

## Listen To Thyself a holistic collaborative Nourishing Newsbites

Whole Soul  
Nutrition  
July 2008

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*"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."*

Does that excerpt from the Declaration of Independence, penned by our fore-fathers on July 4, 1776 touch, move and inspire you?

Welcome to your life and to the July edition of Nourishing Newsbites, authored by yours truly, Diane Marie Ford of Whole Soul Nutrition. If you are unable to freely celebrate *your* independence (from overindulgence of certain foods or behaviors (you know what I am talking about) self-defeating thoughts, grief over the death of a loved-one, unfulfilling relationships or a J.O.B. which drains rather than nourishes you) then we need to talk!

After all, I believe a well fed and nourished soul is one of our unalienable rights.

Welcome or Welcome Back (I think I know what song you are humming here...) to Nourishing Newsbites, our monthly newsletter chock full of life enhancing tidbits, designed with you in mind.

*"You cannot fly like an eagle with the wings of a wren."* William Henry Hudson

Katharine Gilpin & I wish you and yours a delightfully festive and fabulously freeing 4th of July!!

### Dallying with Dinah

*Yes My Dear, We Can Talk To The Dead..... Allow Me To Bring Your Loved Ones Through.*

Please allow me to re-introduce or introduce (whatever the case may be) the woman I reference in my Dallying with Dinah articles.

Dinah Bibeau, my maternal grandmother was a kind, gentle woman who, as I remember, always had a smile for everyone.

Over the years, as I have softly



### Katharine's Korner

*Holding Your Breath With Your Stress*

Hard wired into us is the "fight or flight" response, which is our reaction to stress that literally stops us in our tracks.

We remain still for safety's sake, while we consider what action to take next.

What we are confronted with could be a physical or emotional threat, imagined, real or self-created (i.e., worry), a traumatic situation nonetheless.

What can happen if we do not move out of the trauma, if we continue to hold tight onto that experience?

We store the holding of our breath in our cells and the trauma/ threat remains ever present - we live in a constant state of "on guard".



settled into my own cronehood, I have become more and more like the essence of my mother, Leah, which serves to deepen and enrich my connection with her mother, Dinah.

Together, they serve as wonderful, gentle guides in my life and my practice. It is through the grace of these two women and others who have gone before them, that I have been guided to my calling and am able to connect and facilitate healing with spirit.

The expression "The more the merrier" was not only one of my mother's favorite expressions, it was her lifestyle. The more people she invited to family gatherings or had around her, the merrier she was!

True to form, we are never short on visits from the other side.

It never ceases to amaze me how spirit moves and how much healing takes place during our sessions.

*"My experience was a touching one ~ I am so glad to have met Diane. It was nice to hear from my husband and others." Betty R.*

*"Extremely interesting and somewhat surprising for me. My grandmother came through exactly as she was in life. Great to know my cat is still "around". I miss her. " Lois B.*

Should you feel the desire or need to connect with a loved one who has crossed over to the great beyond, please allow me the honor of making that connection for you. You may find peace, comfort and a great deal of joy in the process.

**Connecting souls and co-creating healing is my passion.**

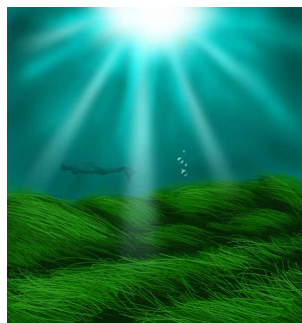
## Pure, Safe, Beneficial

*Detox Now! Ask Me How!*

### Are you feeling toxic?

Do you suffer from:

- Headaches?
- Nervousness?
- Congestion?
- Backaches?
- Joint Pain?...



(the list of symptoms go on...)

If you answered YES ~ then chances are you may need to detox.

Literally holding our breath can become a stuck pattern, an unconscious habit that wears us down instant by instant - physically, emotionally, spiritually.

