

# NOURISHED, NATURALLY

## NEWSLETTER

[www.nourished-naturally.com](http://www.nourished-naturally.com)



### Summer Reflection

The summer of 2023 has been filled with love, growth, healing, and gratitude. As spring turned into summer, I was soaking up the sun for my dose of Vitamin D while listening to a webinar called “The Biology of Trauma”. As I listened to the presenter I was in awe of how well she was describing me and what I came to understand as a state of being I live in chronically; a freeze state. A person can go about doing their life and at some point, they can freeze up, unable to do anymore, and often require lots of rest.

This gift; finding a new layer for healing, sparked hope and led me to Dr. Aimie Apigian’s work called [21-Day Journey to Calm Aliveness](#). This 21-day journey shifted many areas of my life and created a sense of safety and support for my being! I have historically been challenged to spend time among larger gatherings of people without feeling completely depleted. Since these 21 days, I have attended more gatherings some with larger groups of people, truly enjoying everyone and the time I spent with them. The tools learned in those 21 Days are utilized daily simply to be sure I have checked in with my own body and what it needs.

This program also brought along music for a healing spirit. If you have never heard of Karen Drucker, I am delighted to introduce her to you! You can listen to her heartfelt, soulful music [here](#) or learn more about her [works](#).

I share this with you because the [program](#) is fantastic and no matter how long we have been on our own healing journey, new layers will appear for us to heal and journey on.

I would love to hear from you!

What did you do this summer for your personal development?

[Email Me!](#)

# What is inside for you?



thatcleanlife

## *Recipes!*

That Clean Life is a Meal Planning and Recipe software program I am testing out *to better support you!*

Check out the recipes below for a sampling of possible Breakfast, Lunch, Dinner, and Dessert recipes!

Would you like help finding healthy recipes created and tested by Nutritionists that are updated often?

Would a Meal Plan or recipe collection support you in reaching your wellness goals?

Would you like a plan created for you without ingredients you do not like?

What about meals for a specific diet style such as dairy-free or gluten gluten-free or vegetarian?

How about a grocery list generated from the meal plan?

**\*\*Reply to this message - "I'm In" for yours!\*\***



## Egg & Salsa Bell Pepper Boats

### Ingredients

- 2 Red Bell Pepper (large, halved)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Salsa
- 1/4 can Refried Beans
- 4 Egg (large)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Cilantro (chopped)
- 1 stalk Green Onion (chopped)

### Directions

1. Preheat the oven to 400°F. Arrange the red bell pepper halves, cut side up, on a parchment-lined baking sheet. Season with salt and pepper and bake for 15 minutes or until the bell peppers begin to char.
2. Remove the baking sheet from the oven and divide the salsa and the refried beans between the pepper halves.
3. Crack an egg into each pepper cavity. Season with salt and pepper. Top each pepper boat with cheese. Bake for 15 to 20 minutes, or until the egg whites are set and the yolks are cooked to your liking.
4. Top with cilantro and green onions. Enjoy!



## Roasted Chicken, Veggies, Quinoa, and Tahini Sauce

### Ingredients

- 1 cup Quinoa (dry)
- 1 1/2 lbs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Paprika
- 2 Orange Bell Pepper (medium, chopped)
- 2 cups Cherry Tomatoes
- 1/4 cup Tahini
- 1/4 cup Water
- 2 tbsps Lemon Juice

### Directions

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
3. Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
4. Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
5. Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

## Steak Spice Chicken Wings & Carrot Fries



### Ingredients

- 1 1/2 lbs Chicken Wings
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Steak Spice Seasoning
- 4 Carrot (large, peeled, cut into fries)
- 1 tbsp Tapioca Flour
- 1/2 tsp Sea Salt

I did the wings in the air fryer instead and they were delish!

### Directions

1. Preheat the oven to 400F (205°C) and line a large baking sheet with parchment paper.
2. Toss the chicken wings, half of the oil, and steak spice seasoning together until coated and add to one side of the baking sheet. Spread them out into an even layer.
3. In a bowl, add the carrots and tapioca flour. Mix to combine and evenly coat each carrot. Add the remaining oil and salt and mix again. Spread the carrots out onto an even layer on the other side of the baking sheet.
4. Place the baking sheet in the oven and bake for 20 minutes. Flip both the wings and carrots and bake for 15 to 20 minutes more or until the wings are cooked through, and the carrot fries are golden brown.
5. Divide evenly between plates and enjoy!



## Air Fryer Nectarine with Yogurt

### Ingredients:

- 1/4 tsp Maple Syrup
- 1/8 tsp Cinnamon
- 1 Nectarine (cut in half, pit removed)
- 1/4 cup Unsweetened Coconut Yogurt
- 1 1/2 tbsps Pecans (chopped)

### Directions

1. Preheat the air fryer to 350°F (175°C).
2. Drizzle the maple syrup and cinnamon over the cut side of the nectarine and place in the air fryer, cut side up. Bake for nine to ten minutes, until softened and just starting to brown around the edges.
3. Spoon the yogurt in a bowl and add the nectarine. Top with pecans. Enjoy!

