

October 07

News From The Grove

It's back and improved. Our newsletter is back by popular demand. In the coming months we will be providing tips, highlighting different experts, and other inspiring information.

In This Issue:

What's Your Life Purpose?

Working the Intuitive Muscle

Take 5 To Energize!

Get to the Root of It

What's Your Life Purpose?

by Jennifer
Urezzio

The Answers Are At Your Fingertips

Palmistry as been used as a tool of divination for over 5,000 years. Hand Analysis, how we determine your life purpose and life lesson, is a combination of this ancient art and the latest in scientific formula. This system is a repeatable system, based up the research of thousands of hands.

By the 16th week of utero development your fingerprints are fully formed. Think of your fingerprints as a energy wave of your soul's mission and challenge while your here on this planet. Your fingerprints is where your life purpose and life lesson can be identified.

What are some of the benefits of knowing this information? Knowing your "true" Life's Purpose allows you to live your life to the fullest. When you know your life lesson, you can make it your read and you are less likely to repeat the same mistakes over and over again.

Interested in finding out what your life purpose is? What your hands read? [Click Here](#).

Working the Intuitive Muscle

By Jennifer
Urezzio

What to work your intuitive muscle? Below are a couple of tips:

- Keep a record of your dreams and see if you any of them "come true."
- Keep an Intuitive Hit journal. This way you can keep a track of when you get a "gut" feeling and your

success rate. What is important here is not the success rate but how you "see things."

- Breathe, ask yourself more questions the first answer is usually the intuitive response.

What to build your intuitive skills? [Sign up to receive our class schedule and fees.](#)

Take 5 To Energize!

By Jennifer Urezio

It is so important that we take some time to recharge ourselves. We all have a lot of people counting on us. So it is important that we are at our best so taking care of ourselves is very important. Below are some tips we share with our clients.

- Take a deep breath using your abdomen and let it out slowly; repeat three times.
 - Smile until you feel happy.
- Take a bath or shower with uplifting scents like orange, lemon or peppermint.

We want to offer you a special to help you take care and treat yourself. We are offering three of our signature soaps for only \$12.00. A savings of \$1.50.

These soaps include Dawn (grapefruit), Get Up and Go (peppermint) and Sunny Side Up (tangerine). [Click Here to Order.](#)

Get To The Root Of It All

by Bonnie Brumbaugh

The roots of any plant are its anchor and foundation. They are the essential parts that support and nourish the plant. Root vegetables lend these properties to us when we eat them, making us feel physically and mentally grounded, increasing our stability and endurance. Roots are a great source of complex carbohydrates, providing a steady stream of necessary sugars to the body. Instead of upsetting blood sugar levels like refined sweet foods, they regulate them. Since they absorb, assimilate and supply plants with vital nutrients, roots likewise increase absorption and assimilation in our digestive tracts.

Long roots include carrots, parsnips, burdock and daikon radish. Round roots include turnips, radishes, beets and rutabagas. Long roots like burdock and

daikon are excellent blood purifiers and can help improve circulation in the body and increase mental clarity. Round roots are nourishing to the stomach, spleen, pancreas, and reproductive organs and can help to regulate blood sugar and reduce cravings.

To schedule your free consultation on a personalized health program, call Bonnie at 908-355-0767 or bonnie@healthybeautiful.org

Contact Information

phone: 862.368.5877