



# Insight.

PROMOTING PROGRESSIVE HOLISTIC LIVING

WINTER 2003

Volume I

## Increasing Your Metabolism

by Kristin Wilhite-Rameshwar, HHP

Recently a friend of mine said, "If there's anything about nutrition I'd like to know, it is 'How to increase my metabolism'. I work long hours at the computer, sitting. I don't eat that much, yet I'm concerned about my health knowing that I'll be consumed by my upcoming new business and want to get on track." So this article is written for you and all others who may benefit!

When thinking about metabolism, I am reminded of the yogic philosophy of maintaining health. There must be enough rest, relaxation, mental centeredness, nutrition, water intake, deep breathing, exercise and stretching. In

### 7 STEPS FOR INCREASING YOUR METABOLISM

1. **H**ear your body, what is it telling you?
2. **E**xercise & stretch.
3. **R**elax & rest.
4. **E**liminate stress, negativity & toxins.
5. **N**utrition.
6. **O**xygen - Deep breathing.
7. **W**ater.

the next few paragraphs, I'll present key points to 'Increase Your Metabolism'.

Eat smaller meals more frequently. Eat every 4-6 hours so your body never thinks it's starving. If it thinks it's starving, it begins hoarding fats and food, thus lowering your metabolism and increasing body fat. Eating every 4-6 hours also keeps your digestive system working most efficiently and your blood sugar in healthy levels. If you already experience hypoglycemia, you will need to eat diligently every 4 hours.

Smaller meals assist in digestion. Frequently, especially in the USA, we overeat and wind up miserable and sluggish. Why? When eating more than a fistful (our stomach is roughly the size of our fist), our gastric juices and enzymes may not be able to successfully digest ALL the food, leaving some to rot or putrefy causing gas, bloating, lethargy and often resulting in the development of allergies to foods. Allergies,

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## Holiday Gift Ideas



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*Gift Certificates, perfect for your holiday shopping!*

**4 hours of Massage for \$200.**

**That's a \$90 SAVINGS!!!**

Expires January 15, 2004



## From the editor...

I send condolences to all those affected by the raging fires of October 2003. I pray for all of you. I've been very pleased to see so many of San Diego's people reach into their hearts in support.

My grandmother taught me to always look at the bright side of life. To me, the bright side is that we have each other. Times of devastation and loss teach us just how precious life, our friends and our family truly are.

So I encourage you to take care of yourselves, get plenty of rest and water. To love is to forgive. To love is to understand. To love is to respect, not just other people, but most importantly ourselves.

I recently took a class in Kinesiology, the study of muscles, tendons & ligaments – basically what makes humans move. I realized in my studies, that we truly have purpose; to even be in human form is quite a miracle. Enjoy & cherish this precious gift!

I Give thanks to the firefighters, police and all the volunteers who helped during the fire crisis.



## What to expect from *Insight*.

*Insight* is a seasonal newsletter written and promoted by Kristin Wilhite-Rameshwar, HHP, owner of Progressive Holistic Living. Kristin has been wholistically and professionally serving San Diego, CA since 1995. Her own health challenges brought her to the healing arts. She wishes to utilize *Insight* as a medium to convey Wholistic Survival Tools that have helped her (and others) live a healthier, happier, more vibrant life. Each issue shall include a feature article written by Kristin, as well as tips for the season and global awareness; recipes related to the season and/or articles; promotional articles from other local Wholistic professionals; and discounted rates on your favorite Wholistic services. ☺

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## Who is Kristin Wilhite-Rameshwar, HHP?

Kristin Wilhite-Rameshwar was born and raised in a small agricultural community in rural Illinois. She first began her journey as a healer with her experience in athletics. Not only did she acquire several injuries, but also she had a natural knack for healing her teammates via massage and conversation. Throughout high school and college she excelled in the sciences with a fascination with Anatomy, Biology and Physiology. She had persistent chronic infections from six months to 20 years of age. Kristin chose to be her own patient advocate. Her doctors never had the answer, the Holistic School did.

