture speaks volumes. This issue is dedicated to Tosca Reno, Robert Kennedy and their family and friends. Thank you.

~ Elizabeth Hamilton-Guarino



Robert Kennedy
1938-2012

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How to be a Friend

There is something soothing about listening to the ocean. I had time yesterday in between appointments to just sit at Wells Beach in my car and watch the white caps as the tide came in.

Next to me, also in her car, was an older woman, sitting by herself. (I know, I know, I'm turning into that older woman very quickly, myself!) Anyway, we shared a nod; followed a few minutes later by the highly communicative, non-verbal shaking of the head as we watched a man let his 6 year old climb on the rocks as the tide came in. (Some people just don't think things through! One rogue wave and that kiddo would have at minimum been soaked, at worst carried away....)

I enjoyed my 15 minutes of solitude. Picture it – seagulls yelling “mine” in the distance, waves crashing against the rocks, the occasional shriek of a

kid that got splashed by the cold water. It was, to use an over-used phrase: awesome. Nature at its best.

I was due at my next appointment shortly, and turned the key in the ignition, preparing to pull out and continue on with my business. A quick glance at the car next to me was disturbing. The woman had her glasses off, and was sobbing, rubbing Kleenex on her eyes, and just plain bereft.

What to do? Normally, I would leave someone alone in her grief. That's what sitting at the beach all alone is for, to contemplate, to reflect, to get back in touch with yourself. But it didn't feel right. Her window was open a crack, and having shared some “non” communication, I wanted to reach out. I looked around, and realized I had a Dunkin Donuts gift card on my seat that I had won. Aha – a good excuse to tap on her window.

I tapped softly on her window, and she rolled it down. “I don't want to disturb you, but you look like you could use some cheering up.” I handed her the card, and I asked

if she would be okay. She started crying harder, and then explained she used to go to Wells Beach with her close friend for years. But her friend could no longer join her, and wouldn't ever be able to again.

Will someone grieve you that way in the future? Will someone grieve me that way someday? Friends are hard to come by, the real ones. The ones that will reflect on a pastime; a view; and feel sorrow at your loss – those are the friends that we find such joy with when alive. Find that friend and hold on. Let them know how much you care now – today. Invite them along to share those 15 minutes at the beach. You'll be glad you did.

I'll never see that woman again. She had out of state plates, and was one of the many summer tourists that visit the Maine seacoast. I envy her that level of friendship, and hope that the void left by her friend's absence is filled with the happy memories they shared together. I need to go call my own friend now, and see if she wants to hit the beach....

Liz Foley, Editor-in-Chief

How to Diversify Your Network and Reap The Benefits!

If the people in your network look, think and act like you, if they come from a similar backgrounds and education, are approximately the same age, dress like you, have the same interests, and so on, you do not have a diverse network. That puts you at a real disadvantage when it comes to having a competitive edge, because you have already limited the possibilities of what is and what could have been. Think about it. Let's say you are a doctor and you only socialize or fraternize with other doctors or people of this "caliber"; you are, in many ways, just one of the crowd. This is true for computer geeks who associate primarily with other computer geeks, insurance brokers with other insurance brokers, teachers with other teachers, etc.

Now, what if you were to intentionally reach out and create a scenario where you are the only one of "your kind." Picture this. You are suddenly the expert. Can you see how your value would soar? People would ask you questions and they would listen intently to your answers. Suddenly, you stand out in the crowd and are heard above the noise, the commonplace chatter. And, then, what if you were to purposefully create an entire network in which everyone had something different or unique to offer? Can you imagine the resources . . . the benefits?

So, let's do it!

In the process of creating this network, your first move might be to evaluate what YOU bring to the table. Is your expertise in a specific area, your personality, your ability to connect with others and put people at ease? Are you an interested, curious listener? A team player? Are you a leader? How about your organizational skills, your Internet and computer skills?

How about your sales and marketing ability? Can you sing or dance, play an instrument? Can you repair what needs to be fixed? Are you a problem solver? Are you a speaker, or trainer, coach or consultant? Are you a negotiator, a facilitator, a teacher? Are you an idea generator?

Nearly everyone is a genius at something. Perhaps you can look at the engine of a car and, at a single glance, know how it runs. How about your creative intuitiveness? Are you a storyteller? Can you look into people's eyes and see their soul? Can you help them see or solve their issues? Can you sail a boat or create a masterpiece from a chunk of clay? Can you crack a code that seems impossible to others? Can you teach a foreign language or some other concept or process?

Have I missed your genius, your expertise, your passion, your capital that makes you a valuable asset in a relationship, individually or on a team? Each of us, whether we realize it or not, has an asset that others need or want. It doesn't matter what it is, because, when you discover this key asset, you will then realize you hold something that is a valued commodity. Someone needs or wants what you have.

When the needs and wants are made known, then you have the foundation for creating your diverse network. Multiple relationships can be developed and the utilization of this new network can bring unlimited prosperity. Explore the possibilities. Discover your talent and your assets. It's more than the dollars. It's you and your time. Your courage, your character, your passion are your assets. How about your friends? Your connections? Your resources? How about your life experiences? Your persistence? Your flexibility? Your positive

nature? All of these can be your genius, even though they may be invisible to the naked eye.

Have you realized that the relationships you build can unlock almost any door?

They are your connections to materialize your hopes, your dreams not only for you but for the world. You can have it all and so can everyone within your sphere of influence. It's in front of you. Ask yourself: what is holding you back? You must be able to answer this question. Is it your fear, visible and invisible? How about your self-esteem? Disorganization? Poor health? How about your central and/or peripheral relationships – ones you know are not good and yet you cannot let go? Nagging, critical voices, doubting ones, yours and/or others? You hear them and cannot move forward. You must get rid of them.

If you have already answered the questions I asked above, you can most likely understand how much you actually have to offer. You may have had your eyes opened to at least one of your personal geniuses, one you have known about or one you never considered. When you are willing to go within and acknowledge who you are and what you possess, you will find the unexpected. It is yours and it is what makes you special or unique.

Re-read this article NOW; it will help you crystallize what is yours, what rings true for you. Then, internalize what you have and what you are missing. Reach out to others who can fill the voids and you will start to create that diverse network. As you personally expand, your networks will expand with you. As your network expands, the world in which you live expands. The possibilities are unlimited. Go for it!

Heshie Segal, author, professional speaker, trainer, consultant and executive coach helps top executives, managers and individuals grow their business through building solid connections and lasting relationships. She is the creator of JetNetting, an innovative and highly specific system that eradicates cold calling, awkwardness and relationship tensions. For over 15 years Heshie has dedicated herself to understanding and sharing the secrets of human connections. Heshie is the author of "Blink: You're Judged; How to Create a Powerful, Positive First Impression;" her columns on both JetNetting and Networking have reached millions of people. She has interviewed global personalities as a radio show host and is known as a champion of Children's rights. She is currently working with children in the US and helps care for 800 orphans in Africa. www.JetNettingConnection.com

For years I had the misfortune of working with someone who was disrespectful, unpredictable and moody. Some would call him a bully; I called him a jerk.

Because I wanted to be 'nice', I tolerated his behavior. I thought that if I said anything I'd be rocking the proverbial boat, and was seriously concerned that I might be reprimanded because he was in a position of higher authority than me.

I wasn't alone - his boorish behavior affected almost everyone at work. Like the wind, you never knew when his temperament would shift. He was a tall, lanky, volatile force to be reckoned with.

One day he humiliated me in front of my colleagues - yet again. An awkward silence fell over the room, and I could tell by the looks on people's faces that they could feel my embarrassment. They also appeared to be relieved it wasn't their turn to be lambasted.

But this time something was different for me. For some reason I decided it was the last straw. For the first and only time in my professional life, I was ready to quit. As I was sitting at my desk preparing to gather my belongings and walk out the door of my office, leaving my hard-earned career behind, he walked in. My back was to him as he leaned in to my workspace and carried on with his diatribe.

Something came over me. It was a sense of profound peace, and to this day I can recall how completely unexpected the feeling was, because until then his mere presence would rile me. I knew in my heart that I would no longer put up with his behavior. I was done. As I turned in my chair to face him, I was smiling. It was a smile that came from deep within my soul. I paused, looked him square in the eyes and said, "We need to talk."

He got the strangest, most fearful look on his face. Averting my gaze, he replied, "Do you think we could do it over the phone?"

"No," I countered. "Please sit down."

I arose from my chair and closed the door, not really sure what I was about to say. In that instant I knew the right words would come, and I was suddenly certain I wouldn't be resigning that day. I loved my work, and I'd toiled too long and too hard to walk away from a career that had taken me years to advance. It was the best job I'd ever had.

It's hard to remember exactly what words were exchanged. I know I was remarkably calm and spoke only for myself. I know that my statements included a declaration that I would no longer allow him - or anyone else - to treat me that way again (something I probably needed to hear as much as he did). I recall specifically asking why he thought he had the right to publicly demean his staff. He didn't have an answer.

What I have absolute clarity about was his utter astonishment that I was calling him out on his actions. He simply couldn't believe that anyone would have the guts to confront him. I'm sure he'd gotten away with that kind of behavior his entire life, and he tried to wiggle out of accountability this time by claiming he had no idea he was coming across as a tyrant. I think I may have seen tears well up in his eyes, but I'm not sure. I know he didn't apologize.

Because I would no longer accept anything less than diplomacy, our discussion was courteous, professional and to the point. That conversation changed my



How to Deal with a Tactless Tyrant

life. In a heartbeat I gained enough self-esteem to replace being nice (and not speaking up for fear of retribution) with being civil (and having a long overdue, frank discussion). That man and I continued to work together until I outgrew the job, and - though his antics persisted with others - he never treated me discourteously again. And neither has anyone else since.

What I realize now is that he didn't change, I did. And that has made all the difference in the world.

Here are 6 civility suggestions that may help you deal with a jerk at work:

1. Take your time: Backlash occurs when we erupt and speak too quickly, because that's when our emotions cloud our messages. It can also mean we don't have enough time to discuss things completely. Simmer down before speaking up. But don't wait as long as I did to address the problem. I still believe that bringing my concerns up sooner would have alleviated months, if not years, of angst.

2. Be direct: This isn't the time to dance around your issues. Be very clear about the points you want to make, and avoid inundating the other person with a long list of concerns. In order to keep the conversation on topic you must have absolute clarity about details and be solid in your position. In fact, it's advisable to write things down beforehand so you can summarize the facts in an organized, succinct fashion.

3. Speak for yourself: It's tempting in this kind of discourse to bring up everything negative that anyone else has ever said about the person you're dealing with. Unless you have been asked to represent a group, do not mention a word about the complaints of others. This is an opportunity for you to express your unique experiences and concerns. If other people

have something to say, leave it up to them to do so on their own time.

4. Hear them out: Listen to the other person's point of view. It is likely that they see things very differently than you do. Allow them the opportunity to tell their side of the story and listen attentively for nuggets that may help you gain a deeper understanding of their perspective. Civility includes being open-minded enough to respectfully allow others the chance to share their opinions and frame their context, even if you disagree. What you're striving for is a dialogue, not a dispute.

5. Don't apologize: There's no need to say "I'm sorry" for someone else's belittling behavior or condescending attitude, yet often we're made to feel as though we should apologize. Resist the urge. You do not need to seek forgiveness for honestly expressing yourself in a respectful manner (operative term being "respectful").

6. Move on: When the conversation is over and a conclusion has been reached, let it go. Even if the result of the dialogue is to agree to disagree or to take your concerns to the next level of the organization ... when it's over, it's over. For the sake of your soul, try not to revisit the experience over and over again in your mind. Doing so can lead to resentment and remorse, when what you really want is resolution.

Though I never would have believed it at the time, in hindsight I'm thankful for this experience. Confronting that man enabled me to learn my limits. It also allowed me to recognize his behavior in others, ultimately empowering me to deal with incivility before it gets out of hand. If you are ever in the challenging position of being toe-to-toe with a tormentor, I urge you to remember to stick to facts over feelings. That level of courtesy will trump conflict every time.

Sue Jacques is The Civility CEO™, an executive consultant who helps individuals & businesses gain confidence, earn respect and create courteous corporate cultures. Sue proudly promotes respect in the workplace. Do you have a conundrum for The Civility CEO™? Please send it to advice@TheCivilityCEO.com. Your question could be featured in an upcoming column! www.TheCivilityCEO.com

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Why We Need to Ask . . . and How!

When I interview people, it seems that men can state quite clearly what they think they are worth, and what they want to be paid. Interviewing women doesn't always get the same clarity. Money and promotions, especially, are difficult for many women to approach in a conversation with someone who is higher on the food chain at work. Sometimes, when women do ask, they come from a personal perspective: "My husband lost his job, and we really need more cash to pay the mortgage."

Stating what you think you deserve and/or what you think you are worth isn't easy. I have learned (mostly from men) that asking (not demanding) what your value is, is not only expected, but if you don't ask, you are respected less. You work hard, you do a good job, and you deserve your worth. Women still get paid almost 75% of what men get paid. Often management's expectation is that women will be satisfied with what they are offered. Knowing how to ask, when to ask, and how to negotiate are extremely valuable skills – not only with your employer, but also with your clients!

Here are some tips on why we need to ask:

- 1 If you don't take care of yourself, no one else will!
- 2 When you ask, you clarify to anyone else exactly what you think you are worth, and you don't leave that up to another person!
- 3 Asking enables you to become a better negotiator, which is critical for success at work, especially in the business world.
- 4 When you ask at work, you are assertive. Being assertive can improve your self-esteem – anyone not in favor of that?

If you have decided that asking for that salary or promotion (or anything that asking for might be a daunting experience) is worth the shot, here are some tips for going about that task:

- 1 Choose a time and place that allows for privacy and lack of interruptions. Also, make sure that the person you are asking is amenable to the discussion. Example: "I need to talk you about my salary – when is a good time?" Don't ask if the conversation is okay, just ask when!
- 2 Make sure that you show appreciation for the time you are being given and that the other person is approachable.

3 If it is your boss that you are approaching, be sure that you have a positive track record. Offer it up only if there are questions; or if your boss has forgotten some important major accomplishments of yours.

4 If you know what other people are making, use that as a point you make, but be sure that you continue to come across in a professional manner.

5 If you think the other person will negotiate with you, ask for a little more than you expect. In this way, your boss will come in at a lower number, and you will agree, and both of you will feel like you won!

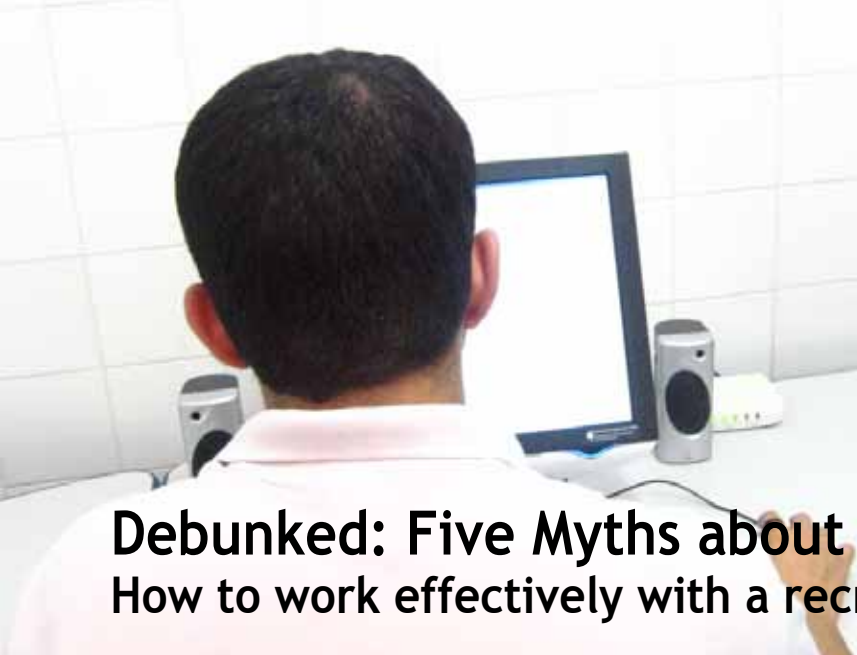
6 If you get a "no" for an answer, ask when you might have the conversation again, as the issue is very important to you. Also, if you get a "no", ask what you need to do to get the "yes."

