



Beauty is life when life unveils her holy face.
 But you are life and you are the veil.
 Beauty is eternity gazing at itself in a mirror.
 But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet
 Lebanese artist & poet in US (1883 - 1931)*

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A Healthy Heart and Mind During The Holidays Can Be Possible

Mashed potatoes, homemade stuffing, chocolate cake, and pie may sound like a good mix of foods for a holiday celebration. **However, they are not a good mix for a good diet.** If you are trying to stick with your healthy heart diet throughout the holidays, you won't be shocked to know that you will face your ultimate temptations during the holiday times. It can be more than difficult to stick with your healthy body plan. Many people abandon it totally, only to start back up after the New Year. **But, if you are serious about staying healthy, you should continue your regular diet and exercise program, no matter what holiday is rolling around!** Diet Sure, it can be extremely challenging to stick with your diet during the holidays. When you sit down to Thanksgiving dinner at your grandmother's house, **you won't want to offend** her by passing on the stuffing and cheese potatoes. So, you will have to do some thinking. If you are afraid to offend those cooking for you, be sure to take a **little** of everything. If you stick with small portions you should be good to go. **Don't finish everything on your plate however.** If you get the opportunity to bring something for the dinner, be sure you choose something that is healthy. That way you can have more of that healthy dish and less of the fattening dishes. If you are lucky enough to cook the entire meal, then you can add heart healthy foods throughout. Your family might not be too keen on the idea of eating healthy at first, but they will thank you later for your good judgment.

Exercise

One of the best things to do during the holiday season is to get adequate exercise. Whether you find the time throughout the rest

of the year to exercise or not, the holidays are a great time to start a new routine! Sure, it is also the time that your determination and will power will be tested the most. But if you can get through your exercise program during the holidays, you can do it the rest of the year as well! Not only does a great exercise program during the holidays help you maintain your weight. But it is also a great way to reduce stress that holidays can often bring upon you. During the holidays people complain of being stressed out, plagued by terribly busy schedules and financial burdens. It is a proven fact that exercise can help reduce stress. It helps lower blood pressure and can make you feel good overall. So, just because the holidays are coming, it doesn't mean that you have a golden ticket to eat whatever you want and to skip your exercise program. It just means that you have to be more focused than ever to keep up your current schedule of being healthy. Talk about your plan with those around you. Enlist a friend to help you get through the holidays without going back to bad eating and exercise habits. Chances are there are people you know who will be struggling with the same things this holiday season.

Three Reasons Why Creating Stress Free Holidays Can Make You Happy

It is incredibly sad that American holidays are turning into huge festive stress-fests! Once upon a time holidays like Thanksgiving and Christmas were enjoyed by everyone because they were not full of the stress they are full of today. Sure, the same events happened each year that still happen now. Turkey was served at a big family gathering for Thanksgiving. Gifts were exchanged with family and friends for the Christmas holiday. However, they were done on a much smaller scale. Today everyone rushes around trying to prepare an enormous meal for Thanksgiving and trying to spend their last penny on Christmas gifts. It can be difficult to get through the holidays without loads of stress. However, if you can find a way to create stress free holidays, you will find that you can be happier during the holiday season. **Take a look at these three reasons why creating stress free holidays can make you happy.** No Pressure Starting from the bottom, the number three reason why you should create a stress free holiday plan is because when you do so, there will be no pressure. **No pressure to max out your credit cards on gifts for others, no pressure to serve the perfect dinner to everyone you know, and no pressure to volunteer for every single holiday activity taking place.** Getting through the holidays with no pressure may seem impossible, but its not. **When you are honest with everyone around you and honest with yourself, you will know that it can be done.** Put price limits on gift giving. Make a deal with yourself that you won't commit to more than one or two activities a week. Doing these little things can create stress free holidays for you and your family! **Enjoying The Little Things.** The number two reason you should create a stress free holiday plan is so you can enjoy the little things. **Watching the fresh snow fall on the ground, taking**

a stroll to see the neighborhood holiday lights, savoring the taste of your grandmother's mashed potatoes, or whatever you like to do can be priceless. Unfortunately most people are so busy with other things that they don't take the time to enjoy the smaller holiday blessings. So, be sure that your holiday plan gives you enough time and room to be relaxed and enjoy everything going on.

Embracing The Purpose

And the number one reason to create a stress free holiday plan is so you can embrace the purpose. Many times people forget exactly what the holidays are about. No, they are not about how many toys your kids get, whose pumpkin pie tastes best, or how successful the holiday play is. **They are about family and faith. Holidays are a great time to remember how thankful you are for those in your life.** As life gets busy, we often forget that our family is not always going to be here, and that death is inevitable. So during the holidays, create a way to remember the real meaning of the holidays.

BodyWave - is a 12 or 24 week-by-week mind*body*soul TOTAL TRANSFORMATION program that encompasses every facet of a women's life. Her daily demands and frustrations to her wants, needs, and fears. This REVOLUTIONARY program elevates the experience of weight loss far beyond the physical! This program emphasizes your unique bioindividuality and is targeted especially for your individual make up of emotions, physical strength and weaknesses and spiritual awareness. With simple steps, which are gently laid, by Dr. Ester Ben-Zion, BodyWave program effectively empowers woman to take control of their health, discover their passion, override their fears and create a life filled with joy & serenity – THIN THIGHS ARE JUST A BY-PRODUCT. Giving you practical tools that will enable you to look into the mirror of your life and **discover the very special person that only you can be!!!**

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