At 21, Kristin began a massage course at the School of Healing Arts (SoHA). After giving and receiving massages for 8 hours a day, at the end of the two week intensive she experienced no pain for the first time in her life. For the elective courses, she chose to study Whole Foods Nutrition, which initiated great change in her body chemistry. She no longer suffers from chronic infections, hypoglycemia, and allergies. SoHA's movement requirement brought the third precious gift to her lifestyle, YOGA.

After learning from several instructors, Kristin found Patricia "Patty" Pace who helped her learn how to walk correctly and align her spine and joints. Patty had been a teacher and student of Yoga for over 25 years with an eclectic background integrating many styles of Yoga, including Hatha and Iyengar, that she studied over the years. In 1998, Kristin completed her Holistic Health Practitioner Certification, Whole Foods Nutritional Counselor Certification and Zen Yoga Teacher Training.

Kristin has been doing Therapeutic Massage full time since January of 1996. Her skill has accelerated into an empathic, holy experience. She has taught classes in Whole Foods Nutritional Studies, Couples Massage, Zen/Hatha Yoga and Therapeutic Stretching. She has volunteered as coordinator and eventually supervised the Whole Foods Nutritional Program at the SoHA for two years. She teaches Yoga classes on a weekly basis.

Kristin hopes to continue inspiring health and wellness in all she touches. She believes that we all can change our lives if we choose to be pro-active and self-loving. She realizes now, that taking care of ourselves **IS** part of loving ourselves. She hopes to bring these "survival tools" to the masses because the better we feel, the happier and more peaceful we are. ☺



## Increasing Your Metabolism

(continued from page 1)

how? When these undigested food particles float around in the blood stream your body thinks it is a foreign material and produces antibodies to gobble it up, which, in turn, creates inflammatory conditions and eventually causing a sensitivity, or allergy, to the food. Even environmental allergies can stem from foods, possibly from the over-stimulation of pollen or dander at the time of the produced sensitivity.<sup>1</sup>

Another benefit of eating smaller meals is that you're less likely to deplete your enzymatic resources. What's all this about enzymes? Well, let's go back a bit. When you were born and if your mother breast fed you, within the first few days you received colostrum, a highly nutritive, immunologically-rich substance<sup>2</sup> which helps line the digestive tract/intestines (gut) with healthy flora. Flora? Yes, your body has an ecosystem which includes an array of bacterium that allows healthy digestion. Without it, we are unable to digest food, which greatly affects your immune and other organ systems. This flora needs and creates an alkaline environment. Eating greens like spinach, kale, green leaf lettuce, sprouts and blue green algae are your best source of creating alkalinity.

Thinking positively, doing gentle yoga, prayer (even just focusing on what you want instead

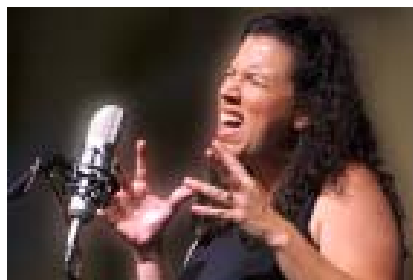


A GREAT HOLIDAY GIFT

## Music To Make You Feel Good

### Heartfelt, Inspiring, & Soulful Music - Live & Recorded

Young and old from all walks of life have raved about Mama Christy's music, who is often likened to Janis Joplin, Grace Slick, and Alanis Morrissette. Her lyrics, melodies, and powerhouse vocals make people feel



good about themselves and life. Her goal is to make music that takes us all to the next level of our Spiritual and Human Experience, while making it great to be exactly where we are right now.

Call 619-562-2714 for CDs, Sampling, or Booking a Solo or Rock Band Performance for your Holiday Party! Email at: [Christy@pro-holistic.com](mailto:Christy@pro-holistic.com)

Happy Holidays! **Kristin & Mama Christy** will be **performing** on **December 20** at the Galoka in La Jolla and **December 21** at The Artists Colony, in Encinitas and.

of what you don't want) and meditation also alkalizes the system. So what about enzymes? We have digestive and metabolic enzymes. Enzymes are the key to anti-aging. How? If you have always eaten raw salad and/or sprouts with every meal, you are continuously replenishing your digestive enzymes. Enzymes in foods begin dying at 105°F and are completely

destroyed at 118°F.<sup>3</sup> So pasteurized milk and orange juice is basically heated to the point where the natural enzymes (that assist your body in digesting, or breaking down, that particular food) are killed to increase the shelf-life in your grocery store, thus increasing profitability for the manufacturer and distributor. Sadly, this puts us at risk for a decline in