7 If you get a "yes," assure timing and details, and thank the other person!

If you need additional help, my book might be just the thing! ("Win at Work! The Everybody Wins Approach to Conflict Resolution")



Dr. Diane Katz has worked with organizations and professionals for over 40 years. She holds a Masters Degree in Organizational Psychology from Columbia University and a Ph.D. in Conflict Resolution from Union Institute. Her consulting company, The Working Circle, provides organizational development, human resources, teambuilding, training and coaching to organizations of all sizes. Her newest book, "Win at Work! The Everybody Wins Approach to Conflict Resolution" is now available. www.TheWorkingCircle.com



Debunked: Five Myths about Working with Recruiters

How to work effectively with a recruiter and get that job

Think you know all there is to know about working with a recruiter to land a great job? In my work running a temporary staffing firm, I've found many job seekers fall prey to false beliefs about what the process is like. Here are the top five myths when it comes to working with recruiters. Don't let these common roadblocks get in the way of your next job search.

Myth 1: I'll contact a recruiter, who will find me a job. Recruiters are hired by a company to find the best person possible to fill a specific position. They work at the pleasure of their client, not the job seeker. Their role is to find a select group of candidates that are each a perfect fit, present those candidates to the client, help assess, provide feedback, and work with the client every step of the way until they have found and hired the best choice for their needs. Most recruiters work on a contingent basis, meaning they are not paid for their efforts unless the client hires one of their candidates.

It is in the best interest of everyone involved (including you) that the right candidates are presented and hired. If that is you, fantastic! If it's not, they can keep you in mind for future positions that may be a better fit. But don't make the mistake of thinking the recruiter's focus is on finding you a job. It isn't. It's on finding great matches for their open positions.

Myth 2: I'll just submit my resume, and the recruiter will do all the work. Successful recruiter-candidate relationships are partnerships. Recruiters build relationships, understand the client's

business and needs have insight into new roles or potential hiring decisions, and act as trusted advisors that clients rely on to help build the best possible team of talent. They'll connect with you to determine whether a role they're working on may be a good fit, present you to the client, provide feedback, and help manage the process. But once the recruiter gets you in the door, you have to sell yourself. It's up to the candidate to present a solid resume and body of work, understand the company and the role, present well in an interview, and work as a partner with the recruiter to negotiate details of the offer. Recruiters can open doors, but you have to land the job.

Myth 3: It doesn't matter which recruiter I contact, they all do basically the same thing. Some recruiters are generalists, but most are specialized. Specialization may be by industry, role, professional area of focus, region or location, experience level, or other factors. It's important to understand what a recruiter specializes in and whether that's a good fit for you and what you're looking for. One of the largest factors is whether they work with the clients or types of clients you're interested in. If they don't, they probably don't have any better contacts or pull with that company than you do. How do you find out a recruiter's area of specialty? Ask them.

Myth 4: If I'm interested in a company I should apply online or give my resume to a friend first; if that doesn't work, then I'll try a recruiter. If your resume has already been submitted to a company, then the process has likely already moved beyond the point where a recruiter can get involved on your behalf. If you're working with a recruiter that has that

company as a client, contact them first. Or figure out what recruiters that company uses and get in touch with them. The recruiter will know so much more about the company and the specific needs of the position than what's found online or in a posting. They can help you evaluate whether the position is indeed a good fit for you, and present you to the client to get primary consideration. If that position is not a good fit, they might know of other roles the client is looking to fill that would be better suited to your needs and experience.

Myth 5: My relationship with a recruiter can be a "need to know" basis...they don't need to know what I've applied for, or all the details of my background and career. A recruiter can be a strong ally in helping you gain consideration for a position you're interested in, but they are only as good as the information you share with them. If a recruiter contacts you about a position that you've already applied for, let them know right away. Details of the situation matter...how long has it been? What job did you apply for? Did you have an interview? Be sure to share anything significant about your career, plans and motivating factors. Nobody likes surprises—if the recruiter knows what's important to you, they can help sell you to the client and negotiate on your behalf. If you keep her in the dark, you're not helping her help you.

A good recruiter can be a powerful ally throughout your career. For the best results, find the right person or company for your situation, build a relationship, listen to the recruiter's advice and work together as partners. Side-step the common mistakes above to move your job search to the fast track.

Kristen is co-founder and owner of Portfolio Creative, an Inc. 5000 fastest growing firm for the past three years. Portfolio Creative connects clients with talent in all areas of design, marketing, communications and advertising and was ranked the 16th fastest growing staffing firm in the U.S. by Staffing Industry Analysts. More information is posted at www.portfolioiscreative.com. This article may be reprinted when the copyright and author bio are included. ©2012 Kristen Harris, Portfolio Creative, LLC.

Are You on Your To-do List?

By Michelle Phillips

Are you on your to-do list? How to get yourself there – and why...

To keep up with our busy lives, most of us have a to-do list; but is taking care of you anywhere on it? You may have a ton of business items to get through, or maybe you are taking care of someone else physically, emotionally, or financially; but if you aren't making time for you, the machine will eventually break down.

There is a widely held misconception about putting yourself on the to-do list that it is a bit, you know, self-absorbed. But if you really think about it, why is it important? Maybe it would help if you think about it this way: you know when they do that announcement on the plane to put your own mask on first before helping others...how can you be any good for anyone else if you don't take care of yourself first? Among the many repercussions of not taking time for you are the repercussions of feeling down and depleted, depressed and unmotivated. As a result, many Americans are taking pills, overeating, and drinking alcohol to suppress the pain of their depleted spirits.

The cure for all of this could simply be seeking pleasure, and not suppressing your needs. By working more things into your daily life that bring your authentic self true pleasure, you can recharge your spirit to accomplish more – personally and professionally.

One thing I do with the people I coach is to have them write down the top 10 things they love to do. Don't feel bad if you can't think of 10, or

even 1 – many people I work with have lost touch with what they love to do. Instead of letting this be yet another source of stress, start by thinking about what you would be doing if you could, or things you used to love to do. For me, it could be little things like:

1. Spending time with my children, laughing and playing
2. Date night with my husband
3. Bubble baths
4. Fine dining
5. Dinner parties with my closest friends
6. Lunch with girlfriends ~oh so good for the soul!
7. Watching my kids play sports or perform in a play
(I cry with pride every time)
8. Taking 30 minutes to read a book
9. Fishing
10. Walking on the beach

If you take a look at your own to-do list, and you couldn't possibly fit another thing on it, then maybe it's time to take something off! I know, you're thinking, "Easier said than done!" If you give yourself just a few minutes a day, at least a few days a week, you could be saying, "Everything is done, easier!"



Communication is Not Rocket Science!

How to Communicate Courageously

I recently spoke at a Safety Conference and summed up Courageous Dialogue in this way..."Courageous Dialogue is made up of the conversations that matter most and are mostly avoided. To communicate courageously we must realize it is not rocket science, but there is a bit of an art form to it. We must get back to basics. There are five things we need to do well and consistently to communicate courageously."

The Basics Are...

1. Speak with respect:

- Respectful and courteous communication. Wherever possible, speak face to face, or by phone (texting and emails only lead to bigger problems)
- Speak with the skill of integrity and honesty

2. Speak with clarity, confidence and credibility

- Say what you mean (and mean what you say)
- Remember that words are like tossing a pebble in the river (you never know how they will land and how big a ripple they will make); choose your words carefully.
- When you speak confidently and with credibility, people are more likely to listen.

3. Prepare

- Jot down some point form notes (of what you would like to say)
- Practice your side of the conversation
- Avoid assumptions

- Use open-ended questions (allow for more than a yes or no response)
- Get the information you need, especially facts
- Work on leaving the past in the past

4. Turn reactions to a response

- Manage your emotions
- If it feels like a trigger button has been pushed...breath, think before speaking, and count to three in your head; this will help your response be less of an emotional "push back"
- Instead of judgment, try being curious (I wonder why the person just said this) and ask a question

5. Have a mindset of communication success

- Use affirmative language
- Be hopeful and willing to discuss (and resolute)
- Use powerful I AM statements (I am skilled; I am confident; I am looking forward to an opportunity to share our perspectives; I am willing to resolve; I am able to listen actively; I am clear in my communication).

Unfortunately, many people spend more time thinking about what to have for dinner, where to go on the weekend and what to wear to work than they do preparing for the conversations that matter most. Lack of preparation is at the root of many conversations that have fallen off the tracks or where people are emotionally hurt. Let's be clear...worrying, obsessing and gossip are not preparation. I hope these five basics help you prepare for your next courageous dialogue.



"Three things in Human
Life Are important;
The first is to be kind.
The second is to be kind.
The third is to be kind."

~Mother Teresa

How to Bully-Proof Your Child . . . With Kindness

When attempting to 'proof' something in life, whether we are water-proofing a pair of shoes, or stain-proofing a sofa, we typically understand that the most we can hope for is to merely make it resistant or resilient to the elements. Likewise, we must know that because we cannot control the actions of others, the best we can do to bully-proof our children is to help them become resistant and resilient to the damage that might otherwise be inflicted upon them.

With that said, let's look at some important steps that can help prepare our children, and arm them with the ability to defray bully attacks. First, I believe that this subject presents us with the perfect opportunity to adopt Mother Teresa's approach to reinforcing the positive instead of the negative.

I know; there's not much positive on the subject of bullying, but bear with me. Let's look at Mother Teresa's example when she indicated that she would not attend an anti-war demonstration, but she would attend a pro-peace gathering. Aha! Did you see the positive there... and the subject was war!

OK, so what if we swap out the 'anti-bullying' reference for a 'pro-kindness' campaign? Now I'm not suggesting that we gloss-over the serious side of bullying; however, when we focus on the positive, and approach the situation by practicing empathy, forgiveness and gratitude, you might be surprised at the results. After all, these are three main ingredients in raising a child with high self-esteem, and a child with high self-esteem has a better chance of being resilient to challenges ... including bullies.

Recently, I had the pleasure of speaking with Dr. Joe Rubino, highly respected Founder of CenterForPersonalReinvention.com and creator of TheSelfEsteem-Book.com and HighSelfEsteemKids.com (website: <http://www.highselfesteemkids.com>)

When I asked Dr. Rubino how building self-esteem in our children helps to bully-proof them, he had this to say:

Children with high self-esteem are confident in their self-worth and not likely to be reactive in nature. They feel loved and possess self-respect; they feel confident and capable regarding how they deal with adversity. As a result, they are better equipped to deal

with insults, being called names, taunted or confronted by bullies. Kids with high self-esteem have a better appreciation for what it is like in the world of others, so they are more likely to be empathetic regarding why bullies would think they would need to resort to that sort of behavior to feel powerful or better about themselves. Kids with high self-esteem need not condone bad behavior, but they are less likely to be attached to it by reacting angrily or taking such offenses personally. Because high self-esteem kids possess more attractive energy, they are likely to be more charismatic and less prone to be the subjects of a bully's bad behavior.

Dr. Rubino also offered these helpful highlights from his self-esteem course:

1. A positive self-image makes a child far less likely to be at the affect of a bully's words or actions; it produces an inner knowing that the child is capable and competent when faced with a challenging situation.
2. A high self-esteem child has a positive expectation for the future, and so is self-motivated to act in accordance with bringing about that bright future deliberately as a self-fulfilling prophesy.
3. Possessing empathy for what it's like in the shoes of the other person is important. By better understanding the motivations of others, the child can detach from taking negative words or deeds personally, knowing that it is really about the bully, not himself as the intended victim. The ability to effectively manage negative self-talk, while interpreting situations in positive ways that supports successful resolution of challenges will go far towards preventing reacting in a manner that further invites a bully's bad behavior.

So, what can we do to ensure that our child is armed to handle potential bullying situations most effectively? Here are a few tips from Dr. Rubino:

- By supporting the child to realize that s/he is worthy, lovable, magnificent at the core, and capable and competent of responding effectively to any challenging situation, a child will be strong and re-

silient in the face of a bullying situation. S/he will realize that it is the bully who has the self-esteem issue and will be better prepared to respond to a bully's tactics in a way that is strong, forceful, competent and insightful, rather than reactive, taking things personally, or as evidence that there is something wrong with him or her.

- Parents, teachers and others can stress to the child their unconditional love for the inherent magnificence, their confidence in the child's ability to learn from all challenges, and the ability to overcome any problems with the gifts of greater wisdom and insights that these challenges will bring.

- By teaching children to welcome such challenges as opportunities to learn, grow, and develop greater understanding about others and themselves, they can see a bullying episode as just another opportunity to become more wise and empathetic, rather than as an assault to their self-worth.

Wow! How's that for a precise breakdown from a master? So, parents ...our take-away here is that it's more about the bully; the bully needs to create a victim. Building self-esteem in your child will lessen the chances of him/her becoming a target. As one of Dr. Rubino's Certified Self-Esteem Coaches, I'm happy to tell you that the first step to building self-esteem is through an open line of communication. And, if you know my work, you know the first three steps are:

1. Levity: begin with light-hearted conversation
2. Brevity: keep it short
3. Casual, everyday chit-chat: once you master levity and brevity, keep the ball rolling on a regular basis.

Once the lines of communication are open, you will be better equipped to delve deeper into the steps to build self-esteem and help ensure your child's safety, assuredness and success through empathy, forgiveness, and gratitude.

It certainly is a nicer way to live ... Here's to pro-kindness!



Debbie is an Internationally-Acclaimed, Best-Selling Author, Seasoned Media Personality, and Certified Self-Esteem/Parenting Coach. <http://gettoknowmykid.com/>

Fear is a distressing emotion.

It's aroused by impending danger, evil, pain, etc. It doesn't matter if the threat to us is real or imagined; that feeling is real!

When those feelings are imagined, we stir them up with our thoughts. We can shift those thoughts and choose to focus on others, even conjure up pleasant memories to influence our emotions.

I'm not suggesting ignore your feelings. They are strong indices of how things are and how you are. Acknowledge them; pay attention to them and learn from them. Often, strong feelings can be predictors of what's to come.

At the same time, we are deluged by the media, and the views of others that influence us. We cannot act like a sieve. Rather, we are to be astute gardeners and weed.

However, when the threat is real, we need to act. We gather information, resources and keep up communications without fear blocking us from acting. We listen to the fear, become informed and take charge.

Fear Dissolving Tips:

- Acknowledge the fear.
- Identify what's causing the fear.
- Find out if it's real or imagined.
- If real, get information and weigh your options.
- Act decisively. Take charge of your emotions and the situation at hand.

After you have become aware of, and identified the fear: ask if it is still controlling you. If your fear intensifies, or is more imagined than true, and gets in your way:

1. Focus on more pleasant thoughts and images and intensify them.
2. Breathe into the fear.
3. Conjure up times in your mind when you acted courageously.
4. Write them down or say them aloud to someone or even to a mirror.
5. Talk it over with someone you trust.

Realize that you can do whatever is necessary, even when you feel fear in your gut, your throat, and your entire body or being. That's what makes us heroes. Consciously work with your own fears, conquer them one by one by just doing it anyway. Become a hero to yourself.