In my work I am constantly monitoring my client's breathing pattern, and always referring to the movement of their rib cage - are the muscles between their ribs (intercostals) stuck, or is their breathing pattern free?

As I work with your ribs to free them up, the possibility exists for other areas to let go, and we can work towards easing and alleviating pain and stiffness.

Katharine Gilpin, LMT, Sound Therapist and Reiki Master is an expert in decoding your body's messages in a safe, supportive and compassionate environment.

Her sessions are more than mechanical manipulation, they are profound healing experiences for those who value personal growth and optimal body functioning as a means to live their best life.

"I help people who are making a difference in the world be their best with my one-of-a-kind healing massage and bodywork sessions and I would love to be given the opportunity to make a difference in your world!"

You may contact Katharine directly at 508.947.5348 or send a confidential email to [katharine@listentothyourself.com](mailto:katharine@listentothyourself.com).

## Recipe of the Month

*Red, White & Blue Fruit Terrine*

You are sure to set off fireworks while delighting your palate with this tasty treat directly from

[FatFreeVegan.com](http://FatFreeVegan.com)



### Ingredients:

- 2 cups white grape-peach juice (or juice of choice)
- 1 1/2 tsp. agar powder \*
- 2 tbsp. agave nectar\*\* (optional- use only if your fruit is not very sweet)
- 10 ounces strawberries
- 2 bananas

### **Detox from what? You may ask .... Good Question!**

I ask you these questions... **do you...**

- eat 100% healthy organic food every day?
- handle stress well?
- believe the air you breathe is clean?
- sleep soundly for 7-8 hours each night?
- exercise 3-5 times a week?

If you answered *NO* ~ then chances are you may need to detox.

### **What is a toxin? Another good question, thank you - keep them coming!**

Simply stated, a toxin is a substance that can create an irritating or harmful effect on our body ....

Some examples are:

- Pollutants
- Smoke
- Pesticides
- Fertilizers
- Plastics
- Petra Chemicals
- Even Pool Water!

They become toxic when our body cannot effectively eliminate them which causes a negative effect.

If they are allowed to build up, toxins can contribute to:

- Weight Gain
- Fatigue
- Skin Breakouts
- Premature Aging
- A Weakened Immune System

Well my friends, I am so excited to let you in on this one ....

I nearly flipped when Arbonne International launched their newest line ...

Picture this if you will... the Georgia Dome in Atlanta, Arbonne's National Training Conference ... 16,000 (plus or minus) in attendance... and the heavens open up!

Streaming down from above with a 'Cirque du Soleil' flair, were mermaids, jellyfish and sea

- 1 1/2 cups blueberries

\* *Agar* or agar agar is a gelatinous substance derived from seaweed and can be purchased at most health food stores.

\*\*A little ditty about *agave nectar* ..The agave (*uh-gah-vay*) plant has long been cultivated in hilly, semi-arid soils of Mexico. Its fleshy leaves cover the pineapple-shaped heart of the plant, which contains a sweet sticky juice. Ancient Mexicans considered the plant to be sacred. They believed the liquid from this plant purified the body and soul.

When the Spaniards arrived, they took the juices from the agave and fermented them, leading to the drink we now call tequila.

But there is a more interesting use for this historic plant. Agave syrup (or nectar) is about 90% fructose. Only recently has it come in use as a sweetener.

It has a low glycemic level and is a delicious and safe alternative to table sugar. Unlike the crystalline form of fructose, which is refined primarily from corn, agave syrup is fructose in its natural form.

This nectar does not contain processing chemicals. Even better, because fructose is sweeter than table sugar, less is needed in your recipes. It can be most useful for people who are diabetic, have insulin resistance, or are simply watching their carbohydrate intake.

It also may be purchased at any local health food store.

Put one cup of the juice in a saucepan, and sprinkle the agar over it and allow it to soften for a few minutes. Then, heat on medium-high, stirring, until the agar is completely dissolved and the juice begins to boil.

