

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

New Website!

I've been working hard with some amazing people at *The Free Website Guys* to build a new and more user friendly website! They built the back-end but I have had to add all the content. LOTS of work, but I think it is worth it. The website is now live! I hope to hear what you think of it and what additional content or changes you'd like to see.

Please share this newsletter and the blog with those you think it may serve. Health coaching helps people maintain and achieve their health / life goals. What do you want to improve? Do you have weight loss / gain goals? Do you have health challenges? Do you want to resolve past trauma? Reach out, I'd love to chat. The initial consultation is FREE.

[Sign Up Now](#)



Change

It is easy to say we want to change, but when you get down to it there are roadblocks everywhere. Where to start? How do I change? How will it affect me and / or my family?



Pasta e Fagioli

BOLD flavors in an easy build. LOVE this dinner. Filled with protein and nutrients. Tasty enough for the most finicky eaters.

[Recipe](#)



Change

It's YOUR time. You CAN do this.

It requires you to put one foot in front of the other. Are you ready?

- Journaling.
- Three positive thoughts for every negative.
- Volunteer - there are plenty of people in need.
- Join a community event.
- Learn something new.
- Go back to school.
- Meditate.

- Exercise.
 - Get 8 hours of sleep.
 - Enjoy your tribe.
 - Learn to cook.
 - Be more active.
 - Walk outdoors for 30 minutes each day.
 - Spend time with family.
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Working with people across the US to spread health, joy and healing!

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