How To TRIUMPH Over Fear

Dr. Jo Anne White is an International Author and Speaker, Certified Professional Coach, and Energy Intuitive who specializes in Innovation, Transformation and Energy Medicine. Known globally as the "Success Doc," Doc White gets to the heart of what matters most to businesses, organizations and people. She's helped millions of individuals and organizations shape their own dreams, master their own success and triumph in business and life. Her newest book: *Mastering the Art of Success*, with Jack Canfield, Mark Victor Hansen and Les Brown is a valuable resource filled with intimate interviews, tools and strategies to achieve success. Host of the popular "Power Your Life" Talk Radio Show, Dr. Jo Anne White has been featured online and in national and international publications such as CNN.com, Good Housekeeping, More, Match.com and WebMD. With 25 years in education, administration, business, leadership and energy medicine, she's made frequent guest appearances on Radio and Television Networks such as NBC, CBS, FOX, and Voice America sharing her diverse expertise.





WHAT ZONE ARE YOU AND YOUR BUSINESS IN?

We all want to perform well in anything we do. As individuals we bring this aspiration into the corporate world. As either employers or employees in any company, big or small, we can sense a business environment that is out of sorts or working less than at an optimum level. To treat the issue you have to first identify the problem and what we have below is a fundamental method for raising group awareness and framing the conversation.

ZONES by COLOR:

RED: DANGER

Failure to stop could be hazardous to all.

YELLOW: CAUTION

Concern is warranted; danger is looming.
Be prepared to stop suddenly.

GREEN: CONTINUE

All is fine; continue with caution,
but remain aware of potential hazards.

RED ZONE: Managing your life or a business in the Red Zone makes the message you are sending specific; it is one-way only, and offers little, if any, supporting information about the message being sent. It is about telling others what to do and when to do it. There is no interest in developing longer-term relationships and even if there were, they would most likely be rejected. Anyone working in this environment is doing it only because they need the job and cannot find another job. They are confined to strict policies and procedures and cannot perform outside the restrictive guidelines. There is no opportunity for creativity or initiating improvement.

People and business organizations alike that are stuck in the Red Zone are doomed to remain problematic. It is controlling to the extreme of being out of control and unwilling to seek a way out. Most often, supervisors are not trained to lead and manage people and processes. Often, employees find no reason to perform any better than they are, yet are best positioned to see everything that is wrong with the organization's leaders. Consequently, the "blame game" is often reflected between workers and supervisors.

Teamwork is uncharacteristic of the red zone. Workers are slow in their work and purposeful in trying to get overtime for their own self-interest. Mediocrity and despair trump talent and hope. Worse yet is the lack of trust that exists and the resistance that is met when an attempt is made to bring in new people.

When a company or individual is committed to make positive changes, embraces a more palatable attitude and perseveres with consistency over time, you can move yourself and your business from the red zone into yellow and even the green zone. This transformation often requires a complete reorganization and implementation of an entirely new vision and mission. Senior leaders may need to be replaced if they fail to identify and correct the roots of the problem.

YELLOW ZONE: Managing in the yellow zone suggests that both attitudes and actions are better balanced, however progress may continue to be challenging and tenuous. Signs of success emerge, but they are often overshadowed by other failures of higher severity or even workplace accidents. Competition for limited resources may exist between different groups among employees and managers in the same unit. Employee turnover is less in this zone, though still a concern that the best talent will not stay long. Morale is not sufficiently high and should be of a concern to senior leaders and managers.

When operating in the yellow zone, employees continually manage processes within design limits, but they will likely fail to take ownership (Self-Control the 3rd Living Principle in SheaNetics) of these processes. While some improvements may be noted, senior management's involvement is necessary to spur deeper, lasting changes. In the yellow zone, single-loop learning may be applied during "on-the-job" training to correct trainee error or oversight, but management may often still be the cause. Signs of double-loop learning may also emerge: a repeated attempt at the same problem, with no variation of method and without ever questioning the goal, or some processes may be improved but not enough that the improvements are contagious to other departments.

The yellow zone's most noticeable qualities are reflected in supervisors, managers, and organizational leaders' cautious approach. Supervisors share some familiarity with their employees and interest in making working conditions better, but they have not found a way to be consistent in how they communicate with their subordinates. Processes and procedures are either too complex or poorly provided. Moreover, workers may lose faith in their supervisors because many times the same problems seem to flare up time and time again. In turn, the supervisor may take the work ethics concept personally and react to problems without considering the root cause or seeking or incorporating input from the workers.

Workplace teams can meet with mixed levels of success. Teams may be formed to solve a problem or improve a process, but little structure, training, or guidance (Commitment – Perseverance – Self-Control – Integrity – Love . . . your guide for all you do) is offered. Teams struggle and never achieve the performing stage of teamwork where a consistently high-level of progress is achieved. Changing supervisors and senior leaders stem from good intentions, but they are applied in a manner not conducive to gaining higher levels of performance.

GREEN ZONE: Managing in the green zone indicates that human talent is being maximized and that the organization is leading its industry. Employees and leadership at all levels are well aligned and sustained success is noticeable. Cycles of refinement are noted, and managers and workers bring positive attitudes and refined skills to all aspects of their work.

Employees are open to new ideas and change, and they are more likely to incite change based on their knowledge and ownership of the process. Integrity in the workplace inspires this type of conduct. Employees need not rely solely on senior management to provide motivation; rather, high moral spurs employees to work together and perform efficiently on their own.

Employees in the green zone are often self-directed and skilled in problem solving. They have the confidence to make informed decisions that result in creative and innovative improvements. Employees are more focused on customer service, motivated to implement large-scale change efforts and socialize the change plan amongst all stakeholders to ensure a greater level of success. They understand how to maximize limited resources and have an understanding of multiple management methods to gain measurable results. Leaders, managers, and to a large extent, employees are active in the business decision-making. The organization enjoys a work culture of love that is reflected by all stakeholders who by their actions demonstrate respect for others and set good examples, and is further characterized by openness and trust. Feedback occurs at all levels and it is considered positive.

Above all, the green zone is distinguished by how well the leaders communicate, and their willingness to be involved is especially noteworthy. Coaching and mentoring appear to be routine, they know they are valued, and they seem to go home at the end of the day looking forward to returning to the workplace the next day.

Companies working in the green zone frequently win industry related awards or state and national quality-based awards. Hard working employees with good attitudes represent the work culture of organizations that are performing at levels of excellence and continuously undergo cycles of improvement and refinement to preserve and continue success.

Life is about partnerships, treating each member of our family, friends, workers, and new people we meet as partners. Wouldn't you as an employer or employee want to feel that warm friendly connection all the time? Understanding what zone your company is in is a first step in creating a positive and productive work environment that each and every one of us wants.

We wove the Principles into the fabric of our conversation above as a small demonstration of what an influential and helpful guide they can be. Identifying your corporate zone is like diagnosing the ailment and knowing that you want to be well. For example, realizing that better communication is needed is only the start. The Principles are the treatment or solution. The following interpretations of each Principle are universal, whether for individuals or corporations, but this month I encourage you to consider how they can be applied to improve your corporate life.

Commit to focusing on how we treat everyone in our life and those who make new appearances in our life.

Persevere to keep the focus going and don't fall back to old attitudes.

Self-Control will help you take the responsibility and determine the outcome.

Integrity will ask you to check in with yourself and be honest about how hard you are trying.

Love will be with you as you inspire on your journey to make a difference in your life and in the life of others.

Please visit www.sheanetics.com for more information about Shea Vaughn and SheaNetics®.

Source:

Laws of Communication, The Intersection Where Leadership Meets Employee Performance, Richard Schuttler, PhD with Jake Burdick; John Wiley & Sons 2010.

Disclaimer and Notice: Always Consult Your Doctor Before Beginning Any Exercise Routine. The entire contents of this newsletter are based upon the opinions of SheaNetics and Shea Vaughn, unless otherwise noted. The information in this newsletter is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Shea Vaughn and her community. SheaNetics and Shea Vaughn encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. All rights reserved.

Shea Vaughn is an author, fitness expert, wellness coach, motivational speaker and a recognized spokeswoman for creating well-being at any age. Ms. Vaughn is also the founder and CEO of SheaNetics®, a revolutionary East-meets-West lifestyle wellness and exercise practice that delivers a powerful mind-body experience and ignites your potential to look and feel your best on the inside and out. Shea has appeared on The Ellen DeGeneres Show, is a regularly featured health and fitness expert on Chicago's Windy City LIVE and The Best Ever You Network and is a frequent wellness commentator for other TV, radio, and print media and corporate events. Her SheaNetics DVD/CD Mind-Body Collection offers dynamic one-of-a-kind full body workouts and along with her new book, Shea Vaughn's Breakthrough – The 5 Living Principles to Defeat Stress, Look Great and Find Total Well-Being, invite you to live the life you deserve!



How to Become an Inspirational Leader

First of all, what makes for an inspirational leader in business, or any other context? What effect has an inspirational leader? What makes that leader more than just, say, a resourceful leader?

Well, I think it's like this: Inspirational leaders, often without even being aware they're doing it, lift the people around them to achieve greater things. Just by their way of being, the inspirational leader sets an example others can follow. They use their resourcefulness in pursuit of a worthy goal and show what's possible, what difficulties and obstacles can be overcome, just how much can be taken on.

How does this happen?

The critical difference is acting with an inner sense of purpose, a belief in a cause, the importance of a service, or the merit of a business. They have a sense of mission, and that is stronger by far than any mere plan. They see a bigger picture. They have a vision.

Inspirational leaders don't follow a map; they make their own. They have the courage to stand out rather than to fit in. They strike out on their own. (So if you're following a map, you aren't really leading, not in an inspirational way anyway.)

There's a link with what psychologist Abraham Maslow called "self-actualizers"—people who achieve a high level of wholeness in their lives by resolving their inner tensions and conflicts. Other people experience them as "sorted," someone that "knows their own mind," somehow more physically present and real.

According to Maslow, such individuals are characterized by three things: (1) They aren't invested in power over other people,



so they may have authority but they take no pleasure in it for its own sake, (2) They aren't emotionally attached to an outcome, and instead the results they get are simply the results to be learned from, as they change their actions accordingly, and (3) They are independent of the good opinion of other people, meaning they will do what they believe is right and accept the consequences. Maslow's self-actualizers are inspirational people.

Being an inspirational leader requires the highest standards of integrity, honesty and openness. Any lapse and the deep connection with those following will be lost. It also takes courage—the courage to go first, to go where the outcome is uncertain, to be vulnerable, and to choose the exposed option rather than the safe one, or rather the apparently safe one. Transparency and courage draws people in to an inspirational leader.

That courage is also a way to stand out, to be the one others follow, and the business they come to for the answers they need. In fact, it can be an easy way to get ahead: Just be braver than everyone else, which often doesn't cost very much at all. Literally, "inspirational" means "in spirit," connected to a source, or "spirited," if you prefer.

In times of change, there is no map to follow, and we need the courageous and authentic and inspirational leader in you. Your staff does, and so do we.

David Fraser, PhD, is a leading authority on relationship skills in professional and personal life and author of the well-regarded book "Relationship Mastery: A Business Professional's Guide." He is an international speaker with a senior professional background and deep insight into the human side of life gathered from a wealth of sources. David applies his unusual blend of expertise to supporting disparate groups working together in complex circumstances. He also runs workshop and coaching programs on personal mastery and relationship skills for both organizations and individuals, focusing on the potential to leverage results. The effects are profound—quite simply, life-changing for the individuals and their organisations. David also finds the approach set out in his book to be extremely helpful in the home and family environment. For more info, visit www.drdavidfraser.com

By Debra Oakland

How to Live in Courage

**“The secret of happiness is freedom.
The secret of freedom is courage.” –Thucydides**

Wonderful lessons have occurred in many areas of my life, and, truth be told, some frustration and challenges. These are things that are important for personal growth and change, so I remind myself that living from the inside out, as well as living in courage, is my best way forward. I am grateful for all that is here and all that is yet to come. My personal freedom is of utmost importance to me, and that freedom means living my best life courageously from a place of love, wisdom and joy.

Some of the things I have learned about Living in Courage are listed below. I would love to hear from you about courage and please add to the list! Courage holds a personal meaning for each of us. For me, Courage is constancy under the most trying of circumstances, and action at the moment when it is needed most. Sheila Murray Bethel says “One of the most courageous things you can do is identify yourself, know who you are, what you believe in, and where you want to go.”

Work with the principles of life that are part of your true nature. Play the game of life to win. Courageously maneuver yourself into a power position. As you become an expert at playing the game of life, become a messenger, a teacher to others. When you bring people into your game, they will learn that no one needs to lose. That is one of the purposes of the game. You will be able to provide your fellow players with insight and encouragement. They will receive invaluable wisdom into how to play the game of life, where everyone wins. Inspire greatness in yourself, share it and people will pass it on.

Tips on Living in Courage

- Use your Toolbox of Life. When you need extra courage, there is probably something in the toolbox that will fit the situation just right. If you have had hard times in your life, you have more than likely developed some skills that require courage and are a direct reflection of the life you have lived.
- Love yourself - Be kind and loving to others.
- Live from the inside out versus the outside in.
- Be authentic, fearless of opinion. Wear your own hat, it fits perfectly!
- Step out of your comfort zone.
- Qualities like courage, integrity, determination, honor, courage, strength, grace, peace and love make excellent travel partners.
- Be responsible for your thoughts, feelings and actions. No blame game - keep harmlessness in mind.
- Step away from criticism, judgment, and gossip; and into uplifting support, non-judgment and wisdom.
- Be courageous enough to put your best foot forward each day.
- Have the courage to reach out to others when you need a boost up, especially if you are grieving.
- Live your best life and be your best you....just as they teach at Best Ever You!
- Celebrate your successes, because YOU deserve it.

Ask Yourself Some Questions

- What am I afraid of and why?
- Do I play the victim?
- Is this a mental, physical or spiritual issue?
- Am I surrounded by positive people, mentors or living examples who have accomplished what I am seeking life?



- Am I self-sabotaging by way my thoughts, feelings and actions?
- What is my passion, and am I living it; regardless of what other people want me to do?
- Do I catch myself when I am being negative; replacing those thoughts and feelings with something positive?
- Do I forgive myself and others?
- How do I deny myself?
- Am I tossing out old worn out patterns of behavior that do not serve me anymore?
- How can I learn to love myself unconditionally, one day at a time?
- Am I kind and loving to myself and others? Do I smile and share hugs?
- How can I become a living example of inspiration and encouragement to myself and those I love?
- What are my priorities in life, and am I placing them first, without distractions?
- How can I experience more love and joy, allowing my wings to fly anywhere I want them to take me?

Dig deep. In your quiet moments, by talking and listening to your heart, answers will be revealed.

“Courage is required, down to the very fiber of our existence. Use your will, desire and persistence to develop the qualities you need to materialize your dreams, whether they are mental, physical, or spiritual.”

– Debra Oakland



Debra Oakland is a Courage Advocate, Writer & Joyful Experienter. Visit her at Living in Courage Online - A Spiritual Oasis for Overcoming Life's Biggest Challenges at www.livingincourageonline.com. You find links to her FREE e-book, monthly newsletter and articles on Living in Courage.

Finding Me in We

How to create relationships that start with you

As a Marriage Family Therapist Intern just around the corner of becoming licensed, the emphasis of my practice is helping others learn how to have healthy relationships, whether that relationship is based in romance, friendship, or anything involving 2 or more people. Over time and through my own journey, the most important relationship that I encourage and emphasize is the relationship you have with yourself!

I'm probably going to put a disclaimer here and say, this is not a means to say "It's all about me" . . . what I am going to say is that, learning to know who you are, your likes/dislikes, what makes you happy and everything in between is what is going to ultimately be the foundation of creating and sustaining relationships you form with others.