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<sup>1</sup> *Secrets of Natural Healing with Food* by Nancy Appleton p.10

<sup>2</sup> *Pre- & Perinatal Massage Therapy* by Carole Osborne-Sheets p. 129

<sup>3</sup> *Louise Tenney's Nutritional Guide with Food Combining* p. 31, *OHI's Optimal Living Recipes* p. 20



## HEALING WATER

By Celesta Rannisi, Licensed Midwife  
Lactation Specialist & Colon Hydro-Therapist

The greatest healing gift we have is WATER. In fact, most people drink less than half the water needed to properly hydrate their bodies, which leaves them susceptible to problems associated with dehydration. Women especially need water and require at least 1 gallon of clear water daily in order to facilitate menses, proper hormone production and proper elimination. Many women who come to me with symptoms of PMS, irregular periods, lack of energy, constipation, irritable bowels, head aches, menopausal symptoms, sleeping disorders, weight gain, dry hair and skin are primarily a direct result of a dehydrated and toxic body. The main way toxins are removed from the body is by water. Increasing your water intake and doing regular colon hydrotherapy is *the* best way to clean and hydrate a toxic dried out body.

Colon hydrotherapy is the gentle infusion of warm sterile water into the large intestine; which softens stuck, dried out matter, mucous and plaque; and finally, removing it through several fills and emptying of the colon. This therapy is highly effective in hydrating and detoxifying the body. The colon is one of the major organs of elimination and requires large amounts of water to carry poisons out of the body. Another organ that requires lots of water is our skin. Taking showers daily and regular soaking will also help the body to eliminate toxins and hydrate our bodies.

There are now water products that make water wetter by making the molecules smaller, therefore, making it easier for the body to absorb. One brand in particular is called Penna water which could be found at the local Whole Foods and some Trader Joe's in the area. Another great way to get and stay hydrated is by eating raw foods. The best way to drink your water is not cold, but room temperature. When you drink cold water, it goes into the stomach, but is not absorbed until it warms up. In essence, you drink less and it takes longer to be utilized. It is much easier to drink a quart of room temperature water than cold.

So, here's to H<sub>2</sub>O! Go pour yourself a glass and then soak in a warm tub!



### About Celesta Rannisi, LM.

Celesta Rannisi is licensed by the State of California, Department of Consumer Affairs Medical Board, Division of Licensing. She is a UCSD Extension

Graduate in Lactation Education and a Lactation Consultant Specialist, Alumni of Casa De Nacimiento Midwifery School. Celesta has been providing home birth maternity care, well woman care and lactation consulting for the past 16 years and is a well-respected educator to student midwives, birthing couples, and the general public.

In addition, for the past 5 years, Celesta has been assisting men and women with detoxification and weight loss through nutritional counseling and colon hydrotherapy. She was trained by the well respected author and therapist Milan Chessman. Chessman is deeply versed in the studies of colon therapy. Celesta provides care for many clients referred by local doctors and therapists in the field of alternative health.

Celesta is the proud mother of two beautiful home-schooled and home birthed daughters, and lives in the East County of San Diego, California. She is currently collecting Father's stories to create a book that empowers men to be good fathers before, during and after their children's birth. Celesta can be reached by phone at 619-443-0165 or 619-808-2332 or by email [celesta@pro-holistic.com](mailto:celesta@pro-holistic.com)

☺ A note from Kristin...

*"I have personally spoken to several of Celesta's clients she supported through childbirth. Each praised Celesta of how present, comforting, knowledgeable, compassionate and relaxed she was throughout their pregnancy and birth. I am planning to have Celesta be my midwife when I am pregnant in a few years."*

## THINK GLOBAL –



## RECYCLING FOR OUR FUTURE

### Why Recycle?

An average person throws out almost 4 pounds of waste a day. Over the course of a year, that's almost a ton of garbage per person. The average household goes through 13 grocery and shopping bags per week. A typical person goes through and discards 16 pounds of junk mail and 120 pounds of newsprint each year. Each hour we throw away more than 2.5 million non-returnable, non-recyclable plastic bottles. Every three months, Americans throw away enough aluminum to rebuild the entire US commercial airline fleet.

