

November 2012

## Speaking of...Mindful Wellness

### A Time for Thanksgiving...

 Forward to a Friend

#### Gratitude



There are so many things to be Thankful for but I wanted to create something just for you.

[Click here to create your own Thanksgiving cards for your loved ones.](#)

Show your loved ones how much you care by writing something special and giving them a card. Or, play a game where you put the name of each person present on a card and then place the cards in the bowl. Take turns drawing a card. Then the person who drew the card, expresses gratitude or kind words towards the person whose name is on the card.

If you're struggling to

Dear Jacky,

A time for Thanksgiving.... Do you slow down to show your appreciation for the people in your life? I wonder some days when I see people out and about, if they ever take the time to stop. So many times we're running at a such a fast pace just trying to get to the next stop on our list. Take a little time to just say, "Thanks" to the clerk in the store, your mailman, your family, friends, etc. You'll feel better and you'll spread a little thankful cheer.

In this newsletter you'll find ways to help you live a gluten- free life, thanksgiving affirmations to share at the table and yummy holiday recipes. Find more ideas to feel better by visiting my website

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

I'm delighted to bring you so many suggestions to help you create something special for your friends and loved ones.

Jacky

### A Life Free of Gluten...

By Erin Brestelli and Dr. Chris Coffman

Going gluten free is a challenge as well as a benefit to everyday life for some individuals. Most don't understand what gluten is, where gluten is found, or where to start. In my opinion, the journey to being gluten free starts with knowledge.

#### What is Gluten?

Gluten is basically the "glue" that holds a lot of products together. It is a protein found in wheat and a lot of other grains.

#### What Products Contain Gluten?

Most assume that going gluten free means that you can no longer eat bread. Although this is partially true (there

come up with your own [click here for some inspirational "Gratitude Affirmations."](#)

This could easily turn into a family tradition.

Create your own games and ways to appreciate each other.

### Special Offer



**Hurry this special offer won't last long!**

[Click here to save 10% on Celebrate Essential Oil at Mindful Wellness.](#)

Enter coupon code Celebrate10 at check out.

Find many unique gift giving items like Body Brush Kits, exclusive Mindful Wellness CD's, soothing music CD's, Therapeutic Bathing Products just to name a few.

*Fine print...*

Enter coupon code Celebrate10 at checkout. Offer is available on-line and in-store on the purchase of Celebrate Essential Oil. Discount will be applied before shipping and taxes. Coupon expires December 15, 2012.

are gluten free breads), most do not realize that gluten lies in a lot of everyday products and constitutes over 20% of our daily carbohydrates. Gluten can be found in products such as flour, sauces (i.e. soy sauce), inexpensive spices, oatmeal, licorice, pasta, margarine, chicken broth, chocolate, flavored rice, alcohol, beer, pre-made hamburger, and French fries. Sadly, gluten is even found in shampoos and postage stamps.

### What Does It Mean to Be Gluten Free and What Are The Challenges?

To be gluten free means that you can no longer consume gluten; period! For most, this is a challenge due to the predominance of gluten in our everyday life. The two biggest challenges that I have encountered are shopping and going out to dinner.

My first shopping trip took me about 2 hours. This was after I had already made a gluten free dinner plan and lunch plan. It was absolutely overwhelming to try to gather the ingredients to make these dishes not knowing exactly what I was looking for. I had to read every label, and even took out my phone and started looking up products. Eventually you will know what to look for and shopping gluten free will become easy. Like riding a bike, it just takes practice!

Going out to dinner is extremely challenging. A lot of restaurants still do not offer a gluten free menu so you have to know what you can and cannot eat prior to going. I can usually find one or two items that I know are safe and if I can't, a salad is always a good back up. Many soups are not safe because they use flour as a thickener and a lot of chicken is often breaded. Getting a drink could also be a problem. A lot of alcohol is fermented with wheat but there are a few brands that aren't.

Some of my favorite restaurants with "safe" foods are Chipotle (no tortillas!), The Mellow Mushroom (pizza), Panera (their salads are wonderful!), Applebees (great chicken and vegetables), and Chinese food (as long as it's not breaded and served with soy sauce).

### How Can Gluten Affect My Body?

Many years ago, society didn't have as many issues with gluten. The common theory behind today's struggle is the hybridized strains of gluten. One study confirmed that when these strains were tested, they no longer had the same attributes as the parent strains. Our bodies can no longer handle the changes we have made to our food.

The effects of gluten on your body are really determined on an individual basis. For those with an auto immune issue such as Multiple Sclerosis, going gluten free may be recommended by their doctors to reduce fatigue and joint pain. For those with weight issues, fatigue, chronic muscle inflammation, joint pain, digestive issues, skin irritation, or other neurological problems, their doctor

## Celebrate the Season



This cheerful blend spreads joy in abundance. A rich, uplifting synergy that is so delicious and heart-warming, it will turn your holidays into jolly days!