Every relationship you share is an opportunity to learn about yourself and how to create a lifestyle that you ultimately wish to live. The great thing about having relationships (defined as any interaction involving 2+ people) is that there is always something to learn from and incorporate in future interactions.

Below is a quick and easy way to create opportunities to explore who you are in the relationships you share with others:

- Re-frame the way you see things: Create positives from potentially perceived negative experiences. Ending an abusive relationship, a job that no longer suited to your needs, or ending a friendship that you might not enjoy having anymore may make you feel sad, confused and maybe even doubtful in that moment. It is also a chance to look at: What did I learn from this person? And what is it I learned that I can bring into my next relationship that may be helpful next time?
- Acceptance: Choose to accept that people come into our lives for a reason, regardless of what type of relationship it may be. Accepting that things didn't work out or that you could have done something differently

is one step towards a direction of creating a lifestyle you wish to live. Accepting does not mean it is okay if you experienced something 'bad', it's accepting that it happened and that you are willing to use that experience as a stepping stone towards greatness and living a life that you love.

- Engage in activities that are fun: All work with no play is not on this list! Enjoy yourself...whether that is by painting, writing, spending time with friends . . . whatever you choose that brings you self-fulfillment is what the doctor ordered. You may find that engaging in things you love helps you meet and create relationships already connected through mutual interests.
- Let go of negative experiences: This is a hard one for me personally, so if you find difficulty with this one . . . I am with you. Obviously, with a relationship, you are going to experience the good, as well as the bad. The bad stuff sticks much longer and it is easy to become distracted and succumb to the negative experience you might have had or are having with that person. The one thing that allows you to find yourself in that experience is learning to let it go. It happened, it didn't feel good, but you can't go back and change it, you only have the present moment to make choices that allow for you to experience something different or respond differently so that the experience has less effect on you.

These are some strategies to help you find yourself in the relationships you share with others, as well as helping you learn how to cope in those relationships! What a blessing it is to share a relationship with another person and at the same time, learn more about yourself in creating a lifestyle that makes you feel good. :)

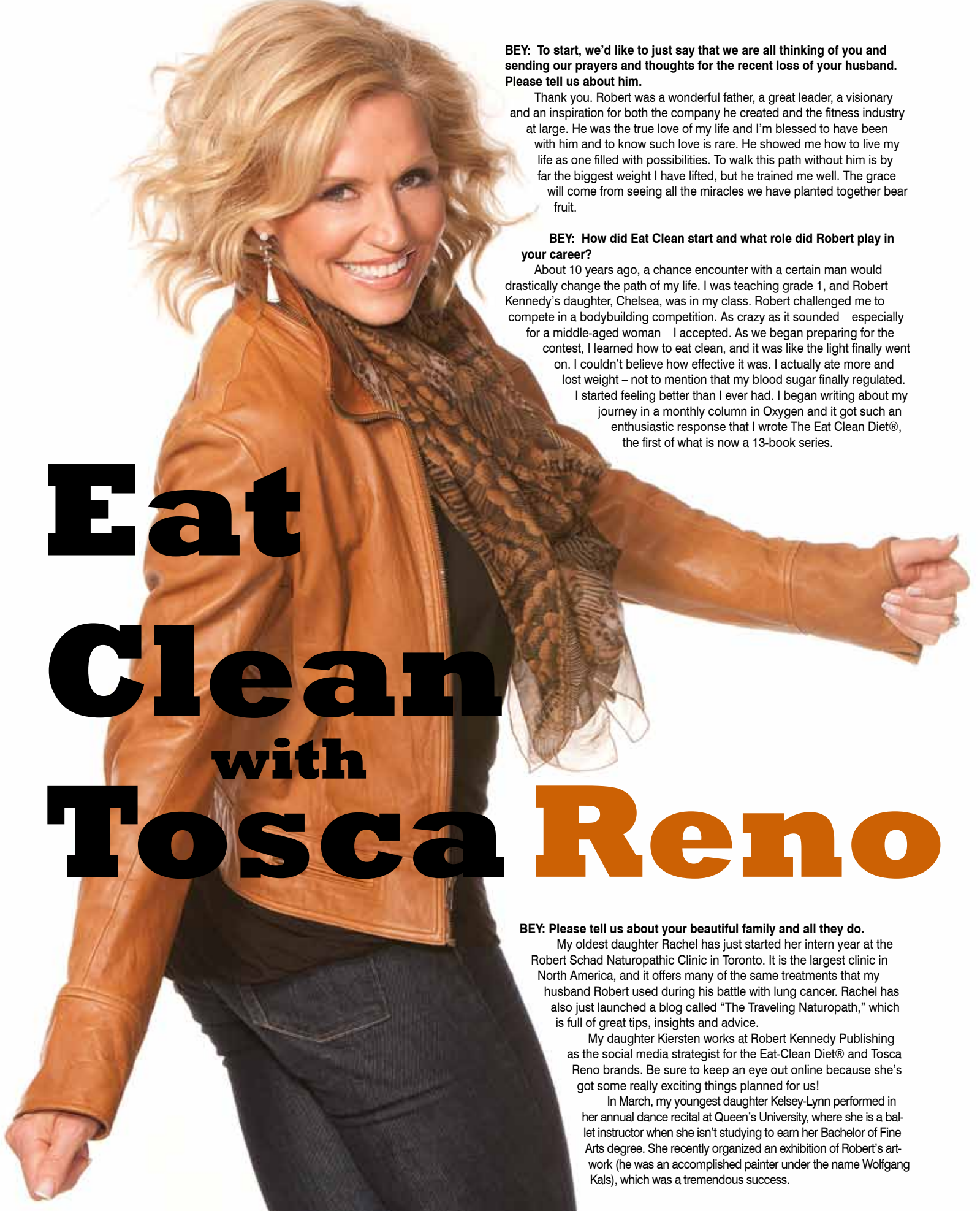
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BEY: To start, we'd like to just say that we are all thinking of you and sending our prayers and thoughts for the recent loss of your husband. Please tell us about him.

Thank you. Robert was a wonderful father, a great leader, a visionary and an inspiration for both the company he created and the fitness industry at large. He was the true love of my life and I'm blessed to have been with him and to know such love is rare. He showed me how to live my life as one filled with possibilities. To walk this path without him is by far the biggest weight I have lifted, but he trained me well. The grace will come from seeing all the miracles we have planted together bear fruit.

BEY: How did Eat Clean start and what role did Robert play in your career?

About 10 years ago, a chance encounter with a certain man would drastically change the path of my life. I was teaching grade 1, and Robert Kennedy's daughter, Chelsea, was in my class. Robert challenged me to compete in a bodybuilding competition. As crazy as it sounded – especially for a middle-aged woman – I accepted. As we began preparing for the contest, I learned how to eat clean, and it was like the light finally went on. I couldn't believe how effective it was. I actually ate more and lost weight – not to mention that my blood sugar finally regulated.

I started feeling better than I ever had. I began writing about my journey in a monthly column in Oxygen and it got such an enthusiastic response that I wrote The Eat Clean Diet®, the first of what is now a 13-book series.

Eat Clean with Tosca Reno

BEY: Please tell us about your beautiful family and all they do.

My oldest daughter Rachel has just started her intern year at the Robert Schad Naturopathic Clinic in Toronto. It is the largest clinic in North America, and it offers many of the same treatments that my husband Robert used during his battle with lung cancer. Rachel has also just launched a blog called "The Traveling Naturopath," which is full of great tips, insights and advice.

My daughter Kiersten works at Robert Kennedy Publishing as the social media strategist for the Eat-Clean Diet® and Tosca Reno brands. Be sure to keep an eye out online because she's got some really exciting things planned for us!

In March, my youngest daughter Kelsey-Lynn performed in her annual dance recital at Queen's University, where she is a ballet instructor when she isn't studying to earn her Bachelor of Fine Arts degree. She recently organized an exhibition of Robert's artwork (he was an accomplished painter under the name Wolfgang Kals), which was a tremendous success.

My daughter Chelsea has just completed her first year of university at Dalhousie in Halifax, Nova Scotia, and she's thinking of majoring in philosophy or psychology. During the summer she works at the RKP offices, this year at Oxygen magazine.

BEY: How can we donate in his honor or how can we support you?

I am so grateful for all of the condolences and messages of support I have received during these past months. Hearing the stories about Robert's role in an individual's transformation story is what really keeps his spirit alive.

We have decided that all donations will be made to the Canadian College of Naturopathic Medicine (CCNM) in the name of Robert H. Kennedy. Robert received both traditional and non-traditional care during his battle with cancer. These techniques are both taught and practiced at CCNM.

BEY: Your recent book, "The Eat-Clean Diet Vegetarian Cookbook" has taken that additional step and removed meat. Is this how eat clean is evolving, or is this just another choice for people?

At its core, The Eat-Clean Diet is about health. Going meatless – in an informed way – has been shown to have huge health benefits, which is why I encourage everyone to include Clean, meatless meals in their diet. The Eat-Clean Diet principles focus on eating a wide variety of fruits, vegetables, whole grains and lean proteins, but there's no hard and fast rule saying these proteins should come from animals. Even vegetarians can enjoy a Clean diet, and this cookbook makes it easier. At my home we eat plenty of meat-free meals, and I consider myself a "flexitarian."

BEY: How do you help others be their best?

By offering health and wellness information with my Eat-Clean Diet books, along with resources such as our free online community called "The Kitchen Table," I'm always striving to change the world one mouthful at a time. I'm really proud of our community of Eat-Clean dieters who support each other, whether it's by sharing recipes, providing a shoulder to cry on or by helping each other stay accountable.

By achieving my weight-loss goals and a new life that most people didn't think was possible, I want to show others that if I can live a happy, healthy lifestyle and achieve my goals, then they can too! We have countless success stories, from single mothers to fitness competitors, all whom have uncovered a happier self through the power of nutrition.

I've also gone above and beyond to receive my NTP certification, which has taught me more about physiology, anatomy and the science of food and its nutritional components. This will help me with my future books and projects.

BEY: What does healthy mean to you?

It means the world to me when I hear how Eating Clean has helped people realize they have control over not just the food, but also their lives, goals and dreams. Being healthy means being focused, strong and willing to put yourself first and create the happy life you deserve. As my Eat-Clean T-shirts say, I'm changing the world one mouthful at a time – and I love every minute of it! The absolute best part is hearing from my readers whose lives have been transformed by the Eat-Clean Diet lifestyle. From pounds lost to alleviated symptoms, all the effects that come from Eating Clean are positive!

The magazine written by YOU!

Being able to help and inspire these people is a true gift that I don't take for granted.

BEY: What does success mean to you?

It still amazes me how far I have come over the last ten years. Change can sneak up behind you and turn your whole world upside down. For me, simply changing my diet opened up new opportunities for me. As the late, great Jack LaLanne said, "Eating Clean is the only way to lose unwanted fat." People are often surprised by this statement because they mistakenly think training is the most important aspect of a healthy lifestyle. Being successful is taking control of yourself and making Clean food choices. I go into more detail about this topic in my book, but basically this is the formula I use to illustrate the importance of food in relation to our weight-loss goals: 80% Nutrition + 10% Training + 10% Genetics = Body Beautiful/Body Healthy. Success is a mixture of all these.

BEY: What is a day in the life of Tosca Reno?

Now that Bob is gone, the days have been a little more challenging because I have no anchor, no sense of certainty. Bob gave me that every day. Our days would begin with coffee, a clean breakfast and time to discuss, plan and dream. Then we would get on with it. At the end of the day we would have tea together before anything else, just to switch gears from the day. We would sit on the couch and he would tell me stories about the happenings of RKP – all good things – and we would laugh and chat over our triumphs and disappointments. But always there was positivity. Then we would train and have our dinner, winding down the day. Luckily I have my wonderful girls to keep me on track.

BEY: You stay so well connected with your fans. Is this becoming more difficult as you become more popular?

The great thing about being a part of Robert Kennedy Publishing is the team spirit. I have a wonderful Eat-Clean Diet Team that helps to keep me on schedule and act as liaisons between my fans and me. My daughter Kiersten does a brilliant job of running the show on our social media networks, which is the most immediate connection I have with my fans. We recently had a UStream chat event, where I was able to speak with dozens of fans live, with my Eat-Clean Diet Team helping to organize the questions and event itself. We are always finding new and exciting ways to connect with the Eat-Clean Diet community.

BEY: What's next?

The concept of Eating Clean has so much potential. As the new President of RKP, my hope for 2012 is to take it to the next level and bring Eating Clean to a bigger stage so that the world can see how simple it is to take your health and your life back. We will be introducing multimedia initiatives to spread the Eat-Clean word across many exciting new platforms. I'm so excited about the new books, bookazines, videos and magazine issues that are already on the way.

BEY: What can we teach our children about clean eating?

I began Eating Clean with my family as soon as I began eating that way myself, and I know how powerful the results were for my children. But most of us have lost contact with our food's origins because it now comes from the shelves of grocery stores in colorful packages. We have been misled about how to nourish



our families and ourselves. Being overweight or obese is robbing us of our future. The costs to our economy and health are staggering, which is why we need to focus on educating our young now more than ever.

When I talk about Eating Clean I don't necessarily put emphasis on the outward appearance of my body or the bodies of my children. I know that if we eat well, we are taking care of ourselves. The fact that most people lose weight on this program is an added benefit. We need to teach our generations to clean out their cupboards and toss out all of the junk. Chuck anything out that comes in a box with ingredients you can't pronounce. Give your child an apple and a few unsalted almonds instead of a fruit roll up. Dump out sodas and drink loads of water. The minute you make even the smallest of changes, your body will notice and respond. You may not see it right away, but your cells will be jumping for joy. It's eating the way nature intended – healthy, safe and smart. It's the way we should all be eating in the first place.

BEY: Tell us a secret

I am never good at keeping secrets; I'm just too honest! I am dying to buy a Panamera Porsche. I LOVE THIS CAR!

BEY: Who do you most admire?

I have many role models, but my number one love is Princess Diana!

Tosca's Favorites:

Jeans: Rock & Republic, Paige, Fidelity and JBrand

Mascara: Bobbi Brown, Maybelline Great Lash and Latisse

Exercise Video (other than any of your own): None

Perfume: Bijan and Hermes

Food(s): dates, almond butter, dark chocolate and the odd glass of red wine

Shoes: my pair of black Louboutins and Yves Saint Laurent Trib Too or Tribute shoes

Book: The Power

Movie: Waking Ned Divine, The Calendar Girls, The History Boys, The Education and Last of the Mohicans

Restaurant: Geoffrey's Malibu, Picasso in Las Vegas and The Firehouse in Santa Monica

City: Santa Monica, Delft and Paris



Photo Credit: Donna Griffith

Banana Cupcakes with Peanut Butter Yogurt Frosting

Prep: 20 minutes | Cook: 27-30 minutes | Yield: 10 cupcakes

This classic combo tastes great on a sandwich, but in cupcakes? Even better! Best of all, these ones are guilt free and they wear many hats! Learn more in the tip below.

1½ cups (300 ml) whole wheat pastry flour
 2 Tbsp (30 ml) finely ground potato flour
 2 Tbsp (30 ml) flax meal or ground flaxseed
 ½ tsp (2.5 ml) baking soda
 ¼ tsp (1.25 ml) baking powder
 ¼ tsp (1.25 ml) sea salt
 3 Tbsp (45 ml) virgin coconut oil, melted
 ¼ cup (60 ml) Sucanat or other unrefined sugar
 ¾ cup (180 ml) low-fat milk or plain, unsweetened soy or almond milk
 1 cup (240 ml) mashed very ripe bananas, about 3 large

Peanut Butter Yogurt Frosting

¼ cup (60 ml) all-natural peanut butter, sugar and salt free
 ½ cup (120 ml) Yogurt Cheese* (see p. 276)
 2 Tbsp (30 ml) pure honey
 ½ tsp (2.5 ml) pure vanilla extract

Preheat oven to 350°F (177°C). Line a muffin tin with 10 paper liners.