### So what can you do?

1. Buy in bulk to reduce unnecessary packaging, save natural resources and have the choice of buying as little or as much as you need.
2. Buy locally grown food and locally made products. This saves transportation fuel and reduces packaging.
3. Shop with merchants that provide eco-friendly goods and services.\*

*continued on page 10*

## ENERGETIC ASSISTANCE

*with  
Physical, Emotional &  
Spiritual Challenges by a  
HIGHLY GIFTED INTUITIVE*

Compassionate assistance delivered with integrity is available for you and your loved ones. Experience the magic and power of energetic clearing work, which has helped many people reach the next level of health and success in their lives.

By phone or in person, call Christy for an appointment: 619-562-2714. Mention this ad and receive 50% off first session (a \$30 value). Compassionate assistance delivered with integrity is available for you and your loved ones.

### *Happy Holidays!*

The following testimonial is from one of many who has experienced life-changing results. Mary had just 2 phone sessions with Christy in July 2003. Prior to working with Christy, she had spent years as a recluse.

*"My life has opened up and I am learning to live. I think for the first time in my life, I am alive and I like it. You are the greatest teacher I have met and you have opened my eyes to the wonder of the world. Thank you so much for coming into my life."*

Mary

# “Gratitude, Prosperity Consciousness & Life”

by Christine Gilardi (“Mama Christy”)



*Mama Christy is a gifted singer, songwriter, and band leader who creates uplifting rock and roll; she is also a highly gifted intuitive who has spent the past 6 years refining her skills to assist people to heal physically, emotionally, and spiritually and to overcome obstacles to their happiness and fulfillment in life. Christy can be reached at 619-562-2714 and at [Christy@pro-holistic.com](mailto:Christy@pro-holistic.com)*



After watching a 5-mile wall of flame approach my home, I have a renewed sense of immense gratitude for everything — especially for the miracle that stopped the flames in Mission Trails Park so close to our neighborhood. My heart goes out to all those who lost their loved ones and homes and my gratitude goes out to all the firefighters, police, and county and state workers and citizens of our great county who gave their best to San Diego.

Gratitude is one way I have been able to deal with the harsh reality of such a tragic disaster in our community. Whenever I think of it, I take a mental gratitude inventory, and there is always so very much to be grateful for. I feel my spirits lifting as soon as I put my focus on my gratitude.

Gratitude is also one of the best ways to increase prosperity consciousness. Let's face it: the glass is always going to be half empty and half full — it's all in how we choose to interpret that glass. Our thoughts are very powerful and what we focus on expands. As a single mother, I have struggled from time to time with the reality of the VISUAL FORM (the available cash and resources I have) and the reality of my thinking regarding my ABUNDANCE (the cash and resources I am creating to be available). When there is not enough money to pay the bills, it is easy to fall in the trap of focussing on lack. But this is a dangerous trap and usually leaves me feeling fearful and depressed. The truth for me is that when I focus on my gratitude for everything I DO HAVE, I always have enough and I continue to create more.

The 2003 San Diego Wild Fires offered our community and the world a wake up call. Mother Nature is an expert at clearing out the old to make room for the new — out of the burned woods will grow new life, the destroyed homes will be built again, with newer, stronger foundations, and neighborhoods and communities will come together out of the ashes with remarkable compassion and love. As I scan my consciousness to release my dried out timber, the old thoughts that are ready to be burned, I allow space for new, more self-empowering thoughts to be born, thoughts of how I can make a difference in the world.

May 2004 yield a rich crop of blessings and abundance for all of us as we learn to fully embrace all of life's experience and do our best to make yummy lemonade out of any lemon that might come our way.

Peace & Love to all, Christy



# What's new in Encinitas?

Kristin will be performing **December 21, 2003** at **The Artist's Colony in Encinitas**. She'll be singing harmonies with the enlightening music of **Mama Christy**.