It smells like Christmas - freshly cut evergreen branches and Christmas cookies. This aroma is likely to become a cherished holiday essential for you and your family.

- Add [Celebrate](#) to a [diffuser](#), sprinkle it on your Christmas tree or wreath, place Celebrate-scented potpourri throughout the house, etc.
- Makes the perfect hostess gift! Add a few drops to a beautiful [spray bottle](#) filled with water to show your appreciation.
- Due to its high Orange and Cinnamon content, this blend is not recommended for use in body care or a bath.

Ingredients: Essential Oils of Orange, Cinnamon, Spruce, Patchouli, Clove.

may recommend a trial gluten free diet. Celiac patients cannot consume gluten without extreme adverse effects. A test for celiac disease, gluten sensitivities and gluten intolerance can be performed by your doctor. Just be sure that your doctor is familiar with the most up to date testing. If a gluten sensitivity or intolerance is ignored, it can set your body up for other autoimmune conditions.

### If I Have a Sensitivity, What Can I Expect From Gluten Free?

If you do have a gluten sensitivity or intolerance, and you try to completely stop eating gluten, you will most likely have a withdrawal period. Gluten feeds the same receptors as heroin and is addictive. After about a week, you will start to feel much better. After about two weeks, you will notice that your body is changing. Some individuals start to lose weight, muscles and joints stop aching, they have a boost of energy, they don't feel so irritable, digestive issues start to disappear, skin problems clear up and your body starts to heal. Getting muscle work becomes more beneficial when muscles and joints are not irritated and constantly being attacked.

If you are gluten free and your symptoms persist, it is possible you are eating foods that have the same effects on your body as gluten. A blood test can be done to determine these.

### Have Gluten Free Holiday and Brand Suggestions

Of course you can still eat your turkey, but you may have to pass on the stuffing and gravy! Safe holiday foods include meats with safe spices, mashed potatoes, sweet potatoes, carrots, broccoli, and cranberries. All vegetables are safe to consume as long as nothing with flour was added to them (aka gravy or cheese sauce). Unfortunately, most pies are not going to be on your menu.

### For More Information...

If you have any questions about testing or would like to attend one of our "No Pain, No Grain!" gluten seminars, feel free to call us at 513-777-7575.

Some Suggested brands include:

UDIs- bread, pizza crust

Red Barn- oatmeal

Gluten Free Bisquick- can substitute for flour

Baked Lays- chips

VANS- waffles

CHEX- cereal (comes in chocolate and apple!)

Betty Crocker Gluten Free- cake, brownies, etc

### Gluten Free Fall Chicken Recipe

1 lb chicken breasts or tenderloins

2 cups gluten free honey CHEX (crushed)

3-4 tbsps melted butter

1 ½ tsp cinnamon

½ tsp clove

¼ tsp all spice

## Follow Us

[Visit my blog](#)



[Click Here to Purchase  
an Instant Gift  
Certificate](#)

## Contact Us

513-382-3132  
Jacky Groenewegen  
Licensed Massage Therapist  
Healing Touch Certified  
Practitioner  
Guided Imagery  
Therapist

[e-mail Jacky](#)

513-497-0689  
Jennifer Concannon  
Marketing and Customer  
Relations Manager  
[e-mail Jen](#)

5 tbsp Apple Butter (enough to cover each chicken)  
1 ½ cup Apple Cider (can add a little more for gravy)

1. Preheat oven to 350 degrees
2. Dip chicken in butter and roll in crushed chex
3. Place into a greased glass pan
4. Top with spices
5. Top each chicken with apple butter
6. Pour apple cider over chicken
7. Bake for 30-35 minutes or until done.
8. Use left over gravy for mashed potatoes or vegetables.

## Yummy Pumpkin Smoothie

Pumpkin smoothies are a tasty (and healthy) Holiday treat I think you'll enjoy.

Pumpkin Smoothie Recipe:

- 1 cup of almond milk ( or your choice of milk)
- 1 cup chilled pure pumpkin puree
- 1 scoop of (vanilla) protein powder..
- 1 cup of frozen banana
- pinch of salt
- 1/2 vanilla bean or 1 tsp vanilla extract
- pinch of cinnamon or to taste
- smidgen of nutmeg if you like
- 2 tsp or LESS of Agave or sweetener of choice to taste
- 1 Tblsp of chia seeds ( or flax seed)

Blend until you have a velvety texture and enjoy!!

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

Jacky Groenewegen , LMT, HTCP, GIT  
Mindful Wellness Massage & Bodywork, LLC