In a bowl, mix together whole wheat flour, potato flour, flax meal, baking soda, baking powder and salt. In a large bowl, mix together coconut oil and Sucanat. Add flour mixture and mix together until texture resembles slightly wet sand. Slowly stir in milk. Fold in bananas until just combined. Batter will be thick. Scoop a heaping ¼ cup (60 ml) batter into each lined muffin cup until all batter is used. Bake 27 to 30 minutes until toothpick inserted into center comes out clean. Transfer cupcakes to a wire rack to cool.

To make frosting, mix together peanut butter, Yogurt Cheese, honey and vanilla extract until well combined. Frost tops of cooled cupcakes.

Try This!

Basically, the only difference between a muffin and a cupcake is the frosting, so if you want to skip the topper – go ahead! Your cupcakes will become delicious and healthy banana muffins.

Chill Out

The cupcakes will keep in the refrigerator up to five days.

Note: *Yogurt Cheese must be made ahead of time.



Photo Credit: Donna Griffith

Red Pepper Cheesecake with Apricot Peach Compote

Prep: 15 minutes | Cook: 60 minutes | Yield: 12 slices

Don't be confused by the word "cheesecake" – this savory dish actually makes a delicious appetizer or side dish! Made with yogurt, tofu and egg whites, it's high in protein, yet very low in fat. Bonus: It features a sweet and spicy topping that will send your taste buds on a roller-coaster ride.

Low-fat Yogurt Cheese* (see below) x 12 oz (340g) packages silken firm tofu, drained egg whites
 Tbsp (15ml) lemon zest
 Pinch sea salt
 Cup (240ml) roasted red peppers, drained and liquid squeezed out, cut into thin strips
 1/2 cup (120ml) frozen peach slices, thawed slightly
 1/2 cup (120ml) dried apricots
 1/2 cup (120ml) orange juice
 Tsp (5ml) orange zest
 Tsp (5ml) arrowroot powder
 Tsp (5ml) pure honey
 Pinch red pepper flakes or ¼ tsp (1.25ml) fresh chili paste

Preheat oven to 325°F (160°C). In a food processor, blend Yogurt Cheese, tofu, egg whites, lemon zest and, salt until smooth. Add red peppers and pulse-blend a few times until they are mixed in. Pour mixture into a 9-inch spring form pan and bake on middle oven rack until edges are golden and center jiggles slightly when pan is shaken gently, about 60 minutes. Cake will firm up as it chills. Transfer cake to a wire rack to cool for about 1 hour. While cheesecake cools, in a clean food processor, pulse chopped peaches and apricots into small chunks. Transfer to a small sauce pan and stir in orange juice and zest, arrowroot powder, honey and red pepper flakes. Bring to a simmer and stir over low heat for about 2 minutes or until slightly thickened. Remove from heat and transfer to a small bowl. Can be served at room temperature or chilled. To serve cheesecake, remove outer ring of springform pan, keep cake on bottom of pan, and transfer to a platter. Cut slices, top with a little Peach Apricot Compote and serve with baked whole grain pita chips or whole grain crackers.

Note: *Yogurt Cheese must be made ahead of time.

Make Ahead Cheesecake and Peach Apricot. Compote can be made up to three days ahead of time and stored in the refrigerator until ready to serve.

Nutritional value per Slice (1/12 of Cheesecake):

Calories: 8 | Calories from Fat: 1 | Protein: g | Carbs: 1 g | Total Fat: g | Saturated Fat: 1 | Trans-Fat: 0g | Fiber: 0.4g | Sodium: 97mg | Cholesterol: 2mg

Yogurt Cheese

Prep: 5 minutes + overnight draining of yogurt | Cook: 0 minutes | Yield: 4 cups

2 quarts (1.9 L) low-fat, plain yogurt, dairy or soy based (see Prep Tip)
 Place four layers of damp cheesecloth in a fine mesh sieve or colander. Place the colander over a bowl.

Add yogurt and let it drain overnight in the refrigerator.

Discard the water from the bowl.

Prep Tip

The yogurt you use for this recipe must be all natural and free from gelatin or other binding agents.

Nutritional Value per serving (½ cup):

Calories: 80 | Calories from Fat: 14 | Protein: 12 g | Carbs: 5 g | Total Fat: 2 g | Saturated Fat: 2 g | Trans Fat: 0 g | Fiber: 0 g | Sodium: 43 mg | Cholesterol: 5 mg

Recipe Credits: Tosca Reno with Kierstin Buchner

How to Accept Your Gifts Gracefully



One of the most treasured gifts my grandson received was a handmade romper. Yes, handmade and positively gorgeous. Pictures cannot do justice to the beauty of this garment. Beyond the buttons sewn on so perfectly and the snaps aligned with precision, there is love, care, and good wishes intricately woven into this sweet outfit. There is joy and fulfillment there too . . . you can almost feel it coming through the threads.

Tammy Hunter Howard, a friend and blogger (you should subscribe . . . she rocks) is the one who created this lovely piece and when I complimented her on her talent (the thought of sewing a button on anything gives me cold sweats), here was her reply (used with her permission):

“Danielle – you’d be the first to say it – we all have our gifts. I’m in the process of learning to appreciate the ones I have and stop coveting the ones I don’t. (It’s a process – long way to go – but I’m working on it.) So instead of my instinctive ‘aw, pshaw,’ I will say thank you.”

Because that’s what we do, isn’t it? Because we feel like we haven’t earned it. It comes so easily and naturally to us that we turn aside compliments; like there’s shame or it’s considered bragging in claiming our gifts.

We sidestep humble and tumble headlong into full blown dismissal. Being overly modest has a stranglehold on who you are . . . you can’t do your best if you’re constantly downplaying it.

“Oh it’s nothing...anyone could have done it.”

“I could have done better.”

How quick we are to dismiss the joy and satisfaction we feel in doing something we love...or use humor to hide our discomfort.

As I was contemplating this topic, I posed the question on social media . . . What is your response when you receive a compliment?

The common theme in the responses...to almost all women it was in not knowing what to say or how to accept owning your gifts. We hem and hah, pause awkwardly, and let doubts creep in.

Yep...I hear ya sister. It’s a work in progress.

So how do you graciously accept kudos and compliments?

Expect it. Expect that when others come in contact with your gifts that you will receive compliments. After all, you’re doing what you enjoy, why shouldn’t you expect to get compliments?

Accept the awesome. I know I know...you’ve heard that before. But think of this...when you accept that you’re operating in your zone of genius, it creates a ripple effect. It gives others permission to do the same too . . . and we all love a win-win.

Do not downplay it. You are eliminating the words “It was nothing” from your vocabulary. Today. If you find it impossible to stop at “thank you” without adding something, how about trying one of these on for size?

Thank you...I really appreciate that

Thank you...I’ve been working really hard on this

Thank you...it means the world to me to have you say that

Thank you...that made my day

Thanks...I had so much fun doing (xyz).

You get the idea.

Flip your perspective. See accepting a compliment as a compliment to the other person. In accepting that compliment, you are saying that you trust the other person’s judgment (and good taste!) and this tells the other person that you appreciate and trust what they have to say.

Keep doing it. If you’re getting compliments on something, keep rocking it. Take this as validation that you are on the right track to doing the activities that are joyful, fun, and fulfilling.

What will you get complimented on today?



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"I cannot place a value on my sessions with Sara. I learned so much and feel as though I have new found clarity when it comes to food and well-being."

- B.G., Falmouth, ME

. . . from the way you think to the way you digest your food. So a one-size-fits all approach to getting healthy probably won't fit you very well. My programs consist of a balance of education, modeling, guidance, and emotional support. Breaking bad eating habits is one of the most challenging things that one can face. Together, we will replace bad habits with good ones. You will develop habits that uplift your spirit and bring you happiness through fitness, good health, and mental clarity.



Sara Sullivan, BA, CN, HHP, CH
Nutrition Counselor
Holistic Health Practitioner

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I design specialized nutritional food plans that enable you to lose unwanted pounds, facilitate proper digestion, and improve your overall health. My unique approach will help you transform both mind and body. www.nourishyourbodytoday.com

For delicious recipes and nutrition tips, please visit me at www.saradishes.blogspot.com

Mango Avocado Salad

Serve as a salsa, with beans & rice for a vegetarian dish or on top of chicken fajitas!

1 cup diced fresh mango
1 medium Avocado, peeled, pitted & diced
1/3 C. Fresh cilantro, chopped
1/3 C. grape tomatoes, diced
2 Tbs. freshly squeezed lime juice (approximately 1 lime)
Salt & pepper to taste

In a medium bowl, combine the mango, avocado, cilantro, tomatoes, and lime juice. Toss to combine. Season with salt and pepper.

Quinoa Tabbouleh Salad with Parsley and Mint

This is great as a side-dish, tossed with chickpeas for a vegetarian option or served with grilled chicken for a satisfying entree.

1 cup quinoa
1 1/2 cups vegetable broth
1 cup chopped cherry tomatoes
1/2 cup chopped parsley
1/2 cup chopped cucumber, cut into 1/2 inch pieces
1/4 cup extra-virgin olive oil
3 T fresh squeezed lemon juice
1/4 tsp. ground cumin
1/2 tsp. salt
1/4 - 1/2 cup finely chopped fresh mint

Place the quinoa into a fine-mesh strainer and rinse well with cold water. Bring the water to a boil in a small saucepan. Add in the quinoa, reduce heat to the barest simmer and cook 12-15 minutes or until the water is absorbed. Cover the quinoa and let it sit for 5 minutes more.

While the quinoa is cooking, chop cherry tomatoes in half. If the tomatoes are very juicy, let them drain in the same colander you used for the quinoa.

Place the cooked quinoa into a medium sized bowl and let it cool to room temperature for 20-30 minutes. While the quinoa cools, peel the cucumbers, scrape out seeds if they are large, then chop cucumbers into 1/2 inch pieces. Wash and dry the parsley, then finely chop until you have 1/2 cup chopped parsley. Whisk together the olive oil, fresh lemon juice, ground cumin, and a pinch of salt to make the dressing.

When quinoa is cooled to room temperature, stir in the cucumber, drained tomatoes, and parsley, mint, and then add just enough dressing to moisten the salad, about 4-5 T of the prepared dressing. Cover the salad, refrigerate, and let flavors blend for at least 30 minutes. Season with a little more salt if desired, and serve. Makes 4-6 servings

Tomato and Cucumber Salad

Nothing tastes better than vine ripened tomatoes during the peak of the summer months!

4-5 tomatoes, cored
1 cucumber, peeled, cut in half lengthwise and seeded
1/2 cup pitted kalamata olives
Sea salt
Basil leaves

Herbed Vinaigrette:
3 tbsp. balsamic or apple cider vinegar
1/2 cup extra virgin olive oil
2 tbsp. finely chopped basil
Salt & pepper

Cut each tomato in half. Cut each half into bite sized wedges. Thinly slice the cucumber. Combine the tomatoes, cucumbers, olives, in a large serving bowl. Sprinkle with salt and toss to combine. To make the dressing, in a small bowl, whisk together the vinegar and oil; mix in the herbs and season with salt and pepper. Just before serving, drizzle with the desired amount of vinaigrette over the salad. Top with thinly sliced basil leaves. Serves 4-6



How to make the most of summer produce

When it comes to healthy eating, summertime can be one of the best times of the year. With all the lovely fresh fruits and vegetables in season, there is simply no reason to not take advantage of this opportunity to boost your fruit and veggie intake.

Delicious salads and coleslaws are two of the best ways to use up what the season has to offer. From tasty side dishes to hearty, protein-packed meals, these summer salad recipes will keep you satisfied all season long. An added bonus, salads are cool, crunchy, and fun to eat with lots of textures, and beautiful colors. Most people enjoy eating salads, even kids!

Moreover, eating a salad a day is not only a good way to boost your health, but it is also a great recipe for weight loss, and can help lower your risk of stroke, heart disease, cancer, and type 2 diabetes.

So when summer hits its stride, let the juicy tomatoes and cucumbers, crunchy green beans and bell peppers, and the scrumptious sweet corn find their way to your dinner plate!

These main-meal salads are made for sharing – just put them on the garden table and let everyone help themselves.



Sara Sullivan, BA, NC, HHP, CH is a Certified Nutritional Counselor and Holistic Health Practitioner. She has a private practice at Sanctuary Holistic Health & Yoga Center in Yarmouth, ME. Sara uses an individual approach to achieving optimal wellness for each and every client. "We are all unique" – no two people have the same metabolism, biochemical make-up, health concerns, behavioral issues or nutritional needs. For the past five years Sara has also been a featured chef at the Stonewall Kitchen cooking classes in Portland, ME and continues to teach Pilates classes three days a week at Sanctuary Holistic Health & Yoga Center. She lives in Yarmouth, ME with her husband and two children.

Turning Back the Clock:

Age-defying Fountain of Youth for Seniors

George Burns – who lived to be 100 – used to say: “If I knew I was going to live this long, I would have taken better care of myself! You can’t help getting older, but you don’t have to get old.”

Fauja Singh ran his first marathon at age 89, and last year became the oldest person to complete a full distance marathon at age 100 in Toronto.

For some, age is their “story,” it comes with all sorts of cultural and self-limitations, but for many age is just another number on a calendar. There are a growing number of seniors, “an actual movement” that defy and define age and quality of life as how they feel inside; more biological than chronological.

Their worthiness, their willingness, and their readiness are alive and well and “cannot be captured, cannot be trapped inside,” as biographer (Khushwant Singh) recently noted about Fauja.

The Numbers Don’t Lie

Now that the average life expectancy in the United States is 77 years, quality of life in one’s later years is increasingly important. According to the American College of Sports Medicine, by year 2030, people 85 years and older will be the fastest growing segment of the population, and individuals 65 years and over will reach 70 million.

Ask anyone to guess which age group is least likely to be regularly meeting for physical activity and they’ll probably say children. Not so, according to the Department of Health, older people sit firmly at the bottom of the class with approx 15% over the age of 65 sufficiently active. Research shows that 44% of adults over the age of 70 years take a 20-minute walk less than once a year, or never.

Fountain of Youth

Studies show that regular exercise by elderly people can turn back the clock 20 years when compared to those who do little or no exercise. Regardless of our present age, exercise & physical activity is clearly the best thing that we can do for ourselves to counteract the effects of aging and disease.

What’s inspiring is that we are seeing weekly media reporting about how simple, consistent and regular exercise can improve heart & respiratory function, lower blood pressure, control type II diabetes, increase strength, improve bone density, improve flexibility, quicken reaction time, relieve stress, prevent cardiovascular disease and osteoporosis, reduce body fat, increase muscle mass, slow risk of Alzheimer’s and dementia, and reduce susceptibility to depression – “one of the biggest causes of death in the elderly”, says a leading senior health facility executive.

No wonder experts believe that exercise is one of the closest things we have to a Fountain of Youth – allowing one to maintain an independent status, one with social interaction, encouragement, self-love, self-care, thus not requiring aid-living for the remainder of life. When we take care of our moving parts and the parts that keep us moving, we can easily plan to live to be 100.

Slow Down or Pick up the Pace?

We’re never too old to create positive results. We were born to move at any age at any fitness level.

You’ve probably grown up with the idea that transitioning from middle age into “senior citizen” status means slowing down. It certainly seems like a lot of middle-aged-to-seniors have heeded this advice – taken it way too far, actually, and have slowed to a practical stop. It turns out that this can be a prescription for trouble. We know now that the physical decline associated with aging is not simply the result of getting older. In many respects, it’s a product of becoming less active as we age. In other words, it’s not aging that forces us to take it easy, it’s taking it too easy that makes aging more debilitating than it needs to be.

