



## Weekly Tip:

Did you know that fats digest slower than proteins and carbohydrates? They also have more calories per gram than both of the others.

That is why your body craves high-fat foods when you skip meals or let yourself get 'starving'. Your body always wants balance and will always protect itself. If it is unsure of when its next meal is coming because you eat sporadically, it will react.

Self preservation tells it that it better get full of high fat foods the next time you do eat so that it can stay full longer and have more energy to feed off of in between your irregular meals.

Want to stay balanced and healthy? Eat more often. Three small meals and three snacks a day will keep your body nourished and keep your cravings for high fats foods at bay. Less temptation, more Success!

# The Mommy Syndrome

Ok, so this can apply to men too and even childless individuals. I am not trying to be exclusionary with the title but the majority of people I work with that fall under this syndrome I have coined are exactly that—mommies.

What I mean when I say the 'Mommy Syndrome' is actually the habit that too many people have of putting everyone and everything ahead of themselves. This could be your children, your spouse, your siblings, coworkers or even just your job. It means making yourself last on your list of priorities.

Many of you will read this and say, 'Well that is what you are supposed to do when you get married, when you have a family.' and you know what? I call bullshit.

What good are we to anyone, especially our children if we aren't the absolute best that we can be? If we don't take care of ourselves physically, mentally, emotionally and physically, what kind of example are we setting for them? Is that what we want for our daughters—to be last on the list, for our sons to expect to be someone's priority?

Not me. I spent most of my life being the last on everyone's list, including mine. I never thought I was worth more than that, it was my job to be what everyone else wanted and needed, no thoughts to myself.

It took many, many years to discover that I couldn't be what my children, spouse or anyone needed me to be unless I learned to take care of myself. I couldn't give anything if I had nothing to give.

This is called the mommy syndrome and I see it so often because it is easier to recognize in others what we can't always see in ourselves. I see it most often in my female clients who come to me looking for change and having a very difficult time reconciling their own needs with the wants of their families.

I am going to be honest—I lose more than half of my clients who suffer from this syndrome in the first month because after years of putting themselves last, they just don't know how to put themselves first. The guilt and fear of losing their families because they are no longer willing to give everything is often more than they can bare and they return to their unfulfilled lives, they return to the bottom of the list.

But... those that do push through have amazing results. Not only do they start to spend more time, energy and effort on taking care of their own needs making them happier, healthier and more balanced, they realize that they actually have MORE to give to others, not less.

When our emotional, physical, spiritual and psychological health are all well fed and well balanced, we have much more energy, more love, more wisdom, more time more everything. It is when we fail to take care of our own needs and we become unbalanced that we get easily stressed, frustrated, angry, confused, tired and depressed, restricting our abilities in every avenue of life.

I implore you all— PLEASE stop feeling guilty for taking care of yourself. PLEASE make yourself a priority and do the things you need to be healthy and balanced.

The best gift that you can ever give your child is a happy and healthy mother. They deserve that and so do you.

# Recipe Corner

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

## Baked Mexican Jambalaya

*This amazingly easy and delicious dish is packed with flavour and nutrients! A great way to add those essential fatty acids to your diet!*

You will need: 4 medium fresh avocados, peeled and chopped. 4 fresh tomatoes, chopped, 1 medium onion, two cloves garlic, 1 pound cooked, peeled and detailed, 2 cups cooked rice (brown whole grain), salt, pepper and fresh or canned chilli's. (shredded mozza—optional)

Brown Onions and garlic in 1 tsp. of olive oil. Add the rest of ingredients and bring to a simmer. Add cooked rice and season with chilli's, salt, pepper and Cajun seasoning to taste. Add to casserole dish and top with shredded cheese if desired. Bake for 30 minute or until it reaches desired thickness.

Enjoy in a bowl as a stew or on a plate with a side salad! For a vegetarian option, include mushrooms, celery and zucchini, beans and peppers instead of shrimp!



## More than Guacamole

The avocado has gotten the largest bum rap of any of nature's fruits. Many people avoid avocados because they believe that the high fat and calorie content of the fruit will cause them to gain weight or become unhealthy. Nothing could be further from the truth.

While an average avocado is high in both calories and fats (approximately 230 calories and 22g of fat) what most people don't realize is that when it comes to avocados, these are actually good things.

Those 230 calories are some of the most nutrient dense calories that you can add to your diet. Avocados are high in fiber (about 30% of your daily requirement) as well as high in protein, calcium and potassium.

The fats that are in Avocados are monounsaturated, which are the good fats that your body needs. These fats will actually improve your metabolic rate and help your body work more efficiently to burn fat, build muscle and lose weight.

When eating avocados with other raw fruits and veggies, your body will actually better absorb the vitamins and minerals as most of these are fat soluble. The fats in the avocado will bind with them and provide your body with the nutrition it needs to work as effectively and as efficiently as possible.

The other great thing about this fruit is that your body digests fats slower than proteins and carbs so eating an avocado on its own or with any meal will actually help you feel full sooner and longer, preventing overeating.

The health benefits of avocados are beyond amazing making it truly one of the world's super foods. Helping with hair, nails and skin, avocados will also help boost your immune system, lower your cholesterol, blood pressure and even improve your eyesight.

Believe it or not, for pregnant or nursing moms, the avocado is a perfect food with a high folate content and B6 to prevent and alleviate nausea—a great tonic for morning sickness.

Muscle and nerve functions and energy metabolism will also be increased as will the balancing of the body's electrolytes. If you have ulcers, avocados provide a soothing comfort and if you have psoriasis, the oil will alleviate its symptoms.

In other words... Eat Avocados!!!

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