



Weekly Tip:

I don't know how many times that I have heard, 'I hate working out—exercise is no fun!!' Really? It is no fun to go out dancing? To play with your kids in the park? To grab a jump rope and teach your daughter to skip or to shoot hoops in the driveway with your son? How about a moonlit stroll with the one you love? Skinny dipping? Sex? How about a swimming—or better yet going down the waterslide, again and again? Playing Frisbee? Walking with your best friend while sharing the newest gossip? Dancing around the house while your favourite tunes are cranked and no one is there to watch you? Stop thinking about exercise as an effort, as some horrible thing that you HAVE to do. Instead of thinking about exercise as a huge burden, why not think of activities you do enjoy doing and just do them more often?

You will be surprised at the results!

My daughter, myself.

Society has worked for generations on teaching women to fear the appearance of vanity. This has worked so well that we now have women and girls so ingrained and practiced in self depreciation that not only do we fail to discuss our assets, we fail to even recognize them leading to low self esteem, low self worth and impaired body images paving the road to abuse and oppression as individuals and as an entire gender.

Think about the things that you routinely say to and about yourself on a daily basis. What thoughts go through your mind as you are looking in the mirror? When you are getting dressed? How about throughout your day—what words escape your lips when you are talking about the one subject you are an expert on—you? How many of these thoughts are comments are positive?

When was the last time you looked yourself in the eye and said something great to and about the person staring back at you? Or do you have the constant criticism of a negative point of view screaming in your head all day long? If you stub your toe or drop a pen is your first reaction to think or say, 'I am so stupid! What a clumsy oaf!' If you do—don't beat yourself up, you are not alone—we all tend to do it. The problem is when we do it constantly and never have anything nice to say—we are then responsible for tearing down our own self esteem and that can be a very dangerous game.

If I have completely lost you—think about it this way....

We all know that when a child grows up hearing that they are

worthless, they believe it and act as though they truly are worthless—that is why most of us would never ever call our child such a name. Most of us would never tell our best friend that we think they are stupid, lazy or fat. We would never use such awful names to describe someone we love. We might address a particular behavior of theirs such as 'Honey, I am worried about you—you don't seem to care about your health anymore' but we would find a nice way to say it because we wouldn't want to hurt them. How many of us would express that same sentiment by saying, 'Honey—you are starting to get fat!' - most of us wouldn't because we know the damage that insults like that can cause to someone's self esteem and we don't want to be responsible for damaging anyone's, so we are sensitive and caring and loving when dealing with others.

Starting to make sense? It should because the exact reasons why we don't speak harshly to our friends are the exact reasons why we shouldn't speak and think that way about ourselves but we do. We do it all of the time. I bet all of us has looked in the mirror at one point and thought to ourselves, 'You are getting fat!' or worse - right? We routinely say things about ourselves that we would never ever say to our friends or children. When we put ourselves down, by thought or out loud, we chip away at our own self esteem, causing much more damage than hearing it from another person—why?

Because our thoughts are internal. We can always dismiss the comments of others but when those same insults are repeated internally

again and again, there is no escaping them, they become a part of us, we believe them and we act on them.

If saving yourself from a lifetime of negativity isn't inspiration enough to throw caution to the wind and start shouting our positives from the rooftops or at least stop the pain of self depreciation, then here is one more incentive... our daughters.

Our nieces, our next generation. The girls who are watching and learning from what we do. Everywhere we go—they are watching us and will ultimately do as we do, regardless of what we say.

If every time you look in the mirror you say, 'Ugh, I look awful in these jeans!' or you avoid swimming for fear of a bathing suit, or you even make self flagellating jokes about yourself, you are teaching them to hate themselves too. You may not mean it, but you are demonstrating a behavior that is ultimately destructive for yourself and anyone who repeats it. If you want better for your daughter, if you want her to be healthy, happy, strong, independent and confident then you start by becoming those things yourself.

You owe that to her, you owe it to you. You are the strongest influence in her life, she will want to be like you, she will learn to do as you do good or bad, happy or sad.