The human body is much better at repairing and maintaining itself when you keep it well conditioned through a program of regular physical activity, exercise,



and nutrition. This doesn’t change when we get older — in fact, the old adage “use it or lose it” is probably truer when we’re 60+ than when we’re in our 30s. Slacking off on healthy habits is the primary factor in age-related challenges like excessive muscle loss, deteriorating bone density, declines in strength and aerobic fitness, and increased difficulties with balance and flexibility.

Start Here and Start Now - The Assessment

If you’ve remained active and continued to exercise through middle age, you probably know your body well enough to recognize your strengths, your natural limitations, and the areas where you should improve to better function in your daily life.

But if it’s been a while since you’ve done much exercise or regular physical activity, or you’re not sure if certain problems you’re having are “normal,” it’s vital to start with a good assessment of where you are right now. That will be your foundation for putting together an effective exercise and activity plan.

Of course, check with your doctor before beginning any program. Once cleared, you can do these self-assessments at home, and repeat every 30 days to see and feel your improvement:

Gear Needed: A 1-5 lb hand weight for woman, 5-8 lb for men, a tape measure, tape, a clock with a second hand, and an assistant, friend, trainer or coach to record and support your assessment.

The Arm Curl: Assessing upper body strength for daily chores and when with grandchildren.

The Test: Complete as many bicep curls as you can in 30 seconds – you are at a higher risk if your total is less than 11.

The Chair Stand: Assessing lower body strength for balance, getting in and out of chairs, the bathtub, the car, and climbing stairs.

The Test: Sit in a standard chair with arms folded across chest – hands on opposite shoulders. Stand up & sit down as many times as possible in 30 seconds, without using hands for support – you are at a higher risk if your total is less than 8.

The Step: Assessing aerobic endurance for activities for an extended period of time.

The Test: Face wall, put a piece of tape on the wall halfway up from your knee and down from your hip. Begin stepping, raising each knee as high as the tape mark, count right plus left knee-up as one – you are at a higher risk if your total is less than 65 in 2 minutes.

The Sit and Reach: Assess lower body flexibility for walking, in and out of cars, and balance.

The Test: Sit on edge of firm chair, extend one leg out in front with heel on floor, bend forward, arms straight towards toes, measure distance between fingers and toes – you are at a higher risk if more than 2-4 inches.

The Back Scratch: Assess upper body flexibility for seat belts, putting on clothes, brushing hair.

The Test: Reach behind back and slide hand up towards opposite shoulder, with opposite hand reach back over and attempt to touch the tip of other hand, measure the distance – you are at a higher risk if more than 2-4 inches.

The Get Up and Go: Assess ability to move in a hurry, on a bus, train, plane, to answer phone.

The Test: Place a mark eight feet out in front of a chair, sit in the chair, time yourself as you stand up, walk to the marker and back, and sit back down – you are at a higher risk if it takes you 9 seconds or more.

The Summary:

If your scores are in the high-risk zone, it will be very important to incorporate exercise — twice a week — for 90 days, to help you improve the functional abilities. If your scores are above average now, a regular exercise program (cardio, strength, balance and flexibility training) is the best way to keep them there, as you get older.

Getting Started – Gracefully

Start slowly, and build up gradually. There's no need to try and make up for years of inactivity overnight. In fact, you could get injured or burn out by doing that. Too much, too soon, too hard, and too long: adrenal fatigue is becoming an epidemic of the 40-50 year old crowd.

If that means starting with just five minutes of walking, then that's what you ought to do. In fact, one of my favorite plans is to recommend getting started with just five-minutes-out and five-minutes-back.

Just like it sounds, you walk out for five minutes, turn around, and walk back. That's it - 10 minutes of walking, and off you go about your day – as I have prescribed last month for my own 76-year-old Mother. If you feel ambitious, you can do 8 minutes out and back, and add some stretching when you finish if you like.

One of the best ways to get motivated and stay that way is to set goals – and use a journal. Set a weekly exercise plan, starting today, for the week coming up. Write down what day of the week, what time of day, minutes of activity, the activity that you'll do, and the mood you have before, and after your activity session. Be specific, be realistic, be honest, be loving and responsible, walk your talk, follow your heart, and stay aware and present. Exercise is an amazing way to reconnect with yourself, so that you can reconnect to your family and others.

Exercise Variety

The message is clear: to get more from your years, it's time to get moving. There are a variety of ways to move – most you already know – some you may desire to add a little “spice-of-life” to your movement program after you've developed a few weeks of consistency.

Here are a few ways to get moving:

- **Walking** is by far the most popular low-impact aerobic exercise: start by walking three days a week – graduating to one day extra every three weeks up to six days a week - once ready and you feel it.
- **Dancing** has created a surge of energy of late, with classes, styles, and music to fit all tastes: start slow, with one class a week, graduating one extra class every three weeks to a maximum of three per week.
- **Aqua-Aerobics** is another low-impact ideal exercise in water waist-deep. Classes and teachers are readily available at most pools: start easy with two times a week, and add one extra class every three weeks.
- **Swimming** is a training session that works the whole body: start easy with once a week, and add one session every three weeks.
- **Cycling** is another excellent low-impact aerobic exercise: start slowly, once a week and gradually add minutes on the bike each week, then an extra session each three weeks.
- **Yoga** lifts your mood and wellbeing while improving your breathing, strength, balance, and flexibility: start with one day a week, add an extra session each three weeks up to 5 days a week.
- **Tai Chi** promotes physical and mental wellbeing through a series of easy and flowing movements: start by using movement as a form of clarity, focus and breathing up to 3 days a week, adding one day a week every three weeks up to 6 days a week.
- **Pilates** focuses on rebalancing the body and improving posture through slow movement: start with one day a week, add another day each three weeks up to 3 days a week.

Above is just a sample of popular aerobic, strength, and flexibility training available to you through clubs, private studios, community pools, YMCA's, gym's, spa's, health clubs, tennis clubs, and training centers - all featuring class schedules, teachers, private trainers, and specific groups focusing on age 65 and above.

Putting it all Together

According to the American College of Sports Medicine as well as The American Heart Association, all healthy people aged 65 years or more should exercise 5 times a week for at least 30 minutes at a time, or perform intense exercise 3 times a week for 20 minutes. This exercise should include aerobic exercise and strength training with the strength training composed of 8 exercises – Twice a week.

Here's a suggested Training Plan for someone 65 or older, and just starting again:

• M-W-F: Aerobic Movement... Tue-Thurs: Strength Movement... Sat-Sun: Off-Recovery.

• **Aerobic:** Start with an M-W-F walk: begin with 5 minutes out, 5 minutes back, add one minute each session - the first week is easier, one can be compliant, consistent, and build good habits. By week 4 you're walking 30+ minutes each session and have built a foundation - by week 8 you're up to approx 60 minutes of walking. Anytime after week four you can substitute another type of aerobic exercise for one of the days, like swimming, biking, and or dancing for example.

• **Strength:** Start with the following strength oriented exercises on Tuesdays and Thursdays to support your aerobic development; this will ensure your ability to begin cross training with a variety of new aerobic choices after week four:

1) The Arm Curl - from the assessment test above: 2 sets: one set of 12 reps, second set of 10 - 60 second recovery. Add 1 rep each week for 4 weeks.

2) The Chair Stand - from the assessment test: 2 sets: one set of 12, second set of 10 - 120 second recovery. Add 1 rep each week for 4 weeks.

3) The Wall Press - stand near a wall, lean into the wall with both hands, and pretend you are doing a push-up - against the wall, you are! Do two sets: one set of 6, one set of 8 - 120 second recovery. Add 1 rep each week for 4 weeks.

4) The Calf Raise: stand next to a chair or wall for balance and raise-up onto your toes and back down. Do two sets: one set of 12, one set of 14 - 120 second recovery. Add one rep each week for 4 weeks.

5) The Shoulder Press: with the 5 or 8 lb hand weights, hold them at shoulder height and raise them up above your head half way fully extended. Do two sets: one set of 6, one set of 8 - 120 second recovery. Add 1 rep each week for 4 weeks.

6) The Stairs: yes, that's right: let's strengthen our muscles and get better on stairs by doing sets of stairs just like the Olympians. Do two sets of 10 step-ups or two sets of flights of ten stairs - 120-second recovery.

7) The Upright Rows: with the 5 or 8 lb hand weights, hold them in front of you by letting them gently drop just below your hips, arms straight, and pull up to your chest - that's one. Do two sets: one set of 6, one set of 8 - 120 second recovery. Add one rep each week for 4 weeks.

8) The Wall Squat: turn your back to a wall, lean up flat against it with your back, take your feet slightly out from the wall, and slide your back down and then back up, that's one squat. Do two sets: one of 6, one of 8 - 120 second recovery. Add one rep each week for 4 weeks.

You're Worth It.

I don't think anyone can argue with the idea that exercise is good for you, no matter what your age; and more importantly, it's never too late to start.

Of course you don't have to be a marathoner or live to be 100 years old like Mr. Singh to enjoy the joy and satisfaction of living with exercise to an older age. Just getting started will do it. So now here is the challenge... Give yourself a chance.

And Remember: You're worth it - always have been, always will be.



Gary Kobat, World Class Athlete and Olympic “Mentalist,” is on a heart-felt mission to inspire millions of people to reveal their vibrational highest best self: mentally, physically, and spiritually. The author, international speaker, and Integrative Performance Coach mixes ancient wisdom with cutting-edge trends in human performance to focus his teachings and practice on the importance of self-love and self-worth. Gary's client list includes the who's who in film, business, and sport: Jim Carrey, Will Ferrell, Mariska Hargitay, and countless others – including a host of America's recent Senior-Olympic Medalists. To listen to a recent conversation with Gary, please visit this link: <http://www.blogtalkradio.com/besteveryou/2012/02/14/gary-kobat-integrative-performance-coach>, or visit www.garykobat.com for more information.

How to Be Happy by Being More Selfish & Caring Less



Most of us are not selfish enough in the right areas of our lives and we care too much about the wrong things. This combo makes it almost impossible to be truly happy.

We put excessive energy into the wrong areas, and as a result, we don't have enough energy left over for what's really important... our health and happiness. We watch the news and are fed a bunch of garbage, then get upset about all the negativity that is taking place around us. Is getting upset really going to make a difference in what's going on in the world? Some would argue, that yes, one person can make a difference. While this is true, it's also a rarity. Gandhi, Martin Luther King Jr., and Mother Theresa for example, have made a huge impact. However, they did it peacefully, not shouting at the TV screen and without obsessively thinking and talking about all the injustices going on. They were laser focused on the solution, not the problem.

When you are focused on anything negative, that gives your energy away to what you are upset over and therefore, you empower it even more.

What you focus on and the energy that you give to it draws more of that to you. If that isn't discouraging enough, it also depletes the energy stores you have. That wasted energy could have been used on something more positive. For example, practicing gratitude for all you do have, which would have attracted more things, people or situations into your life to be grateful for.

We hold the power to create the lives we desire and we do that by what we put out into the world. If you aren't satisfied with the life that you are living or certain things in it, then change your focus and you will be able to attract something better. It really is that simple. Not easy, but simple... Focus on what's positive and forget all the rest.

A great place to begin changing focus is on your health, which is pretty much the foundation for happiness. Without being healthy, it's kind of hard to be happy about anything else, if almost impossible. This is an area most of us would benefit from if we became more selfish, because we have a tendency to take better care of our cars, houses, pets and others; rather than we do our own body and mind.

When you are really sick, you don't think about other people or doing something that will make you happy. You think mostly about yourself and getting better. This is not the kind of selfishness that I'm talking about. That is an instance where being selfish is because you have to be. The selfishness that I'm referring to, that we've forgotten about, is the kind that prevents you from getting sick. It focuses on wellness, not on fixing symptoms and on being fit, not fat. It focuses on having a healthy mind with positive thoughts, not on being negative, worrying, being angry, and fearful. It's time to be selfish with our self-care and focus on eating healthy and exercising both our body and mind.

Stop caring so much about what is happening around you. Most of that stuff you cannot change. Care about what you can change and what you can change is yourself. Care about what you eat. Be selfish about what you put into your body. It's the only one you've got.

Eat real food. Pass on the fast and fried foods, candies, cakes, cookies, snacks, sodas, sports drinks, and fruit juices. These are basically loaded with sugar and bad fats. They are okay to indulge in once in a while, but when these so-called foods are making up a majority of your diet, they will make you fat, which affects more than just your appearance. It affects your health and mind as well as the quality of life you live. Even if you don't have, or aren't aware of, having any health problems, if you

are overweight and not truly happy with the way you look, it affects your overall happiness, which influences all areas of your life.

The way to happiness starts with a healthy body, and a healthy body starts with a healthy mind. You must first believe that you have the power to create the body and life you want. It's the truth. We all have that power. Believe it, and then make the decision to do what it takes to achieve it, which is taking small steps until you have it. Start with cutting out all the unhealthy food and replace it with real nutritious food. There is no need to starve your body or to diet. If that worked, then we would all be thin.

Add exercise to your daily routine. Do whatever gets you sweating. Start somewhere, even if it's only a 10 minute walk. Just be sure to do it consistently and soon you will be walking for hours and your weight loss, energy, and endurance will spur you on to try other types of physical activity. It's really important, especially in the beginning, to have a consistent and strict regime.

You need to develop the habit of eating right and working out and that takes at least three weeks of doing it every day, every meal. There is nothing wrong with having a cheat day. Cheat days actually can be very good for your metabolism. However, in the beginning, cheat days can turn into cheat weeks, even months and eventually lead to giving up on you completely. Healthy habits help create a healthy mind, which creates a healthy body and a healthy happy life.

For your own well being, please be more selfish about how treat your body and care less about the things you can't change. Focus on what you can change which are your thoughts, your food choices, and exercise. The only thing standing in your way is your decision to do it. When you do make that decision, stick to it and watch just how happy you can be.

Thoughts are fuel for your mind. Food is fuel for your body. Healthy fuel in, happy life out! Excuses prevent you from having what you really want. Why then, have an excuse for anything? True living begins, when false excuses end. Fact: all excuses are false!

Excuses are the lies we tell ourselves that prevent us from doing something; we know we should be doing... Hmm!/? Excuses, at best, only provide a very short term satisfaction at the expense of long term results!

Body Mind & Soul . . . healthy Body + positive Mind = a happy Soul.

7 Reasons to Change Your Body to Lean and Toned

How and why you should get there!

What do you want to achieve for yourself in health and fitness for the rest of 2012 and beyond? You need to sharpen your focus and you will accomplish more. Research has proven that you will achieve more major goals if you focus on one goal at a time. A good overall fitness goal would be for you to change your body's composition to lean and toned. Why?

Here are 7 good reasons to “lean out” your body:

1. Having a lean body will improve your self-image, health and morale. We all want to feel good about ourselves. If you don't like what you see in the mirror, start changing your body. Stop putting it off. You will be healthier, feel better and look better.

Have you been putting off that full physical exam? You need to know your health numbers. Schedule that appointment today.

You are not destined to be what “your genetics” or “family heritage” dictates. Everyone can have their best version of a lean body. You don't have to look like a model, but you can look lean and toned.

2. You will have improved eating habits. And, those will be healthy eating habits that you can maintain throughout your life. Throw those fad diets and starvation diets in the trash! They won't lead you to improved eating habits and they will leave you fatter in the end.

Fill your plate with whole, natural foods that have one ingredient—the food itself. For instance, fruits and vegetables have one ingredient. Foods in a box or bag have many unhealthy ingredients like trans fats and processed sugars.

