

sage butterfly

MAY NEWS!



Coming soon... "[Pet Types: Communing Heart To Heart](#)"

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[THE LATEST](#) * [HEALTH TIP](#) * [A LITTLE INSPIRATION](#)

Greetings one and all!

Just a few things I'd like to share with you this rainy May day... (Well, we DID have one day of sun. Sigh.)

First to the schedule...just a reminder that the 5:30 pm class on Thursday is now Flow Yoga rather than Zumba. And also, one date that there will be no class: I will be in California on Thursday, May 28th...

I've also put together a meditation cd with 7 different meditations. It's available on the web and will also have some with me at our classes. [Click here](#) to learn more.

In Joy,
Maureen:)

[Click here](#) for a downloadable PDF of sage butterfly classes.

HEALTH TIP...

The 11 Top Changes You Can Make Right Now to Prevent Cancer
(Info found on Dr. Mercola's website at www.mercola.com)

The most powerful cancer-prevention methods are available to you right now, with no prescription or doctor's visit needed. In fact, reducing your cancer risk is more about taking control of your health than perhaps any other factor. With that in mind, here are the simple steps you can take to virtually eliminate your cancer risk:

1. Normalize your vitamin D levels with safe amounts of sun exposure, and monitor your vitamin D levels to make sure they're in the therapeutic range.
2. Control your insulin levels: Make certain that you limit your intake of processed foods and sugars as much as possible.
3. Get appropriate amounts of animal-based omega-3 fats, such as those from krill oil. (Or if you are a vegetarian, learn more about [Chia](#).)
4. Get appropriate exercise. Again, one of the primary reasons exercise works is that it drives your insulin levels down, and controlling insulin levels is one of the most powerful ways to reduce your cancer risks.
5. Eat according to your nutritional type. The potent anti-cancer effects of this principle are very much underappreciated. When we treat cancer patients in our clinic this is one of the most powerful anti-cancer strategies we have.
6. Have a tool to permanently erase the neurological short-circuiting that can activate cancer genes. Even the CDC states that 85

percent of disease is caused by emotions. It is likely that this factor may be more important than all the other physical ones listed here, so make sure this is addressed. Dr. Mercola's particular favorite tool for this purpose, as you may know, is the [Emotional Freedom Technique \(EFT\)](#).

7. Only 25 percent of people eat enough vegetables, so by all means eat as many vegetables as you are comfortable with. Ideally, they should be fresh and organic.

However, please understand that, frequently, fresh conventionally grown vegetables are healthier than organic ones that are older and wilted in the grocery store. They are certainly better than no vegetables at all, so don't use that as an excuse. If you are a carb nutritional type you may need up to 300 percent more vegetables than a protein nutritional type.

8. Make sure you are not in the two-thirds of the population who are overweight and maintain an ideal body weight.

9. Get enough high-quality sleep.

10. Reduce your exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.

11. Boil, poach or steam your foods, rather than frying or charbroiling them and try to eat a good portion of your food raw.

A LITTLE INSPIRATION...

For more of the latest on the
BO DANCE...
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"Go Green Recycle Love" Tote Bag - Do your part to save the environment and spread a positive message. ...now only \$5!



