
I never look at human beings as the president or king or prime minister or beggar. In my eyes all are the same...just other human beings...our brothers and sisters. So this also creates more peace in my mind. ~ Dalai Lama

Hi everyone,

The above quote is an homage to the Pope, who continues to inspire us with his humility. Between the Pope's visit, Wayne Dyer tributes, the UN report on sustainability, and the blood moon, it has been an inspirational month. I hope you are all heartened toward spirit, peace, and happiness in your own lives.



Kathy

P.S. Come visit me at the Collingswood Book Festival on Saturday.

Kathy Quinn CHHC AADP
Integrative Nutrition Health Coach
Author, Reiki Master, Yoga Instructor
(856) 566-2668
www.withyouinwellness.com

The Skinny on Fats

Are dietary fats healthy or not? Well, the answer is yes and no, depending on the fat. Fats in whole foods are always healthier than fats in processed foods, such as cooking oils. Oils should be used sparingly, if at all.

Heavily processed, hydrogenated “trans” fats used in prepared, packaged foods can be extremely damaging to the body. They can compromise the cardiovascular system, immune system, and contribute to behavior problems. They can also lead to weight gain, skin breakouts, high blood pressure, and liver strain.

Many people are scared of fats, but our bodies need fat for insulation, vitamin and mineral absorption, brain health, and to protect our organs. High-quality fats can steady our metabolism, keep hormone levels even, nourish our skin, hair, and nails, and provide lubrication to keep the body functioning fluidly.

Where to Find Healthy Fats

- Avocados, olives, coconuts, wild salmon, and organic eggs.
- Whole raw nuts and seeds, and their (single ingredient) butters like almond butter or tahini.
- Used sparsely, high quality organic oils. Look for words such as organic, first-pressed, cold-pressed, extra-virgin, and unrefined. Avoid expeller-pressed, refined, and solvent extracted.

How to Use Healthy Fats When Cooking

- For cooking at high temperatures (stir frying and baking), try ghee (clarified butter) or coconut oil, or better yet, vegetable broth.
- When sautéing foods quickly and at low temperatures, a small amount of organic extra virgin olive oil may be used. Vegetable broth is a healthier choice.
- Oils like flaxseed, sesame, toasted sesame, walnut, and pumpkin seed are best used unheated in sauces or dressings, but these should be rarely used.

Try this delicious, easy recipe for a great source of healthy fat:

Avocado Dip

Prep time: 3 minutes

Makes 1 cup

Ingredients:

- 1 large peeled and pitted avocado
- 2/3 cup plain yogurt, goat yogurt, coconut yogurt, or almond yogurt
- 1 diced tomato
- a squirt of lemon or lime juice
- a dash or two of cayenne pepper
- sea salt and black pepper



Directions:

- Mash avocado with a fork until very smooth.
- Add yogurt, tomato, and cayenne. Blend until smooth. This may be done in a food processor, in a blender, or with a fork.
- Add sea salt and fresh black pepper to taste.
- Serve chilled with mixed raw vegetables.

Tip: Best made a maximum of 1 hour before serving.

Get Even Healthier!

Want help learning how to choose and use nutritious fats and other healthy foods? Curious about how health coaching can help you make your own healthy changes? Let's talk! Schedule an initial complimentary consultation with me today – or pass this offer on to someone you care about! I will help you shift your behavior to develop lifelong healthy habits and a deep understanding of your bio-individual needs. We'll work together to create lasting changes to your health, energy, and wellbeing.

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