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HAPPY ESTER!!!

Ester is a very vibrant and colorful holiday, like fruits and veggies. Each color represents nutritious property and health benefits. Stay healthy and eat five servings of fruits and veggies daily. Do not forget about 20 minutes of exercise to keep up with your annual resolution.



Food of the Month: Egg

Truth about Eggs: They have bad reputation because of high level of cholesterol but they actually don't adversely affect blood cholesterol. Many people are very cautious about them but they are rich in minerals that we often have deficit of. It all depends how chickens are fed. Make sure you purchase organic as much as possible.

Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. Egg yolks contain more calories and fat than the whites. They are a source of fat-soluble vitamins A, D, E and K and lecithin.

They boost brain health. Eggs are chock full of choline, an essential nutrient crucial for healthy memory, mood, and muscle control, says Michelle Hoeing Bauche, MS, RDN, a clinical dietitian in the bariatric services division of the University of Missouri Health Care system.

They safeguard pregnant women. During pregnancy, choline intake is critical for fetal brain development and can help prevent birth defects. "Research suggests that as many as 90 percent of pregnant women may not be consuming adequate amounts of choline,"

Top 10 Health Benefits of Eating Eggs.

1. Incredibly Nutritious. Share on Pinterest. Eggs are among the most nutritious foods on the planet.
2. High in Cholesterol, **but Don't Adversely Affect Blood Cholesterol.**
3. Raise HDL (The "Good") Cholesterol.
4. Contain Choline — an Important Nutrient That Most People Don't Get Enough Of.
5. Are Linked to a Reduced Risk of Heart Disease.
6. Contain Lutein and Zeaxanthin — Antioxidants That Have Major Benefits for Eye Health
7. Omega-3 or Pastured Eggs Lower Triglycerides
8. High in Quality Protein, With All the Essential Amino Acids in the Right Ratios
9. Don't Raise Your Risk of Heart Disease and May Reduce the Risk of Stroke
10. Are Filling and Tend to Make You Eat Fewer Calories, Helping You Lose Weight

<https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs#section9>

Omelet with spinach and scallions

Ingredients:

2 eggs
1 scallion
Handful of spinach
Salt and pepper

Instructions:

Preheat the oven to 375F
Put the parchment paper in the glass bowl; eggs' mixture will not stick to the wall of the bowl and it is easy to remove it.
Beat whites until stiff
Add yolks and beat
Add chopped spinach and scallions, salt and pepper
Pour the mixture into small bowl
Baked at 370F for 20 minutes

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

Ready to the oven



Ready to serve



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

"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:

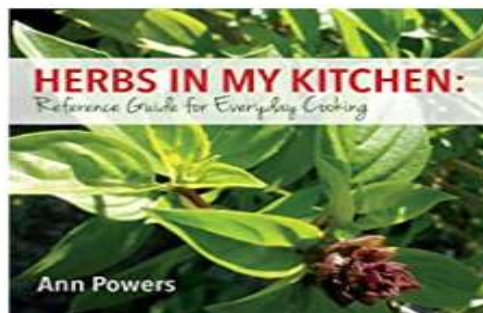
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[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/>

