



Michelle Budiwski

Nutritionist
 &
 Certified Fitness Instructor

[Contact Me!](#)

ISSUE 5

NOVEMBER 9, 2010

Weekly Tip:

When you exercise regularly, your body will eventually reach a plateau and you will stop seeing results. This is NOT a bad thing - it is actually a very good thing because it means your body has responded to all of your hard work and is becoming a healthier, more efficient machine!

In order to break through a plateau, you don't necessarily have to work harder, although increased intensity, heavier weights and longer workouts will help—you just have to work differently!

Change up your exercise routine regularly, keeping things different will not only bust plateaus, it will keep you from getting bored because the same old—same old is never fun!

Your Attitude is Showing

Most people who spend any amount of time with me, either socially or professionally have probably heard me say 'Motion changes Emotion'. I say that because it is one of my favorite motivational catch phrases and I use it constantly—especially on myself.

As true as that statement is, there is another aspect to it as well. When we think of the holistic approach to wellness, we must always consider balance between thought, feeling and action because they all inter-relate. So just as Motion changes Emotion (Action changes feeling), Thought changes Feelings.

We all think. Our minds are constantly in motion and those thoughts manifest themselves in everything about us—our facial expressions, our choice of clothing, our actions and most importantly—our feelings. When something happens, it isn't the action that makes us happy, excited, sad or angry—it is what we THINK about it that determines our feelings.

As an example, if you are driving along a city street and someone in a car beside you suddenly cuts you off—how does that make you feel?

It's hard to say how you would feel without actually being there isn't it? That is because what determines your feelings about that driver and his actions, isn't what he did but what you think about it at the time it happens.

If you are having a bad day, are tired and in a rush, you probably have thoughts such as 'damn fool! Probably on his cell phone!', 'what the hell is his problem?', 'he just about killed me—what an %\$#%#!'. You may even be thinking things like 'Everyone is always pushing me around!', 'He thinks he is so much better than me!'

If those are your thoughts about what the other driver did, you would feel anger, frustration, fear, self-pity - these feelings would be immediate reactions to those lightening fast thoughts.

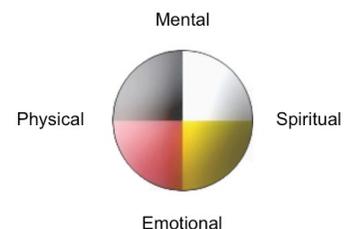
Confused? Still thinking that those feelings are about being cut off in traffic? Really? Well consider this...

If you are in a good mood, relaxed and enjoying the day when someone swerves in front of you, you may think something along the lines of, 'Wow—that was close, glad I didn't hit him!'

'I hope they are ok!', Maybe you are so busy thinking about that special dinner with your loved one, that new promotion at work or the color of the sky, that you just automatically tap your breaks and pay the other driver no attention.

So if those are the thoughts going through your mind after being cut off, how would you feel then? Still think it would make you angry, frustrated or scared? Not at all. Completely different thoughts about the same action will give you totally different feelings about what happened—completely different reactions based on nothing but your thoughts and attitude.

The cool thing about thoughts is that we control them. Even if your initial thoughts are negative, you can intentionally force them out with more positive ones and by doing so, not only change the way you think about and see the world, but how you feel. And when you feel great and think positive, that is an attitude you don't mind showing!



Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!
Straight from Michelle's kitchen!



Wild Rice Seafood Salad

- 4 cups cooked wild rice
- 1/2 Thinly Sliced green onion
- 1 Large Tomato — Diced.
- 1 Cup thinly sliced Celery
- 1/2 Lbs. Crabmeat (imitation or real)
(Or cooked Shrimp)
- 1/3 Cup of low-fat Mayonnaise
- 1/3 Cup non-fat Sour Cream
- 1/4 Cup Tomato Based Chilli Sauce
- 1 Teaspoon Lemon Juice
- 1 Teaspoon Dijon Mustard
- 1 Hard Boiled Egg (sliced or diced) - OPTIONAL!

Mix into the wild rice: onion, tomato, celery, and seafood. Mix well and season to taste.

In a separate bowl, prepare the salad dressing as follows:

Blend together the mayonnaise, sour cream, chilli sauce, lemon juice and mustard. You can mix this thoroughly through the salad or just pour it on the top of each serving. Garnish with a sliced or diced hardboiled egg.

Serves: 5-6

Michelle's Blog:

www.butterflyconsultations.com/blog

Laughter IS the best Medicine



Laughter is now being prescribed as the best medicine for wellness. Countless studies have validated the efficacy of laughter and its therapeutic power in dealing with physical, mental and emotional health. With enormous physiological and psychological benefits, it is the most powerful remedial tool that has the ability to dramatically change the perspective of life by quickly relieving stress and depression and elevating mood states. It also helps to get in touch with reality and control emotions and feelings under adverse situations.

Besides healing the mind and mitigating emotional pain, laughter even alleviates physical pain due to injury and disease and helps in speedy recovery.

Laughter boosts the immune system by increasing the natural killer cells that have the ability to destroy tumors and

viruses. It increases disease-destroying antibodies and also increases the concentration of salivary immunoglobulin A, which defends against the entry of infectious organisms through the respiratory tract. Laughter flushes the lungs and fully oxygenates the blood and major organs leaving one bursting with energy and vitality and free from disease; Laughter triggers the release of a natural opiate called endorphin into the bloodstream, our body's natural anti-depressant.

Because stress messes with our mind, it can lead to depression, feelings of intense fear, psychological distress, shortness of breath, heart palpitations, chest pain sweating, nausea, dizziness, hyperventilation and sensations of choking or smothering. Laughter is nature's counter to stress, and hearty laughter has surprising positive results on the body. Stress increases blood pressure and heart rate, laughter

reduces both and dilates blood vessels for better circulation. The feeling of health and energy from laughter is often compared to the 'runner's high'.

Laughter boosts circulation and increases the net supply of oxygen to the body and the brain. The deep diaphragmatic breathing massages the mid body and provides a respite from the flexibility of various joints throughout your body. So it's a bit of physical exercise and healthful body movement as well.

With all of the benefits to your mind, body and spirit – why don't you make a point of laughing more often? Watching comedic shows, books, telling jokes, joining a laughter yoga program or even just finding the 'funny' in everyday situations – every single LOL will literally keep you health and happy for years to come!

If you would like to unsubscribe from future newsletters, please click [HERE](#)