3. You will have a toned body without bulkiness. Muscle mass takes up less space than fat mass. That is why you can weigh the same (or a little more) and still be smaller. Your body shrinks.

Focus more on full body strength training and less on cardio exercise. If you only do cardio exercise, your body will not be lean. I can't tell you how many people I see who only do cardio exercises. Their body composition never changes to lean and toned.

4. A lean body will speed up your metabolism and keep it active. Muscle mass is metabolically active tissue and your body has to work harder to maintain it. You will burn more calories and fat during the day and at rest—depending on the intensity of your workouts.

Short burst workouts like circuit weight training and interval cardio will lean and tone your body. Exercise Post-Oxygen Consumption (EPOC) causes your body to burn more calories and fat after a tough workout. Your body has to work harder to get back to its pre-exercise state. Your metabolism may be elevated for up to 24-48 hours after an intense workout.

5. Fat loss will keep the weight off your body. You can kiss yo-yo weight loss and regain goodbye forever. This improves your health in the long-term too.

According to Marketdata Enterprises, an estimated 54 percent of people in the United States are currently trying to lose weight. This leads many of you to buy weight loss pills and “special foods” that promote weight loss. There's no need to do this. Just start with a regular exercise program and eat healthy based on your basal metabolic rate, activity level and goals. You have to be willing to go with this plan for the long-term. It takes a long time to change your body's composition.

If you don't change your lifestyle habits, weight loss won't last. The typical dieter tries a new plan four times a year. “We have this mentality that a diet is something to go on and then get off as quickly as possible,” says FITNESS advisory board member Madelyn Fernstrom, PhD, founding director of the University of Pittsburgh's Weight Management Center. “But lasting weight loss requires making lifestyle changes that will work long-term.”

6. Others will follow your example. When you “walk the talk,” people take notice. You will have a great feeling when your family and friends want to get their bodies in shape because YOU DID IT! That's what life is all about - people inspiring and helping other people.

7. YOU are worth all the effort it takes to improve your health and body. Believe it. Do it.

Set your attitude and sharpen your focus. Train hard, and safely.

Mark Dillworth, BA, PES, Your Fitness University. www.yourfitnessuniversity.com

How to Get Sexy, Visibly Fit™ Arms Just in Time for Summer

Winter is over. It's time to put away the sweaters, jackets, parkas, and scarves. Peel off the layers and what do you see? Do you have arms that continue to "wave" seconds after you've waved hello or good-bye to someone? Does your child tell you to hold out your arms so they can get a little shade from the sun? Are you embarrassed to wear sleeveless shirts? All kidding aside . . . if you're feeling this way, you aren't alone. The average person that is 20 pounds or more overweight typically has flabby arms. But, flabby arms do not look good or feel good in sleeveless tops. So, what can you do to get your arms to go from flabby to fabulous? First, it all starts with eating healthy and consuming fewer calories daily to rid yourself of the extra fat. But, at the same time it's important to build muscle by doing the proper exercises. Here are four Visibly Fit™ moves that will get your arms ready for all those adorable outfits this summer.

1. The Push-up: It's a classic and a standard for a great chest, shoulders, and arms. Many women tend to shy away from them because they aren't strong enough in the beginning to perform them correctly. That's okay. Start where you are and work your way to a floor push-up. Practice push-ups against the wall first and once you master

those then take the push-up to your kitchen counter or a desk. Once you've accomplished the push-up at that level then take it to the floor on your knees. Then you can take it to the standard push-up on your toes. Consistency and practice is the main key ingredient to build strength and stamina to master flawless push-ups.

2. Bicep curls: This is an awesome move for the front of the upper arms. If you don't have weights do not fret, you don't need weights to do bicep curls. Do them the Visibly Fit™ way by visualizing the weight in your hand and doing a slow-controlled tension movement while performing your curls. This type of bicep curl doesn't put stress on joints, tendons, or ligaments. Try it – you'll be amazed and how much you can actually "lift." Perform 10-12 with both arms using as much tension and resistance as possible. When using maximum tension . . . you will shake!

3. Dips: When I Dip – You Dip – We Dip! Okay, so those are words to a song, but I like the thought of all of us doing dips! Dips are great for the triceps (back of the arms). These are key in building up and toning that area of the arm. Start off by using the side of the bathtub, a chair, edge of table, or anything else that is sturdy enough to support your weight. Place arms in a

close to locked position behind you and close to your hips – fingers facing toward you. Place legs out in front of you, either straight or bent. Whichever feels best for your current athletic level. Slowly (key word) lower your body as far as you can, keeping your elbows tucked in towards one another and your back as close to the chair as possible, then push back up to the starting position slowly, using resistance throughout the entire exercise.

4. Deltoid Raise: These help to get sexy shoulders – all part of having sexy arms! Stand with your feet side by side, arms in front of you with elbows bent and clenched fists in front of your chest. Against maximum tension, slowly raise your arms outward and upward until your elbows are almost straight. A great move for those of you that may have rotator cuff issues. Just remember to only do what you can and use a tension level that is only slightly uncomfortable – not painful.

These four exercises will get you started in the right direction so you become strong and confident in your sleeveless sundresses and shirts. Remember that cardiovascular exercise will be important too when you're looking to release unwanted fat and get people commenting on your muscular, yet sexy Visibly Fit™ arms this summer.

WENDIE PETT is a nationally renowned fitness expert and coach, mother, TV host, speaker, author and creator of the Visibly Fit™ exercise program. Wendie's Visibly Fit™ instructional DVDs teach wellness maximization through the balance of mind, body, and spirit while using one's body as a gym (and saving hundreds in membership fees). To learn more, visit www.wendiepett.com and www.wakeupwithwendiepett.com.

It's time to become **Visibly Fit™**!

WENDIE PETT

mind + body + spirit

Your Body IS Your Gym - It's simple, it's portable, and it's free!
Go ahead...skip the gym today and tomorrow. Save money and time!

PAM ROLAND CANCELLED HER GYM MEMBERSHIP AND FINALLY FOUND FREEDOM FROM THE BONDAGE OF 100 EXCESS POUNDS! SHE'S NOW VISIBLY FIT!™

WANT TO LEARN HOW TO SHED FAT, GAIN MUSCLE, AND GET IN THE BEST SHAPE OF YOUR LIFE WITHOUT EVER STEPPING FOOT IN A GYM?

Receive 7 **FREE** videos that reveal how Pam lost 100 pounds and 46 inches without a gym membership or any exercise equipment.

In the **FREE 7 Video** series I'm going to reveal the simple *fitness and lifestyle secrets* that my clients have been using for years to finally achieve the results they desire.

For years I've trained professional athletes, chained-to-their desk-professionals, and back-to-work Moms. And now I'm making everything available to you through a simple, easy to follow series of videos. If you make the commitment to follow what I'm going to share with you, you will...

Lose weight faster than any other program you've tried before
Lose inches in your "trouble-zone" areas
Dramatically increase your energy level
Build muscle while shedding fat and
Discover a strong, healthy balance of mind and spirit

PAM RELEASED OVER 100 POUNDS IN TEN MONTHS BY CHANGING HER HABITS INTO POSITIVE ONES. SHE IS NOW VISIBLY FIT!



When you sign up **TODAY** for my **7 Video** series **Wake Up with Wendie Pett** I'll send you my free electronic **Meal Plan Builder** as a bonus so you can schedule and print out a unique and customized 5-day meal plan with the click of your mouse. It's my gift to you! Now give yourself a gift and go to...

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Quick Tips for Summer Skin Care

Beauty & Lifestyle Expert, Kelley West, gives us her best summer skin care secrets! See what this licensed Medical Aesthetician & TV Personality has in her Beach Bag!

Sunscreen is the most important skincare essential! Remember . . . the SPF is somewhat irrelevant because no sunscreen is effective for more than three to four hours. Therefore, it is mandatory that you reapply. Also try to wait 15-20 minutes after applying before going into the sun as it takes most sunscreens that long to penetrate.

For the face, my favorite sunscreen is Epione's Tinted Sun Block with SPF 40. It's a splurge because it's \$40 for a 1.7oz bottle so only use it on the face unless you can afford to buy several bottles at once and do the whole body. It has a silicone base so it won't absorb into the skin, making it ideal for patients with skin allergies or sensitive skin.



For a more affordable option, I like Aveeno's Smart Essentials. It doesn't irritate my face, has an SPF of 30 and a pleasant scent. It goes on light and doesn't leave the typical SPF white residue or film. It's a steal at around \$12. I'm a huge Aveeno fan and the other sunscreen I like for the body is the Aveeno's Continuous Protection Sun Block Lotion for around \$9 a bottle. I love the way it goes on, it's waterproof which is great but don't let the name fool you, you still have to reapply every three to four hours or more often if you are going in the water.

When applying sun block . . . Make sure you apply it all the way to the hairline when doing your face. This will help protect you when driving because the sides of our faces get direct sun exposure the whole time we are behind the wheel.

Make sure to apply sunscreen to the tops of your hands. Our hands give away our age as we get older so you must protect them early on. Also apply to the tops of your feet. People don't think about this area but again, it is exposed to direct sun when we are wearing sandals or walking barefoot. Skin Cancer doesn't discriminate so lesions can appear anywhere on the body.

Put your sunscreen on BEFORE you apply makeup. It amazes me how many women put sunscreen on top of their makeup. Many foundations have silicon or other types of bases that form a barrier on the skin making your sunscreen ineffective.



Protect your lips and your scalp! These areas are vulnerable to sunburns and skin cancers just like the rest of your body so you must protect them. I love Neutrogena's Revitalizing Lip Balm with SPF 30. It comes in a clear formula or colored. My favorite is the Soft Caramel because I like a more nude lip especially in the summer. I part my hair in the middle so if I have the squeeze version of my lip balm in clear, I run a line of it right down my part to give it extra protection. This may sound weird but it works! I haven't had a sunburned scalp in years! I also adore Aquaphor's Lip Balm but it does not have

SPF so it's really for the bad girls who didn't use sunscreen and now have sunburned, chapped and burning lips! Aquaphor products are a staple of mine at home and in my office because for hydration, you can't beat them!



To protect your hair and scalp, you must use a sunscreen hairspray. My preference is not L'Oréal! It's a Walgreen's product called 3-in-1 Sunscreen Hairspray. It's light, never sticky and is an absolute bargain at \$2.99!

Lastly, on the sunscreen front, is a clothing line I am obsessed with! It's called SunSoul and its protective skincare you wear! SunSoul makes a floppy hat, baseball cap and sun visor out of a patented fluorescent material. This material filters the damaging, skin cancer causing UV rays and converts them into anti aging yellow light, while providing an SPF of 50! With SunSoul you get sun protection and an anti aging treatment without stepping into my office! This is cutting edge technology and it's cute and stylish! I wear my floppy hat all the time!

Other ways to get your skin summer ready are:

Exfoliating! Make sure you give your skin a good exfoliation before applying sunscreen, sunless tanners or make up for that matter. In the summer we want a more natural look and a buildup of dead skin cells does not a natural look make! If you can't afford a monthly microdermabrasion treatment, here are some home treatments that I really love and use myself:

Mario Badescu Glycolic Foaming Cleanser for the face is tops! I buy extra bottle and keep one in my shower to use on my body as well. This cleanser has a low percentage of glycolic acid so it's safe to use on even sensitive skin like mine and it helps to exfoliate the stratum corneum while giving you a really good cleansing. As far as skincare products go, this line is really affordable! It is \$12 for a 6 oz bottle. I am also crazy addicted to Mario Badescu's Facial Spray! It's loaded with herbs, rosewater which is so great for hydration and aloe. I keep it in my purse and spritz right over my makeup for an instant pick me up. It's fantastic on the beach and it is a steal at \$7!



This next one is a bit of a splurge but worth every penny. I use this product every day for exfoliation and a more intense glycolic treatment. It's the Cane + Austin



Glycolic Treatment Pads. The price is \$60 for 60 pads but they have 10% glycolic acid which is pretty high for a home use product. I only use them three times a week so they last me quite a while. Patients with oily or acne prone skin may want to use them more often. I love to use these on my chest, arms and hands too since I have a lot of sun damage and they really help to fade brown spots.

Lastly, my absolute favorite body exfoliator is my own! Scrub It Clean Body Polish by PlasticGirl! I took what I liked from my favorite body polishers and got rid of the things I didn't like to create Scrub It Clean. It's a medical grade exfoliator but it doesn't smell medicinal. It has amino acids, acai extract, calendula flower extract and a bunch of other natural extract oils so it gets rid of dead skin cells without stripping or drying out the skin. It also has a heating mechanism that kicks in as soon as you start to rub it in and this stimulates blood circulation that will help with the color and tone of your skin too!



*To find out more information on Kelley West. visit www.Plastic-Girl.com



Elizabeth's Picks

BLUE RIBBON AWARD WINNERS



The Bed Buddy® Herbal Naturals™ All-Over Comfort Pack.

Infused with aromatherapy and lined with luxurious real lavender and chamomile, this plush wrap contains 100% all-natural ingredients and features moist heat ThermaTherapy®; better for treating aches and pains than dry heat because it allows for quicker/deeper heat penetration into the joints. The pack warms quickly in the microwave and offers great relief for the back, shoulders, hips or stomach.



The All-Over Comfort Pack is available online and at select retailers, independent pharmacies and drug stores across the country for an suggested retail price of \$25.99.

“Should I, or Shouldn’t I?”

The question is not if you must make decisions, but how to make good decisions. As part of our Call-in Coaching series, we cover this topic with listeners. Here are our Top 10 Tips to Make Good Decisions.

1 Write down the Objective

What is it you ultimately want to accomplish? Get a new job, move or start a business is not specific enough. The objective should be clearly stated in a way which describes the benefits of achieving the goal. “I want to move to a warm climate where I can engage in outdoor activities year round and simply my life with a lower cost of living” versus “I want to move.”

2 Collect Facts: Good AND Bad

Do your Homework and gather all the information, good and bad, like and dislike. You are not making the decision here, just a sound assessment of all your options for consideration. There is no rush to get through this critical step. Researcher Paul Nutt states, “Only 1 in 10 decisions is urgent. Only 1 in 100 is a crisis. You have time to reflect.” The more time you take to gather all the information, the better your decision is likely to be.

3 List Possible Consequences of Decision

Brainstorm all the possible outcomes of each decision and choice. Detach from the emotion – focus on all the possibilities. What would happen if...? How would I feel if...? Listing extreme positives and negatives at this stage is a good idea.

4. Do a Gut Check

Now that you have completed the above steps, sit in a quiet spot where you will not be disturbed and visualize each scenario you have listed. How does your gut feel? Is your stomach in knots? Is your heart beating with excitement? Pay attention to what your body is telling you and write it down.

5 Don't Over Think

Avoid placing judgment on what you have written down. Be open to the fact you might not know; what you don't know.

6 Make the Decision

Review the good work you have completed and tabulate what choice brings you the most favorable results, along with the most positive physical gut reaction. These facts will lead you to the best choice. Remember, the best choice is not the perfect choice. There is no perfect choice.

7 Stick with Your Decision

Once you have made your decision, trust the process. Follow-through to the end, because you don't want to give up 5 minutes before the miracle.