Not only do we need to teach our daughters to be proud of their accomplishments and share their pride without shame and fear, we need to teach ourselves to recognize our abilities, our gifts, our assets! Share your pride! Instead of hiding behind a veil of modesty to the detriment of us all, stand up and shout! Toot your own horn! Be proud! So tell me ladies - what is your favorite thing about you???? I want to know!!!!

Recipe Corner

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



Homemade Iced Tea

3 tea bags (good quality Black Tea, Orange Pekoe, Green Tea or any other tea you like)
4 cups of water
1/2 cup sugar (adjust to preference—we don't use any)
1/2 lemon, thinly sliced (optional)

Bring water to a boil in a saucepan. Once it reaches the boil, remove from heat, add the tea bags, cover and let steep for 5 minutes. Remove and discard the tea bags. Pour tea into a heat-proof glass pitcher. While tea is still hot, add sugar to taste and stir to dissolve, add lemon — refrigerate.

Perfect Lemonade Recipe

1 Make simple syrup by heating 1/2 cup sugar and 1 cup water in a small saucepan until the sugar is dissolved completely.

2 While the sugar is dissolving, use a juicer to extract the juice from 4 to 6 lemons, enough for one cup of juice.

3 Add the juice and the sugar water to a pitcher. Add 3 to 4 cups of cold water, more or less to the desired strength. Refrigerate 30 to 40 minutes. If the lemonade is a little sweet for your taste, add a little more straight lemon juice to it.

Serve with ice, sliced lemons.

Michelle's Blog:

www.butterflyconsultations.com/blog

Raiding the Rhubarb Patch

If you are like me, you have a huge rhubarb patch in your back yard that seems to grow larger every year. And if you aren't like me and want some rhubarb after reading this article—come on over—I have plenty to share!

This time of year, rhubarb is ready for the picking but did you know that beyond being a great filling for pie and crisps—there are some amazing healthy reasons to get out and raid your neighbour's rhubarb. Yes it is true! The bitter bark is good for you! Who knew right?

Rhubarb is an excellent source of Vitamin C—which is essential for a healthy immune system—a great way to combat those summer colds and build up a little stamina for those later summer nights. Another great reason to get your kids snacking on it because we all know what happens to those overtired little bodies during the unscheduled season of summer!

Besides vitamin C, rhubarb is high in

dietary fibre and we all know that fibre is something that we ALL want and need. Beside regularity, fibre aids in weight loss and management, cancer prevention, blood sugar maintenance—the list of why we need more fibre goes on and on but needless to say—it is a very good thing! Cooked rhubarb has 5g per cup!

You may also be surprised to know that rhubarb is also a good source of calcium - essential for bone health and development. Whether you are 2 or 20 or 80, we all need calcium and some of use more than others, rhubarb can help you with that! 1 Cup of stewed rhubarb has over 35% of your daily recommended requirements—the same amount as an entire cup of milk!

Unlike most fruits and vegetables, in order to get the best nutritive value from rhubarb—it should be cooked until very tender. Raw rhubarb does not release its nutrients well in our system, so in this case—cooked is better! Of course because of its bitter taste, many people add sugar to it which isn't a huge issue - in moderation!

On it's own, rhubarb has a very low sugar content with only about 1g of natural sugar per cup—hence it's bitter taste. Personally I like the taste on it's own but if you do add sugar, remember that raw sugar sources are easier to digest than refined white sugars so try sweetening your rhubarb recipe with honey, molasses, raw cane sugar and stevia. It is also routinely mixed with much sweeter fruits (like strawberries) which is a great way to naturally sweeten it without adding any processed sugars!

Some of our favourite healthy ways to enjoy the rhubarb from our yard is in crumbles, crisps and preserves. I LOVE stewed rhubarb and strawberries over low-fat vanilla ice cream in the summer - or a scoop of vanilla yogurt over a warm rhubarb crisp made with whole grain oats and plenty of cinnamon!

YUM!

Watch for some of my favourite rhubarb recipes in upcoming issues!!

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