# Additional Services

Michele has trained in the energetic healing practices of Holy Fire Reiki (Master), Usui Reiki, Healing Pendulum (Level 1), and Access Consciousness – Access Bars.

Energy Healing sessions are offered for 30-minute sessions and can be booked on the Practice Better App or by contacting Michele directly.

These sessions are a combination of Michele's skills and training based on what your body needs at that time.

Book Your Session  
\$40 Energy Healing  
\$60 with PEMF

Upgrade your healing session by adding on PEMF Mat Therapy during your energy healing session!

I muscle test the best setting for you to avoid these potential effects.

## PEMF TREATMENT INFO



**PEMF THERAPY** IS THE USE OF MAGNETS TO CREATE PULSING AND THE MOVEMENT OF ENERGY.

IT'S FDA APPROVED REPARATIVE TECHNIQUE COMMONLY USED BY INTEGRATIVE MEDICAL PRACTITIONERS.



THE ENERGY WAVES CREATED COULD CHANGE THE WAY YOUR BODY MANAGES PAIN.



USED TO TREAT NON-UNION FRACTURES AND REDUCE SWELLING AND JOINT PAIN.

PEMF USES DIRECTED PULSES THROUGH INJURED TISSUE TO STIMULATE CELLULAR REPAIR.



**PEMF WORKS TO:**  
REDUCE PAIN & INFLAMMATION, IMPROVE ENERGY, AND ACCELERATE REPAIR OF BONE AND SOFT TISSUE.

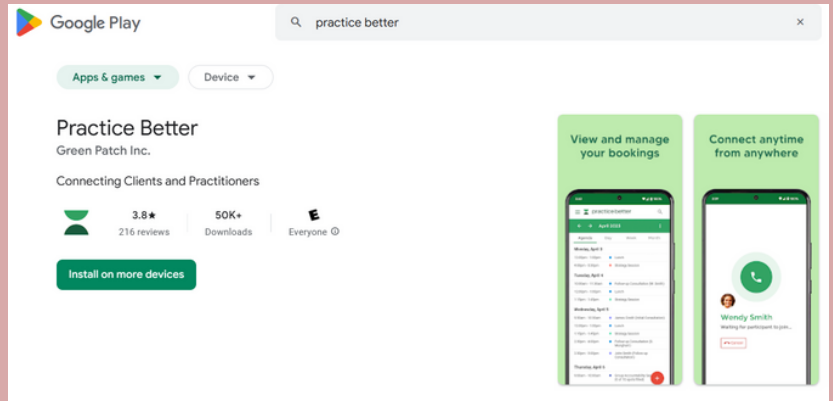


**SIDE EFFECTS COULD BE:**  
NAUSEA, LIGHT HEADEDNESS, DIARRHEA, OR HEAVY MENSTRUAL PERIODS.

# Are you on Practice Better?

For all your scheduling, food journaling, and messaging needs to reviewing your supplement schedule, requesting supplements, and accessing your invoice history... it all happens in Practice Better!

After researching over a dozen platforms, I found this one that truly offers a great deal of support for you! You can access this on your computer, tablet, or phone! From the app, you can journal your food while you are on the go! I can offer you suggestions, recommendations, and encouragement directly to you within your journal between appointments!



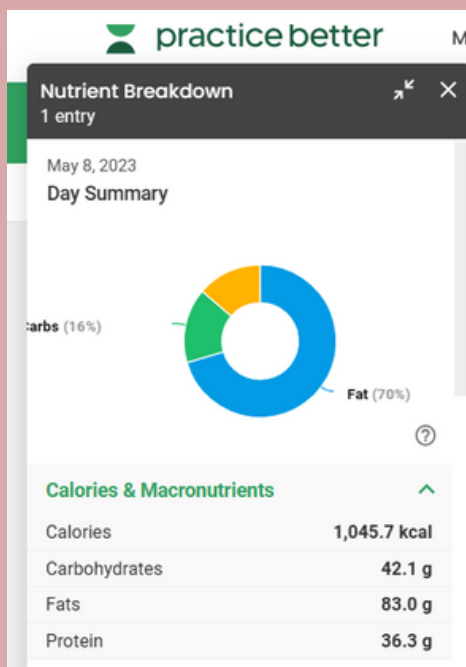
*Reply to this message for your Invitation Code!*

From within Practice Better, we can have telehealth calls! All you have to do is log into your account/portal and join my telehealth call! My clients who have chosen a video call have really liked this feature.



Why might you choose a telehealth call?

- Not feeling well enough to come into the office.
- Can't get away from work.
- You live too far away. (I do see people who have moved out of state!)



Track your food to see if you are eating a good ratio of macronutrients to support reaching your goals.

This graph can be incredibly helpful in determining where you may need to add or cut back.

Start tracking and see for yourself!



**Enjoy your Labor  
Day Holiday  
Weekend!**

**The office will be closed on  
Monday**