8 Give Yourself Permission to Navigate the Unexpected

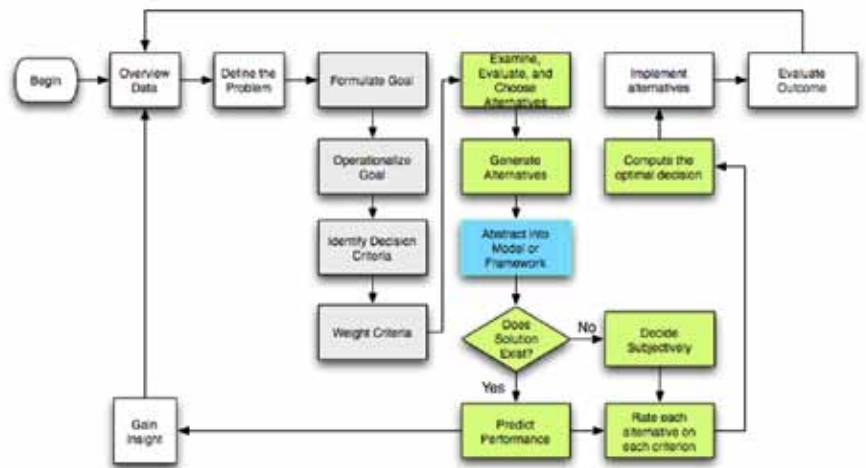
Be sensible in the sense you must give yourself permission to navigate differently in the event of an unexpected crisis. Obviously ‘life is happening while you make other plans’, so know that even the best thought out plan will be altered in the face of earth quakes and funerals.

9 Review and Assess

Take time to review and assess your progress often. This will encourage you to continue when you are able to validate positive results, and tweak your direction as needed to maintain forward momentum.

10 No Regrets

Regardless of what you expected your decision to create, congratulate yourself that you made the best decision possible with the information you had available to you at the time. There is not a person alive, including some of the greatest successes in history, who hasn't had the opportunity to learn from a decision.



Following these 10 tips allows you to follow a logical process of consequences based on completion of each task. The answers unfold naturally for you, rather than you struggling to make something fit where it does not belong.

The Rational Planning Model

“The rational planning model is the process of realizing a problem, establishing and evaluating planning criteria, creating alternatives, implementing alternatives, and monitoring progress of the alternatives. It is used in designing neighborhoods, cities, and regions. The rational planning model is central in the development of modern urban planning and transportation planning.”

Remember, good decision-making is a skill, and like any skill it can be learned. The more you practice this process of good decision-making, the more skilled you will become at making good decisions every day!

By Michael A. DiLorenzo

Family Time, Unplugged & Outdoors

Memories are Made on Vacations

Tips for the Road

Don't worry about record-breaking gas prices – the U.S. Energy Information Administration estimates prices to be \$3.79 a gallon this summer, less than in 2008. That's good news for families considering reviving the tradition of a road trip vacation, one of the best experiences parents and kids can share, says Michael DiLorenzo, author of *Adventures with Jonny: Road Trip to the Parks!* (www.adventureswithjonny.com). "This is a shared experience, and one that will be talked about during family gatherings for years to come," says DiLorenzo, a father of three. "For busy parents, this is a time to savor their children's youth. As moms and dads eventually find out, they grow up fast."

It's also a chance to get children outside and away from their computers, he says. Children today already have a deep-rooted interest in technology, which is why a road trip to a natural, outdoor destination is an opportunity to "give your child the gift of the outdoors, which is a gift for life," says DiLorenzo.

The journey to a national park in the United States or Canada – perhaps Yellowstone in Wyoming or Banff in Alberta – is as bonding an experience as whatever happens at the destination. "And there are parks in every state," he notes. "If you don't have the time or money to go cross country, pick a park closer to home."

DiLorenzo offers these helpful tips for the road:

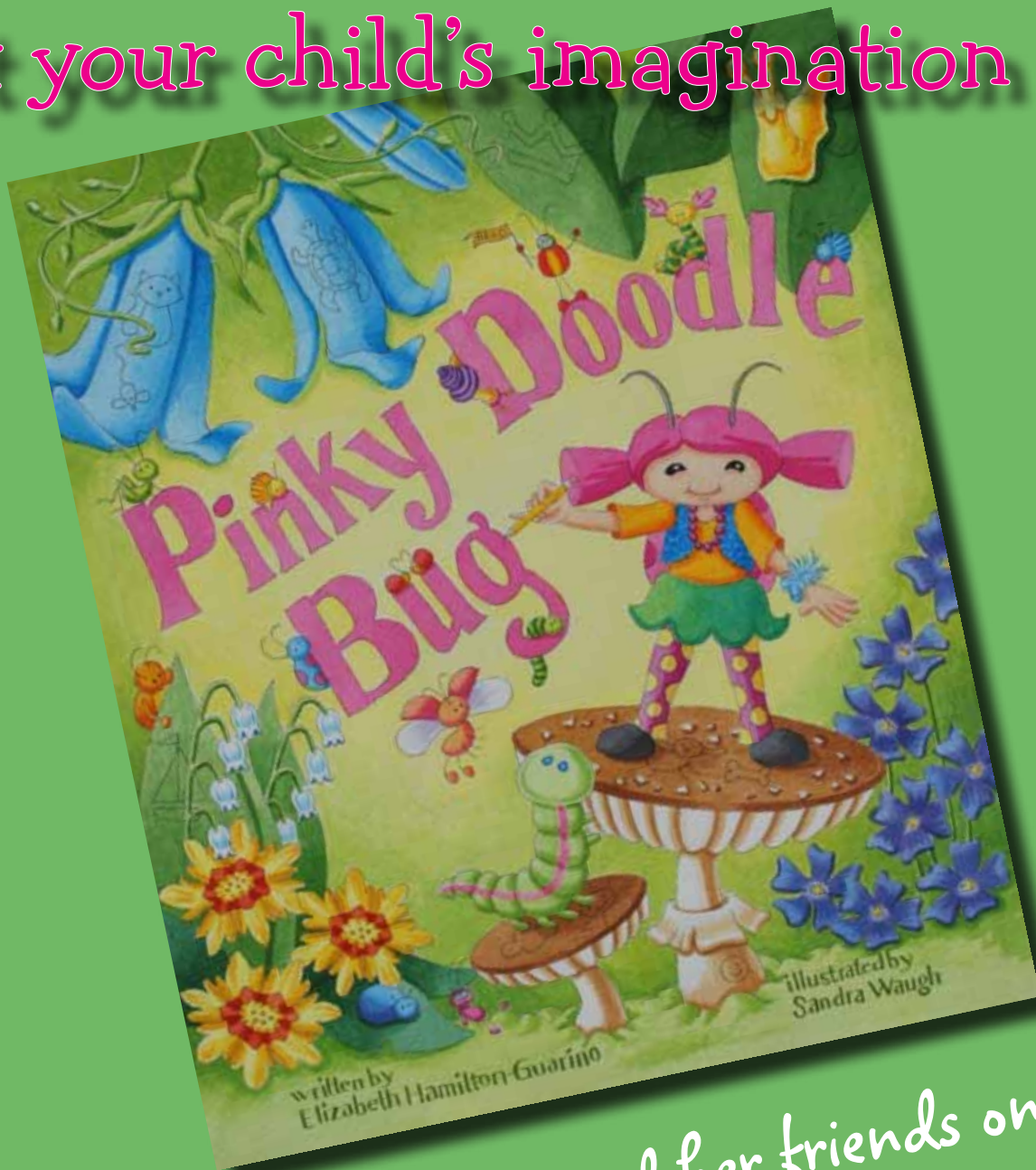
- **Games, games, games!** Yes, there is ample entertainment for both drivers and riders in cars these days. BUT, the goal is to bond with the family, so consider a fun, albeit off-color game like "Road Kill Round-Up." A point system might break down like this: two points for the first to spot a poor critter; three for whoever first correctly identifies the species; two points subtracted for a false road-kill call; three points subtracted for misidentifying the kind.
- **Beware of dairy drinks (and other smelly snacks):** A spill in the backseat can eventually create quite a stink during a summer road trip. But do pack plenty of healthy snacks to save on pricey pit stops and avoid all the sugar and salt in junk food.
- **Avoid big-city rush hours:** When traveling through metropolitan areas, consider the busiest traffic periods. Whether you plan to stop and check out the city or simply zip through it, bumper-to-bumper traffic is something to avoid. A bit of consideration can save your family hours of grid-locked misery.
- **Tech help:** Various apps and websites can help drivers find the cheapest gas prices, food options, hotel rates and travel routes. Also, don't forget a music mix that appeals to the entire family on one of these devices. (Remember, leave work at home – forget about work-related calls, texts and emails! Use a non-work-related Smartphone, if needed.)
- **Schedule pit stops:** Being in a hurry should be left for the morning commute; vacation should be different. When traveling across states and provinces, consider local culture. For example, barbecue in South Carolina is very different from Missouri's version. Enjoy diners and unique attractions, and don't be afraid to take notes.

"The greatest family memories are created in shared adventure," DiLorenzo says. "Outdoor recreation is filled with these memories just looking for a family to bring them home."

Michael A. DiLorenzo is a married father of three living in the outdoor-rich environs of Michigan. He created the "Adventures with Jonny" series to entertain and educate children (and parents!) about the activities available in the great outdoors.



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Reclaiming Your Health: How to Read Your Tongue



**When diet is wrong, medicine is of no use.
When diet is correct, medicine is of no need.**
~ Ancient Ayurvedic Proverb

When I ask myself, "how healthy am I?" my thoughts shift towards what my body looks like with clothes on, with clothes off, the number on the scale, whether or not I need to wear spandex under my little black dress, or if I can run three miles without stopping. Health for many people is defined by our exterior appearance and an absence of disease. I, too, had bought into this "idea" of health, until a friend who is also a Naturopathic Doctor introduced me to Ayurveda, a holistic system of medicine from India. This system gives guidance regarding food and lifestyle in accordance with body type, which in return creates a balance inside and out. Without internal balance, the body creates warning signs through organs such as your tongue, which is your health map.

Two situations will make you stop and think about health: when you are sick and when someone that you care about is sick. In my case, it was my younger sister. The last time I saw her she looked perfectly healthy, but in fact, she was suffering from an internal antibiotic immune bacteria that a slew of specialists in New York City couldn't find the source or cure for. Although on a treatment plan created by her doctor for several weeks, her body was still not getting any better. At that moment I knew that I had to put her on a plane to Los Angeles and find an Ayurvedic practitioner or Naturopathic Doctor STAT.

So why a Naturopathic Doctor or Ayurvedic practitioner? Naturopathic Doctors and Ayurvedic practitioners treat the person as a whole and try to find the cause of health problems, not just cure the symptoms, as most doctors do. Western medicine says if you have a clogged artery to your heart, let's take an artery from your leg and replace it; if that doesn't work, let's replace the heart. Ayurvedic medicine asks the question: why is the artery clogged, and how can we treat the cause? Therefore, I needed someone to find why this bacteria was growing inside my sister, and how to treat it. We narrowed it down to two practitioners: Cameron Alborzian, aka Yogi Cameron, Ayurvedic practitioner to the stars; and Santa Monica naturopathic doctor with a specialty in Ayurvedic medicine, Dr. Nick Bitz.

Kaye's first consultation with Yogi Cameron took almost two hours, which is typical for this model of

care. She answered over two dozen questions diligently. He took her vitals but not the way you would have expected. He took her pulse from both wrists, looked at the skin on her cheeks, the whites of her eyes, felt the temperature of her body and examined her tongue. His diagnosis was swift.

"You may be able to say you look and feel ok, but the tongue and skin never lie. You have a long crack down your tongue and the skin on your cheeks is dry. Your tongue is a reflection of what's going inside your body. You are having intestinal and back problems, your energy is low, hence your slow pulse and need to limit stress. You need to reclaim your health through diet and exercise and if you do that the bacteria will no longer be able to flourish in your intestines and you will be better."

He immediately put her on treatment plan consisting of strictly seasonal root vegetables in liquid form, which is the fastest way for nutrients to enter the body; customized herbal teas packed with nutrients her body was lacking, to be consumed 3 times a day; and taking Triphala before bedtime. She was to be asleep by 10pm and awake and moving no later than 7am. Food was only to be consumed when hungry and two hours before bed so the body had time to digest before getting horizontal.

So what is Ayurveda, and what is dosha? The term Ayurveda is taken from the Sanskrit words ayus, meaning life or lifespan; and veda, meaning knowledge. This type of medicine has been practiced in India for over 5,000 years and is about preventing illness and restoring balance specific to your dosha. Everyone has a dosha, and it is best described as 'energy of the body and mind.' There are three:

Vata (air) – tend to be thin, lanky, boney and taller or shorter than average. This type of energy controls bodily functions associated with motion, including blood circulation, breathing, blinking, and heartbeat. When vata energy is balanced, there is creativity and vitality. Out of balance, vata produces fear and anxiety.

Pitta (fire) – are average build, size and weight centered in the middle. Pitta energy controls the body's metabolic systems, including digestion, absorption, nutrition, and temperature. In balance, pitta leads to contentment and intelligence. Out of balance, pitta can cause ulcers and arouse anger.

Kapha (water) – tends to be heavy, stocky, broad or either very tall or very short. This type of energy controls growth in the body. It supplies water to all body parts, moisturizes the skin, and maintains the immune system. In balance, kapha is expressed as love and forgiveness. Out of balance, kapha leads to insecurity and envy.

If your body is out of balance, your tongue will tell you. When the tongue is covered by a thick coating on specific areas, it may indicate the presence of toxins in

the stomach, small intestine or large intestine. The color of your tongue can indicate an anemic condition, excess bile in the gallbladder, liver disorder or an existing heart condition. A healthy tongue should look like a kitten's tongue: symmetric and evenly pink. When sticking out, it is naturally straight, rather than curving. It should remain still, not trembling. It should have a thin, transparent coating, coloring the tongue pink. All the taste buds should be flat, orderly, and free from strawberry-looking bumps, deep cuts, lines, cracks and patches. If not, you should seek your local Naturopathic Doctor or Ayurvedic practitioner to find out what your body needs.

**"Let food be thy medicine,
thy medicine shall be thy food"**
~ Ancient Ayurvedic Proverb

Dr. Bitz believes, "For every sickness there is a God given plant to cure it." In addition to food, Dr. Bitz believes exercise, sleep and self body massages are a couple of simple ways to reclaim and sustain wellness. He recommended that she be in the sun for a minimum of 20 minutes each day, because every inch of the skin is covered with a cholesterol derivative called 7-dehydrocholesterol, which is converted to vitamin D when exposed to sunlight. Vitamin D helps the intestines absorb nutrients, provides calcium balance and regulates blood pressure. At night, the room was to be completely dark because when light hits the eyes (even when closed) it disrupts the circadian rhythm of the pineal gland and the production of melatonin, which sleeping in complete darkness produces. He also suggested self oil massages, because massaging the skin and joints releases a pharmacy of healing chemicals that detoxifies the body's tissue and enhances the immune system.

With his guidance in the kitchen, Kaye started to incorporate spices in her foods that have healing properties that Dr. Bitz believes everyone should keep in their pantry. He suggested she use spices such as turmeric, which is an anti-inflammatory treatment for digestive disorders and joint inflammation; cumin for the swelling of the skin and also strengthening of the stomach, liver and intestines; Coriander seed as a digestive aid and diuretic; cardamom to eradicate food cravings, mucous in the stomach and upper GI; raw garlic for its antibiotic properties; and saffron, nature's antidepressant.

After five weeks on her Ayurvedic treatment plan from Yogi Cameron and Dr. Bitz, guidance in the kitchen and recommendation to play in the sun, I am happy to report the bacteria has been eradicated from her body. She spends more time in the kitchen, has a new outlook on life and is still going on hikes over the weekend. So the next time you ask yourself, how healthy am I, stick out your tongue and see what it says.

Lynda Yoon is a producer, writer, and blogger in Los Angeles. She is passionate about women's health issues, and providing natural, excellent healthcare to everyone. Currently Lynda is working on developing her own reality series about women and childbirth. For more info please visit: <https://www.facebook.com/pages/Dr-Nick-Bitz-The-Nature-Doc/38901147> or <https://www.facebook.com/pages/Empowering-Birth-Choices/26135438723>. www.thenewhollywood.org



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