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reference guide for
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May all your troubles
last as long as your

New Year's
resolutions!!!

- Joey Adams



HAPPY AND HEALTHY
VALENTINE’S DAY!

February is the national cancer prevention month. Let’s do something for yourself to stay healthy and happy all year long and always. 20-30 minutes of exercise, quick and easy recipes will help you out to keep up with the New Year’s resolutions. Warm your heart and body with delicious soup and salad. Find out fantastic benefits of my favorite veggie. All recipes are available on my website.

Veggie of the Month: Broccoli- Cancer Preventive vegetable



1. Contains Vitamins, Minerals and Bioactive Compounds.
2. Contains Potent Antioxidants That Offer Health-Protective Effects.
3. Bioactive Compounds May Contribute to Reduced Inflammation.
4. May Protect Against Certain Types of Cancer.
5. Antioxidants and Fiber May Aid Blood Sugar Control.
6. Broccoli contains multiple potent antioxidants that may support healthy cells and tissues throughout your body
7. May have a cancer-preventive effect- has unique benefits that support the activity of enzymes that improve estrogen metabolism.

Broccoli Salad – Prep. time 10 minutes

Salad

2 cups broccoli (broken into small florets)
½ red onion (finely chopped or diced)
1 stalk celery (diced)
2 medium size carrots shredded
¼ cup red cabbage finely chopped
½ cup dried cranberries
½ cup almonds
1 medium clove garlic (pressed or minced)
Salt pepper to taste

Combine all ingredients in the bowl.

Dressing

½ cup avocado oil
1 orange or ½ cup orange juice
1 medium clove garlic
2 dates
1 tablespoon honey
1 teaspoon balsamic vinegar
2 tablespoons apple cider vinegar
Pinch of salt, black pepper and hot pepper flakes

Combine all ingredients and blend until smooth. Pour over salad

Broccoli soup – Prep. Time 30 minutes

16 ounces fresh broccoli
2 cups water
1 cup of coconut milk
1 stalk celery
2 medium size carrots
1 small potato
1 clove garlic
¼ teaspoon ground nutmeg
Salt and black pepper to taste
1 cup cheddar cheese (shredded) – optional

Combine ingredients and cook about 15 minutes. Blend everything until smooth. Add coconut milk and the cheddar cheese (optional) and stir to combine. Cook over medium heat until the cheese is melted and everything is heated through. At this point do not let the soup boil or it may curdle.

"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,
is knowing when to use it." —

Daniel Gilbert

RESOLUTION'S SOLUTION:

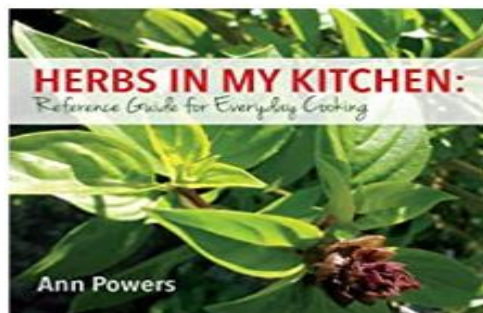
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO side effects.**

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