Kristin has expanded her massage services to **Encinitas**. You can schedule appointments with her and Celesta Rannisi, Licensed Midwife, Lactation Specialist and Colon Hydro-Therapist, at a new professional clinic called **Ama Mama/Birth, Babies & Beyond, Inc.**

## Here's what's going on at **AMA MAMA!**

**Ama Mama: Holistic Healthcare for the Whole Family**, is becoming a place for those who want to change their entire lives as well as those just want to make the tiniest alterations in their diets or health regimen. Offering everything from colon hydrotherapy, chiropractic care, and massage therapy to yoga classes, acupuncture, and midwifery care. Ama Mama is prepared to educate and meet the needs of men and women, babies and children, including those who don't seem to fit in society's standard weight ranges

One of the owners, Barbara E. Herrera, also a midwife, offers **free seminars** that introduce "Bodacious Living!" a program that incorporates all of the above holistic modalities offered at Ama Mama.

- Learn about eating closer to the earth (including the Glycemic Index of foods).
- Discover how colon therapy and acupuncture can aid in continuing weight loss and health gain, or how chiropractic and massage therapies can assist with posture and relaxation as one's center of gravity changes.
- Learn about one's relationship with food, making sweeping or gradual changes with food choices.
- Decipher the myriad of Low-Carb diets out there today.

In addition to the free seminars, Ama Mama offers a four week educational program for \$100.

### WANTED:

*Father's stories to create a book that empowers men to be good fathers before, during and after their children's birth.*



*Celesta can be reached by phone at (619)443-0165 or (619)808-2332 or by email [Celesta@pro-holistic.com](mailto:Celesta@pro-holistic.com)*

*Barbara, having been obese, knows what it's like and has chosen to provide Ama Mama with a compassionate staff and GYN equipment suited for large-sized women's needs ...having chairs without arms, gowns that fit those up to 600 pounds, a blood pressure cuff that is called a thigh cuff (but would have fit Barbara's arm at her highest BMI of 64!), and even a massage table that is extra wide with plenty of sturdy step stools for balanced and safe climbing onto those tables. In extending support, Ama Mama sponsors monthly seminars presented by Julie Ellner, MD, a bariatric surgeon at Alvarado, helping folks decide whether a Gastric Bypass is right for them.*

*Ama Mama also sells **homeopathic and nutritional supplements, yoga equipment, and offers Personal Coaching services** for those that request them. Ama Mama welcomes people of ALL sizes, shapes, and color. For questions or to schedule an appointment, please call Ama Mama's offices at **760-944-3987**. Ama Mama is located at 2146 Encinitas Blvd., Ste. 105-106, Encinitas, CA 92024*



*Kristin's* **YOGA VIDEOS**

**WILL BE AVAILABLE FOR PURCHASE VERY SOON.**

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**There are TWO videos to choose, available on DVD or VHS.**

☉ **The Corporate Companion**

**Specialized for those who spend many hours: working at a computer, talking on the phone, doing everyday domestic chores, or driving. Excellent for professionals, hobbyists or parents.**

☉ **Gentle Yoga**

**A one hour class for the beginner to relax and increase flexibility.**

## THINK GLOBAL-RECYCLING FOR OUR FUTURE

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4. Compost your food scraps (non meat) Reduces trash in landfill and makes great fertilizer for house plants and growing vegetables.
5. Bring your own coffee cup and to go boxes so the merchant doesn't give you unrecyclable materials.
6. Use canvas bags and reuses paper and plastic bags.
7. Clean Green: Buy recycled, unbleached paper products. Use cloth instead of paper towels. Use natural cleaning products without petrochemicals, bleach or phosphorous.

Think before you buy...

**reduce, reuse, recycle!**

From Wholefoodsmarket.com

*\*I recently shipped 4 pounds of Styrofoam to a manufacturer because there are no recycling centers that take it. I cost me storage and then \$5.50 to mail.*



Thanks for listening,  
your children will thank you  
when they're older!



## Increasing Your Metabolism

(continued from page 4)

health and metabolism. If our diet (or food intake) only consists of cooked and pasteurized food then we deplete our own enzyme resources. Once this happens, our amazing body tries to compensate by pulling our metabolic enzymes to digest our food. Leaving us tired, sluggish and aging faster.

