



JULY 2010

*“Be conscious of what you put in you, on you & around you. These three factors, day in & day out, create your life!”
-Jennifer Macaluso-Gilmore*

Happy July fabulous females! The world is truly a magical, wonderful place filled with so many terrific things. Even so, there is a lot that is still toxic in & around our day to day environments. Without being aware, we can make choices that then reek unnecessary havoc in our lives.

Because of my line of work, I am already looking at things every single day in a way that most people aren't. Also, because I am currently pregnant, my awareness is heightened even further, reminding me that as I'm creating this life, there is much I need to consistently question so that I can do my part to ensure living a life continually filled with maximum joy.

While there are many things day to day that we're all *not* in control of, there are many things that we are. My job is showing women every single day where they can step into their power & then as a result, live their lives by design, not default. So, before I take some time off I wanted to remind you all of the power you *do* possess... & where you can always do your part to create what you desire through conscious choice making!

1. What you put in you. Many people don't take the time to stop & realize how important this first point is. There is good reason “You

are what you eat” is a famous catch phrase! Equally truthful is the reality that most people don’t even know what healthy or unhealthy eating really is. Well, it’s never too late to learn...& I mean really learn! If you’re still going off of what you were taught as a child, chances are your nutritional education is a little dated.

Want to learn what is really healthy & what’s not? Want to finally learn what to look for on food labels & what to avoid like the plague? Then hire a reputable nutritionist for a few sessions to come in & teach you (& anyone else you live with!) how to shop & cook. Ask friends you know who are extremely healthy & take their diet seriously for a referral. Don’t have the money at the moment to make this kind of additional investment? No worries! There is always a way. Go to Jamie Oliver’s web site:

<http://www.jamieoliver.com/campaigns/jamies-food-revolution> & read up! You can also watch episodes online of his recent hit show “Food Revolution” to understand in depth what most of our food is now comprised of & what the side effects of eating this way can be for you & your family long term. Just making a few conscious changes in this area can change the overall quality of your life A LOT; your energy level, mood, ability to focus, skin, cholesterol, etc. Remember, you’re worthy of living your best life so start educating yourself further today. Then, you can begin making a few small changes daily which over time, will go a long, long way.

2. *What you put on you.* I would love to tell you all that the world always has your best interest at heart, still it often doesn’t. Many of us see an advertisement or a ‘trusted’ brand we grew up on that reminds of our childhood... so we automatically think that whatever they’re selling us must be good. Same goes for a celebrity we perceive having our similar values. They’re suddenly pimping the latest product, medication or anti-aging treatment so we think, “Well, if it’s good enough for her, it’s good enough for me.” Don’t be so quickly convinced!

Be your own advocate...always! Read up on products before

you use them in large quantities or every single day of your life. Many things out there currently on the shelves of stores (or now already on your shelves!) might appear to be fine & long term, they're actually harmful in some way to your overall health or well being. So don't believe everything you see or hear until you've done the research too. Ask a few doctors you trust if they endorse the product or medication, perhaps ask around to a few wise friends who's opinions you value. Remember, even some products that at one time were approved by someone or some organization have at a later date been pulled... or the public learns that it simply did not have any regulation or mandatory standards (for its category) in place.

To learn a lot more about what is in our environment (our water & consumer products you might be using day to day) go to the 'Environmental Working Group' online: www.ewg.org. Specifically, for the summer season ahead, if you're interested in making a more conscious choice regarding sunscreen, check out their 2010 sunscreen guide where they only recommend 39 (8%!) of the 500 beach & sport sunscreens currently on shelves. Here is the report: <http://www.ewg.org/2010-sunscreen/finding-the-best-sunscreens/>

3. *What you put around you.* While I think all three points within this month's newsletter are equally important, this third & final point I believe has the most immediate impact on us all day to day. Simply put, people either energize us or deplete us. How they speak to us, & how they treat us, let us know & feel that we are either appreciated or not. The life energy of others (which we all interact with day to day) has a great impact on the way we feel & the level at which we are all able to function.

So starting today, realize that life is simply too short to tolerate anyone else's negativity or nastiness! Put your attention on & into the relationships in your life that nurture & fulfill you the most. Surround yourself with people who appreciate you, speak to you kindly & support & nurture who you really are. And what do you do

with all the other people in your life? Create boundaries! Some perhaps will be just mental notes you hold in your mind to remind yourself of limits you now have when you interact with that person or persons. Others you may feel you need to have a dialogue with so that they understand you or really get it. What's most important though is that you set boundaries (starting today!) that are firm. This may mean limiting the amount of time you spend with certain people or deciding that there are some topics of conversation you just won't engage in with them anymore. Perhaps the boundary you create will be to only be in their presence when there are others around... or a conversation explaining to those you feel need it that you can no longer continue your relationship with them unless some things change.

Remember, there are so many choices we can all make day to day that really allow us to live our lives by design. Yes, we certainly cannot control many outside factors & yes, life will not always be easy or pan out the way we desire. Still, there are choices in every moment of our existence that when we choose them for ourselves will undoubtedly bring us more health, wealth, joy & peace...& that is what living is all about! To experience & feel all the good & wonderful things in this world!

May you all have a magical summer & fall. I sincerely look forward to returning back to work when the spirit moves me after my baby girl is born. In the meantime, I send you lots & lots of love, endless goodness & positive energy!