Stir in the remaining juice and the agave (optional) and remove from heat.

Allow the agar mixture to cool slightly while you prepare the fruit. Be sure to stir the juice every minute or so.

Remove the stems from the strawberries and slice them lengthwise. Place them on the bottom of a loaf pan, prettiest sides down.

Slice the bananas and place them on top of the strawberries.

Put the blueberries in an even layer on top of the bananas.

Gently pour the juice mixture evenly over the berries. It will start to jell immediately, so work

algae, *oh my!*

The debut of this comprehensive, pure, safe, beneficial, no animal by-products or testing, vegan friendly, (and you know how passionate I am about our 'fellow' sentient beings) line of cleansing and purifying spa products, had the crowd on our feet! I was hooting and hollering!!

I am thrilled with the SeaSource Detox Spa, which is a comprehensive and holistic approach to purification. This line of products support the organs of elimination, including skin, kidneys, liver, lungs and digestive tract while supporting the body's own ability to eliminate and remove toxins!

I was hooting and hollering because I know that by cleansing internally and externally, we help our bodies work at their optimal level and life does not get much better than that!

***Stimulate, Strengthen & Support***

These fantastic products offer and deliver exactly what a body needs.

***Are you as excited as I am? Call me!!***

The 7-Day Body Cleanse Dietary Supplement is a great place to start - I love the gentleness and re-energizing effect and it is being received to rave reviews!!

Learn more at [ThrivingWith. MyArbonne.com](http://ThrivingWith.MyArbonne.com)

from side to side to make sure it's distributed evenly.

Cover with plastic wrap and refrigerate until completely chilled and jelled. Invert over a platter to serve (you may need to lower the pan into a large bowl of hot water to loosen the edges and run a knife along the inside of the mold.)

Strawberries and blueberries are among the most antioxidant-rich foods; blueberries especially have been proven to do everything from improving night vision to fighting cancer to lowering cholesterol.

This dessert not only looks fabulous - it's healthy, too!! Enjoy!

Summertime and the living is easy .... ahhh, I love my vitamin D!

It is my hope you will make some time for yourself during these lazy, hazy, crazy days of summer... ... time to nourish and nurture your body, mind and soul.

Katharine and I are at your service offering Health Transformation, Life Design and Healing Bodywork Programs.

If you are longing to move better, breathe better and live more fully, contact Katharine. She offers Reiki, Massage, Bodywork and Sound Therapy for personal growth and optimal body functioning.

*"Katharine is exquisitely tuned to physical, emotional, and spiritual realms. Her deeply nurturing touch, coupled with her wise, insightful manner, creates a safe, sacred healing space."* ~ Sherry M. Cohen, LICSW

As founder of Whole Soul Nutrition, I love helping others help themselves.

Specializing in Fabulous Whole Body Health, I help women in their mid-life create a plan for the 100-year lifestyle using my unique blend of health and nutrition counseling, life coaching and powerful spiritual readings.

I make personal transformation fun, graceful and an empowering experience.

So, I ask you this....How will you live the next 50 years of your life?

Will you be able to keep doing what you love?

Don't wait another day to take responsibility for your health. It's the key to being able to really LIVE. And there's a whole lot of living to be done!

So call now to schedule your consultation and begin living life to its fullest!!

*"Diane has exceptional counseling skills. In my personal experience, over the years, she has consistently related and coached with careful attention and patience. She gathers and responds to information and questions with a high level of what I would call graceful skill. She is a practitioner of great wisdom whose council I find invaluable."* ~ Catherine Cook, Professional Photographer

Join me and Katharine and discover the life enhancing effects of our wellness programs through our one-of-a-kind health transformation and body therapy services and LIVE your life by design.

I'm so glad we had this time together ... sing along with me...

Be back next month!

*"The secret of happiness is freedom. The secret of freedom is courage."*  
~ Thucydides (c. 460 BC - c. 395 BC)

Be Well & Excel,



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