*Remember, nature gave us raw food to heal us.* Don't let profitability and lack of education kill us slowly. So what can you, as the consumer, do to turn this around?

1. Ask your grocer and restaurant owner to provide uncooked, unpasteurized foods. Suggest leafy green salads (no iceberg lettuce). Request your meals lightly cooked with healthy or no oil. Broil, bake, steam or stir-fry.
2. Eat smaller portions of meat and carbohydrates, while increasing your vegetable intake.
3. Utilize "food combining", eat protein and carbohydrates at separate meals - they require different enzymes on opposite ends of the spectrum which neutralize each other, leaving food undigested.<sup>4</sup> Undigested food in the gut can lead to weight gain and undigested particles in the blood stream and can settle in the joints and muscle tissue causing inflammatory conditions like arthritis psoriasis, eczema, and cause pain.

We now understand the value of "food combining" and enzymes in our diet. Adjunctly, drinking at least 64 ounces of water per day hydrates your cells which increases circulatory health and helps to flush the system of toxins. Drinking enough water is essential to weight loss and maintaining good overall health.

Exercise is the next important ingredient in the recipe of increasing your metabolism. What's enough, too much and what kind??? It truly depends on your body, what is comfortable and what you prefer... walking or running; ping pong or tennis, swimming or surfing; aerobics or kick boxing. Whatever your favorite exercise is, the key is to do it at least 20 minutes per day, three times per week. Begin with 10 minutes of relaxed walking per day and work up to 20 minutes (minimum) fast walk or other type of cardiovascular workout at 3-4 times per week. On the opposite days, I encourage you to do extra stretching or yoga to release any tension your workouts have created.

Daily stretching is important to increase flexibility, keep blood circulating and reduce pain. Stretching, like massage, helps push the lactic acid out and bring oxygenated blood into the muscle tissues. Hatha yoga also alkalizes the system, whereas, cardio-exercise and

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<sup>4</sup> Louise Tenney's Nutritional Guide with Food Combining p. 40-41

## Increasing Your Metabolism

*(continued from page 10)*

weight lifting are more acid forming. It's all about finding balance and discovering what works best for you. Other benefits of regular exercise are healthy sleep habits, reduction in depression and lethargy, increased metabolism, strength and weight loss. Consult your physician when beginning a new exercise program. Make sure you are not overexerting yourself. If you experience pain, you may want to schedule a massage to relieve trigger points and muscle tension; take 20 minute baths in Epsom Salts to remove lactic acid from the muscle tissues; or take protease (enzymes) to reduce inflammation in the tissue and joints (which is the healthiest alternative to taking ibuprophen or pharmaceutical anti-inflammatories that can destroy your digestive tract).

To increase your metabolism, you may need to implement changes in the areas of diet, exercise, yoga, water intake, and nutrition. Rest, relaxation, reducing your stress, and positive thinking also helps increase your metabolism and immunodigestive system. It is *OUR* choice as adults to *REDIRECT* those thoughts to be positive and self-loving. It works for children too! For example, after thinking, "I feel guilty about..." which leaves you with a sad, undesirable feeling, you can 'redirect' with thoughts like, "Is there anything I could do about what just happened to make things better?" Let that lead you to creative and more positive thinking and feelings.

In addition, it is important to learn how to listen without 'taking on' other people's emotional baggage. This method of protecting yourself will enable you to remain in your power, so you can be a more effective friend, colleague and/or parent.

*Tips for Success...*

1. Make changes that are realistic to you, one step at a time. Be patient. Acknowledge your progress.
2. **Make a plan** and stick to it. **Following through** with your plan of self health care empowers you and gives you a sense of accomplishment.
3. If you fall off the tracks, just **get back on track** as soon as possible and forgive yourself.
4. **Enjoy** the journey and realize it may take months to find your rhythm.
5. If at first you don't succeed, try, **try again!**

For high quality enzymes contact transformationenzymes.com and tell 'em Kristin sent ya! Several hundred people have reported pain relief, improved range of motion from receiving therapeutic massage, stretching / yoga and nutritional advice from her. You can reach Kristin at 858-774-2129 or visit Kristin@pro-holistic.com to email or purchase gift certificates and prepaid packages.

## RECIPES FOR INCREASING

**YOUR METABOLISM** taking less than 15 minutes. If meal times are rushed, you may wish to cut vegetables prior to that day and store them in air-tight containers.

### BREAKFAST **RED CHARD & EGGS**

Saute organic butter (just enough to cover skillet) with onions, garlic and black & cayenne pepper, add a handful of washed and chopped fresh red chard, add 1-2 cage free eggs and a teaspoon filtered water. Stir, cover and steam for a minute or two, flip and cover. Shut off heat in a minute and let steam. Can be served as a burrito with a nori sheet or a sprouted wheat tortilla (if you have no allergies to wheat). Garnish with alfalfa sprouts and enjoy! For extra flavor add mayo or horseradish mustard.

### LUNCH **SIMPLE – PROTEIN & VEGGIES**

Han's All Natural Organic Gourmet Chicken Sausage, Buffalo Burger or Hormone free ground turkey burger with fresh green salad with olive or flax oil with raw apple cider vinegar or one of Annie's Naturals organic dressings. Adding bread will slow digestion. If you want bread, I encourage you to choose sprouted (rye) bread to encourage variety and replenish enzymes.

### SNACK

Organic Popcorn with sea salt, if needed light organic butter  
Carrots, Celery, Radishes, Soaked Almonds

### DINNER **VEGAN – CARBS WITH VEGGIES**

Organic Corn Quinoa Pasta with Organic Marinara Sauce. Green beans with baked or roasted yam. Or curried brown rice (40 min.) with your choice of green veggies.

### IF YOU NEED A SNACK BEFORE BED

Drink a glass of water, if that's not enough eat a piece of organic fruit.

If you are wondering why I recommend organic and hormone free foods. It's because the cleaner and purer we eat, the better chance our body has to digest, assimilate and function to its highest degree. Toxins, preservatives and chemicals often accumulate in the body and cause headaches, discomfort and mutations in cellular growth i.e. tumors.

*Good luck. You are in control of your health!*

# Wholistic Tips for the Holidays

1. Breathe when your in line, in traffic, anytime – especially when stressed – helps prevent organs and muscles from developing stress tension. Also assists the brain in better decision making and function = HAPPIER DAY!  
I love the slogans “No more bad days” and “Life is good!” It reminds me of what the HOPI believe and those that study Neuro-Linguistic Programming and Language Mastery are practicing . “Our Reality is what we believe it is,” or what we dwell on we can potentially create.
2. Try to plan ahead for traffic to prevent frustration.
3. Practice letting go of your emotional baggage. Journal it and burn it or keep it to reflect and learn from, but stop beating yourself up for what has happened in the past. If we were born knowing it all, then what’s the point in living, learning and evolving. There would be nothing to evolve to or from. Forgiving self and others is the first and fastest way to find inner peace. Peace on Earth begins inside. Not judging others.
4. Stretch whenever there’s room for it...in line at the cash register or whenever you feel stiff. My sports massage instructor Dave Disney – who also was head massage therapist for World Cup – Sailing told his students in PNF stretching class. “Where you begin to get tight is where you begin to die. *Flexibility is the key to longevity!*” Of course good DNA helps, but there’s so much we can do for ourselves to prevent chronic pain and tension. To learn specific stretches for your tension, contact Kristin for a personalized yoga session or order Corporate Companion Video on-line (see page 9).

I wish to thank my team who has made these long awaited dreams of mine blossom. It has been an exciting journey for me. Words cannot describe the elation I feel launching these projects to better connect with my clientele and educate the public. ☺ Kristin



Doug McClure – Graphic arts, web design & video consulting  
Lory Perfect – Web content & edits  
Monica Falk – Newsletter layout  
Nick Carter – Shopping cart design  
Jose Maldonado - Video production - OBCR.com  
Christy Gilardi – Edits on newsletter  
Yolanda Devlin – Bookkeeping  
Anilh Rameshwar - My husband, for his support and advise  
... and those that made contributions to this newsletter.

*Thank you for reading **Insight**  
May peace, love and joy fill your life!*



**Kristin Wilhite-Rameshwar, HHP**  
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